

To Whom It May Concern,

Three words I would use to describe Mariya are: intelligent, loyal, and empathetic. Mariya has been an excellent member of our staff and community. She has been teaching and helping lead our children's Brazilian Jiu-Jitsu program in Caio Terra Academy in Hillsboro, for the last few years. Mariya is one of the most profound members of our community as she puts so much time and effort into leading classes, and forming meaningful connections. I strongly believe that her passion for working with people and leading will take her far in her Sustainability career as she has shown her skills through her time with us.

As Jiu Jitsu involves a lot of strategy, she has demonstrated her intelligence in a variety of situations, including but not limited to finding new teaching techniques to adjust to each student, helping me improve my computer skills for running the school, as well as adapting new ideas to the workplace and how we run classes. Her determination and strategy also resulted in her winning First Place in the Oregon Open BJJ Competition, at which she inspired many of her young students to compete.

Mariya is an exemplary student leader in class. She has shown her loyalty by always stepping in and getting the job done, whenever I or other staff was injured or unable to teach. Even during difficult circumstances, she is always there no matter how tired she is from school or her job. She has also become one of the main leaders of our women only classes. Helping women become more comfortable in male dominated sports. She further showcases her devotions by helping organize and run our Tear Free Women's Self Defense Program which teaches women self defense and raises money for our local domestic violence resource center. I am convinced there are a number of women who would not have started jiu jitsu without her help or empowerment.

Mariya is very understanding and empathetic with our students. She always makes them feel safe and welcome in the community while helping them adapt to the program. She has helped numerous non-English speaking children in their Jiu-Jitsu journey. Many children and parents have expressed, she is the friendliest coach in the program. She sets an amazing example for our youth through hard work, determination, and leadership.

Mariya has demonstrated excellence in all that she puts her mind to, whether it is collaborating, leading the children's program, or helping with customers. Her intelligence, loyalty, and empathy leads me to believe she will be very successful in her growth and achievements in college and her future career. She is a natural-born leader even if she doesn't see it yet. Any school, job, or research program would be extremely lucky to have her.

Sincerely,

Shawn Chandler

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Owner/Head Instructor of Caio Terra Academy Hillsboro