



April 30th, 2026

To Whom It May Concern,

It is my pleasure to recommend Dill, an exceptional rugby player and outstanding teammate whose impact extends far beyond.

Dill has been a consistent and dedicated presence in the rugby community for over a decade. Throughout that time, Dill has embodied what it truly means to be part of a rugby family, showing up not just as a player but as a leader, mentor, and source of unwavering support for others.

What sets Dill apart is her commitment to the growth of those around her. Dill actively welcomes new players into the team, making sure that no one feels out of place. She takes time before and after practice to help teammates work on fundamentals and skills, always with patience and encouragement, and her ability to meet players where they are and help them improve builds both confidence and cohesion within the team. Equally impressive is Dill's work ethic. If she's not helping a teammate after training, it's not uncommon to see her staying after to run additional sprints and push her own limits while motivating others to do the same. Dill leads by example, fostering a culture of accountability, resilience, and continuous improvement. Her drive is not rooted in individual success but in becoming better for the sake of the team.

Off the pitch, Dill is just as impactful; she cultivates a sense of belonging that defines a true rugby family, supporting teammates through challenges, celebrating their successes, and building lasting relationships that extend well beyond the game. Dill's presence strengthens team morale and creates an environment where every player feels valued. Dill represents the very best of what rugby stands for. As she enters the next chapter of her academic journey, I have no doubt Dill will continue to bring the same passion, discipline, and leadership to her doctoral program.

Sincerely,

A handwritten signature in blue ink, appearing to read "Victoria Thomas".

Victoria Thomas

Club President