

1<sup>st</sup> December 2023

## **TO WHOM IT MAY CONCERN - JOSEPH EASON**

I have worked with Joe as his Strength and Conditioning coach for the last nine years and continue to work with him now. During that time, I have come to know Joe really well and seen firsthand who he is as a person and as an athlete.

I would choose three words to describe Joe:

- **DEDICATED**
- **RESILIENT**
- **INTELLIGENT**

### ***Dedicated***

I have never met anyone as determined as Joe in terms of mindset and wanting to achieve at something. From the first session I could see how determined and committed he was. He is like a sponge. He listens, commits and I only need to show him something once and he's away with it. He has put in hours and hours of hard graft over many years. He has a thirst for improvement, always eager to learn, absorb, and apply new techniques. His ability to grasp concepts quickly and translate them into tangible results is exceptional. A prime example of the benefit of getting someone in a program early and he is now excelling.

### ***Resilient***

Joe's journey has not been without its challenges. During his younger years, he experienced growth-related issues that significantly impacted his training and overall performance. It was confusing and frustrating for a young kid like Joe not to be able to do as much as he wanted. This period of uncertainty could have easily discouraged many, but Joe remained undeterred. He never gave up, worked hard week in week out, always giving 100%. In fact, I never have to encourage him to work hard because he does it naturally. He persevered through the physical limitations and setbacks, never wavering in his commitment to his goals. His resilience and unwavering focus are truly inspiring.

### ***Intelligent***

Joe's intelligence is another trait that sets him apart. Such an intelligent lad with something about him. He has a clear understanding of the technical aspects of his sport, particularly in terms of running mechanics and speed optimisation. Over the years, his dedication to refining his running technique has yielded remarkable improvements in his overall speed and agility. The technical cues in his running and the improvements in his speed over the last few years have been ridiculous.

Today, Joe stands as a testament to the power of hard work and dedication. He has gone through his peak height and has developed into a robust athlete, capable of withstanding the demanding physical rigors of his sport. He seamlessly navigates the intense training schedules and competitive matches without any setbacks.

Joe's qualities extend beyond his athletic development. He is a humble, kind and caring lad, always willing to support and encourage his peers. His positive attitude and enthusiasm create a motivating atmosphere for everyone in the gym and it is a pleasure to coach him.

I think he would be a huge asset to any team, and I have no doubt that he will make a significant contribution.

Please feel free to contact me if you require any further information.

Yours sincerely,

Lee Moore MSc BSc BWL CSAC ASCC  
Head Coach  
**PROFORMANCE**