

Basil Wahal

From: GCU Scholarships <abbymitrik@gmail.com>
Sent: Saturday, December 30, 2023 12:59 PM
To: SMB-GCU-Events
Subject: Athletic Scholarship Application

Name: Abigail J Mitrik

Date of Birth: 09212005

Last 4: 3742

Home Address: 5003 Firwood Dr , Canoinsburg, PA 15317

Home Phone: 4128522920

Mobile: 4127363406

Email Address: abbymitrik@gmail.com

High School Attended: Canon McMillan

Anticipated Graduation: 2024

First choice for Fall: University of Tennessee

Second choice for Fall: University of Alabama

Anticipated Major: Sports Management/Business

Athletic accomplishments: Varsity soccer 2 years (2 year letter winner), Track 3 years to date) (3 year letter) - WPIAL 1st place 2023 4 x 100 relay; school record holder in 2 relays; 3rd place track at PA state finals

Abby recommendation letter

1 message

Ryan Julian <rjulian8@yahoo.com>
To: Stacymitrik@gmail.com

Tue, Nov 28, 2023 at 5:19 PM

To whom it may concern,

It is with great pleasure, honor, and pride that I am writing a letter of recommendation for Miss Abby Mitrik. I interacted with Miss Mitrik while coaching her high school varsity soccer team. I am very diligent in regards to learning about the character of my players. Abby was hard working, talented, and displayed quick adaptability to the lessons I was teaching the team. Of course, it's easy to speak on someone's ability as an athlete, but to really see a person for who they are, or how they may transition to adulthood, that's a whole different subject. I'll share some thoughts of what convinced me Miss Mitrik was a person of integrity, humbleness, and thoughtfulness. I respected that Abby was willing to be honest with me, and her classmates. I challenged my players to make the right choices when nobody was looking, to work hard when nobody was looking, and to stand up for others when it was needed.

Miss Mitrik proved she was more than capable of making solid choices. She had a terrific attitude, that eventually showed within our team interactions, on the field, and off the field.

Miss Mitrik dealt with adversity that I cannot say many young adults would overcome as she did. She did not complain, she simply persevered. She didn't need special attention for trudging through the difficult demands I set forth for the team. She didn't boast her successes but instead she raised her standard. I would say often that each person should try to be the best version of themselves. Abby was a believer and her best version was impactful enough to encourage me to strive for a better version of myself. That's worthy of recommendation for any new achievement she seeks to overcome.

To go even further, Miss Mitrik demonstrated the one action that only a few times in 20 years, a young adult player of mine was able to show. She asked me how I was doing. She showed me that she cared about my family, about my interests, about my feelings. This may sound strange, but I feel we live in a world that cares less and less about others, more and more about ourselves. Miss Mitrik gave me hope. She proved that young people in this world still possess thoughtfulness. That personality trait, in itself, changed me as a person.

I would recommend Miss Abby Mitrik for anything she pursues. She is a special young lady, having proved to me she will become a very special adult.

Thank you for the opportunity and I hope this letter of recommendation serves great purpose.

Ryan Julian
High School soccer coach
[Rjulian8@yahoo.com](mailto:rjulian8@yahoo.com)
724-350-2211

Sent from my iPhone



CANON-MCMILLAN TRACK & FIELD



To Whom It May Concern:

I would like to bring to your attention Abby Mitrik, an outstanding student-athlete. I consider it a privilege to work with a special individual like Abby. There are certainly many great qualities that Abby possesses but let me concentrate on a few she has displayed as a member of the Canon-McMillan Track & Field program that allow me to give her my full recommendation.

Abby has displayed an outstanding work ethic. Track and field requires a great deal of hard work and determination to be successful. Abby has demonstrated an equal amount of both to achieve her success. Abby has very demanding schedule with school and soccer. The schedule doesn't stop her from being a successful track and field athlete as well. She spends any free time she has available in that schedule training to compete in the sprints on the track. Abby has often found sneaking in a quick track practice before heading to soccer or on days she does not have soccer practice, staying at track practice well after many of the other athletes have gone home, working on things like her block starts. The hard work despite a hectic schedule has helped her become an important part of our team's sprinter group.

Abby has also been a trusted member of our 400-meter relay team the past two years. Both of those years the team has been a district medalist and state qualifier. Abby has been a huge part of the success of those teams because of her dependability as the team's third leg, which has the pressure of setting up the anchor leg for a successful finish to the race. With Abby as a member of the relay team, they were district champions last season and look forward to even more success during her upcoming senior season.

Abby is also a great teammate. She will do anything that is asked of her to help the team. Abby always gives her best effort in whatever event she is asked to compete in, even if it is an event that she does not excel in. She can also be found encouraging teammates whether they have a positive performance or not. Abby has certainly become one of the best on our team at leading by example.

Along with her own personal pride in doing a great job, Abby Mitrik brings a great example of leadership and character to our team. Therefore, I wholeheartedly and without reservation give Abby Mitrik my personal recommendation.

Sincerely,

Mike Koot
Head Track & Field Coach
Canon-McMillan High School
koot.cmtf@gmail.com







Transcript of Canon-McMillan High School
 314 Elm Street Extension
 Canonsburg, PA 15317
 Phone: (724) 745-1400 FAX: (724) 745-2258
 August 14, 2023 08:50 PM

OFFICIAL TRANSCRIPT



Abigail Mitrik
 5003 Firwood Drive
 Canonsburg, PA, 15317

ID#: 556387
 Birthdate: 09/21/2005
 Phone: 412-498-0124

20-21 Canon-McMillan High School						21-22 Canon-McMillan High School					
	Grade	Credit		Grade	Credit		Grade	Credit		Grade	Credit
ALGEBRA I	B	1		BIOLOGY ACADEMIC W/LAB	B	1					
ENGLISH 9 HONORS	A	1		DRAMA I	A	0.5					
Freshman Seminar	A	0.5		ENGLISH 10 HONORS	B	1					
HEALTH	A	0.5		ENTREPRENEURSHIP	A	0.5					
PENNSYLVANIA SCIENCE 9 ACADEMIC W/Lab	A	1		GEOMETRY ACADEMIC	C	1					
PHYSICAL ED. 9/10	A	0.25		PRINCIPLES MARKETING	B	0.5					
PUBLIC SPEAK I	A	0.5		Physical Education 9/10- Summer Enrich	A	0.5					
SPANISH II	B	1		SPANISH III	C	1					
U.S. HIST 9 HONORS	A	1		Sports/Entertainment Management	A	0.5					
				U.S. HIST 10 HONORS	B	1					

ATTEMPT	ERN	NWQPTS	NWOPA	WQPTS	WOPA	ATTMPT	ERN	NWQPTS	NWOPA	WQPTS	WOPA
6.750	6.750	25	3.7037	26	3.8519	7.500	7.500	22.5	3.6000	23.5	3.1333
CUM WQPTS - 26			W CUM QPA - 3.8519			CUM WQPTS - 49.5			W CUM QPA - 3.4737		
CUM NWQPTS - 25			NW CUM QPA - 3.7037			CUM NWQPTS - 47.5			NW CUM QPA - 3.3333		
CUM CREDITS - 6.750						CUM CREDITS - 14.250					

22-23 Canon-McMillan High School											
	Grade	Credit		Grade	Credit		Grade	Credit		Grade	Credit
ALGEBRA 2 ACADEMIC	C	1									
AP PSYCHOLOGY	B	1									
ASTRO AND GEO W/ LAB	A	1									
ENGLISH 11 HONORS	B	1									
ENTREPRENEURSHIP II	A	0.5									
GLOBAL CUISINE	A	0.5									
HISTORY VS. HOLLYWOOD	A	0.5									
INTRO FORENSIC SCIENCE	A	0.5									
Physical Education 11/12- Summer Enrich	A	0.5									
WORLD HIST HONORS	A	1									

ATTEMPT	ERN	NWQPTS	NWOPA	WQPTS	WOPA	ATTEMPT	ERN	NWQPTS	NWOPA	WQPTS	WOPA
7.500	7.500	26	3.4667	28	3.7333	0.000	0.000				
CUM WQPTS - 77.5			W CUM QPA - 3.5632			CUM WQPTS - 77.5			W CUM QPA - 3.5632		
CUM NWQPTS - 73.5			NW CUM QPA - 3.3793			CUM NWQPTS - 73.5			NW CUM QPA - 3.3793		
CUM CREDITS - 21.750						CUM CREDITS - 21.750					

Industry Credentials

Date of Graduation 06/04/2024

Signature _____ Principal/Counselor

Chartiers-Houston Boys Varsity Soccer Booster Club RECOGNITION OF VOLUNTEER HOURS

CHARTIERS-HOUSTON VARSITY
BOOSTER SOCCER CLUB
HOUSTON PA 15342
chboyscoach@gmail.com

Abigail Jordan Mitrik
abbymitirik@gmail.com

This letter in conjunction with the provided certificate of volunteer hours is presented on behalf of the Chartiers-Houston Boys Varsity Soccer Booster Club. We certify that during the dates of June 9-11, 2023 Abigail received 12 hours of volunteer time working as a mentor and camp leader for the CH Booster Varsity Soccer Youth Camp.

The organization appreciates Abigail's commitment to youth soccer and willingness to train youth soccer players within their community.

Thank You,

Vincent Anderson
Head of Event
Head Varsity Boys Soccer Coach