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Dear 100 Outstanding Young Citizen Committee Members,

I have had the opportunity to know and coach Amy Krueger for the past 11 years. I am currently Amy's level 10 gymnastics coach, head coach of the Xquisite gymnastics team and the owner of X-Cel Gymnastics, Inc. During that time, there have been 3 major personality traits that have really developed over the years to make Amy special: strength of character, ability to actually accomplish, and leadership. To me, these are unusual and special traits that most want, but only a few actually have.

While I have coached hundreds of special athletes, I feel that Amy's character stands out, even amongst the exceptional. I do believe that her strength of character starts with her dedication to her family and the entire family's dedication to their faith. Amy has happily attended Catholic school since she was in first grade. While some don't actually "walk the walk", Amy always has. She is tolerant, forgiving, humble, respectful all the while standing true to who she is! Throughout her high school career, she has had to make tough decisions between being a normal teen-ager and being a dedicated scholar-athlete. Every time she had to make a tough decision between her social life and her goals, she always chosen her goals. One of the pledges she made was to the St. Lucy's Auxiliary to the Blind Medallion Program. Completing this required 150 hours of volunteer work, as well as attendance to the many Medallion Ball activities. Amy always made this a priority between her IB (International Baccalaureate) course load and 25 hours of gymnastics a week. She was a volunteer tutor, mainly in math and science for her school-mates, volunteered at many of our gymnastics competitions, volunteered at her church and other school activities.

Amy is also unique in the way she tireless tackles "problems". I don't think Amy ever actually sees a problem, she seems to approach all matters with the idea that there is a solution. The ability to actually independently accomplish a task seems to be lost today. However, I have noticed her pragmatic approach in a few separate situations. The clearest for me, is the way she has handled and attacked the balance between academics and gymnastics. Amy, admittedly, was never the most naturally talented on the team, but rather the hard worker and positive thinker. Amy has always had a "problem" being an advanced academic, and advanced athlete. Many would say that it is exceptionally hard to be both, and yet, Amy has been able to accomplish the task! Amy is an IB student with a weighted 5.32 GPA at Vincentian Academy, as well as being a Junior Olympic National Championship Qualifier in her sport of choice, gymnastics. This extra-curricular activity led her to becoming a supported member of Cornell's Gymnastics Team! Not only was Amy accepted into this prestigious school, she is considered "supported" as she is that desired by the team! To make all of this happen, Amy has always communicated with me directly, to make the best decision to stay on track with school and gymnastics.

Often, this has required her to alter her schedule, come early or stay late to get it all done. Amy has always gone above and beyond to make it happen, and even from an early age (6<sup>th</sup> grade), Amy has always taken the responsibility on herself to communicate and make it all work.

Amy, just like many elite athletes had a few serious injuries that set her back significantly throughout her career. As a result, many of her peers passed her in skill ability all over the country. Amy could have easily made excuses, and given in to her gymnastics career as those injuries came, but that's not what occurred. Amy had a plan, and not only regained all of the skills she lost, but achieved more! Amy capitalized on what had become her signature event, vaulting. She learned the very advanced vault: Yurchenko Layout Full, to make herself "market-able" to Ivy League schools. This type of skill acquisition can only come from a motivated athlete. Similarly, Amy is one of my only athletes that has done everything recommended as a potential college athlete. Many kids wait for opportunities to happen to them, but Amy, on a daily basis was drafting emails, making videos, calling the college coaches and finding time to do the academic effort necessary to make her dream of being an Ivy League athlete a reality. Amy did what was needed to actually accomplish goals. As mentioned before, this effort extends outside of her gymnastics. It is simply who she is.

I believe that so much of gymnastics as a sport creates natural leaders. These athletes must lead themselves on a daily basis in order to be truly great. With that being said, there are a few programs that we have run where Amy has demonstrated leadership qualities in a more conventional way. In our gymnastics school, we have created a mentorship program with the team athletes called "Big Sister/Little Sister". Once the athletes turn 12 they are eligible to have a little sister, and if we deem it appropriate, we assign a younger athlete to them. Amy has been a fantastic big sister over the past few years. As a big sister, you are expected to train in the gym as a good example at all times with respect and dedication, you are to encourage your little sister and mentor them through the physical and mental struggles of the sport, you are asked to write notes of encouragement, spend time with them outside of the gym, and many also celebrate birthdays and holidays with each other. Amy has actually been entrusted to mentor multiple younger athletes in this way, as we have found Amy is a great leader, mentor, and example for the younger athletes to look up to. Currently, Amy is responsible for 2 middle school aged athletes, which is such an impressionable age. These athletes, similar to Amy are strong in their faith and dedication to academics. We knew that Amy would be the perfect role model and guide for these two very special younger gym sisters!

These are just a few examples of the amazing attributes that make up Amy. Additionally, Amy has also participated in the following:

- Treasurer of the National Honors Society
- Science National Honors Society
- Received the Women in Science Awarded from Seaton Hill
- Received Women in Engineering Award from the Society of Women in Engineering
- Started the Engineering Club at Vincentian

She is also sweet, kind, easy to work with, and a rational thinker. Amy works tirelessly to create her own future, she doesn't take no for an answer and she doesn't wait for someone to do it for her. For these reasons, I believe that Amy is an excellent candidate for this scholarship. Please don't hesitate to reach out to me with any additional questions or if it would help to provide additional details.

Best Regards,

*Lindsey Stancil*

Owner and President of X-Cel Gymnastics Inc.  
Head Coach of Xquisite Gymnastics Team  
Partner of Wondering Fork Inc.  
Partner of ADDA coffee shop