



16 February 2026

To Whom It May Concern,

I am writing to provide a letter of recommendation for **Amy Moynihan**, whom I have had the pleasure of working with over the past two years at **Crystal Palace FC Women's Academy**. During this time, I have seen Amy grow significantly both as a player and as a person, consistently demonstrating maturity, discipline, and an impressive commitment to her development.

Amy is a driven and highly coachable individual who approaches her football with professionalism well beyond her age. She is reliable, hardworking, and brings a positive presence to every environment she is part of. Whether in training, matches, or day-to-day academy life, Amy consistently holds herself to a high standard and takes responsibility for her own progress as well as raising those around her to meet her same high standards. This commitment to personal and club values earned Amy a well-deserved captaincy of the U21s as voted by her teammates and confirmed by the staff.

As a former NCAA student-athlete myself, I recognise the qualities and values that define successful collegiate athletes, and Amy embodies them in abundance. She demonstrates the type of resilience, time management, competitiveness, and team-first mentality that is essential in the NCAA system. She thrives in structured environments, responds well to feedback, and shows a strong willingness to learn and improve.

Beyond her athletic ability, Amy is respectful, well-mannered, and a strong teammate. She leads by example through her work ethic and attitude, and I have no doubt she would be a positive addition to any programme both on and off the pitch.

I have full confidence that Amy will succeed in the NCAA environment and will represent her future institution with the highest levels of integrity and professionalism. I strongly recommend her without hesitation.

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

Kind regards,

Katie Franchois

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