



Dear Admissions and Athletic Scholarship Committee,

Re: Nazaraei Forbes - University Admission - Football Scholarship recommendation letter

It is my pleasure to write this letter of recommendation in support of Nazaraei Forbes and her application to study at a university in the United States under a football scholarship. Nazaraei attended Graveney School from September 2021 to July 2026. I had the privilege of knowing and supporting her throughout those five years in my capacity as her Head of Year, providing consistent pastoral guidance and observing her development both as a student and as a young person. This sustained pastoral relationship has allowed me to see at first hand the qualities of character, discipline and determination that she would bring to a university community and collegiate athletic programme.

Nazaraei is a hardworking, diligent, focused, determined and intelligent student. Throughout her time at Graveney School, she approached her education with maturity and a strong sense of responsibility. She achieved well in her GCSE examinations and demonstrated that she was capable of balancing academic expectations with the considerable demands associated with developing as a committed footballer. Her ability to remain focused on her education while maintaining her sporting commitments is an important indication of the organisation, perseverance and self-discipline required of a successful student-athlete.

In addition to her academic qualities, Nazaraei is a talented and skilled football player and an accomplished all-round sportsperson. Her sporting ability is supported by commitment rather than talent alone. She has been a long-standing member of the Brighton and Hove football programme since Year 9. Remaining part of a demanding football development environment over a sustained period requires consistency, resilience, discipline, fitness, coach-ability and the willingness to continually improve. Nazaraei's continued participation is therefore a strong reflection of both her athletic potential and her determination to develop her abilities.

What distinguishes Nazaraei is the combination of her sporting ambition with her calm and mature character. She is well mannered, respectful and composed, and she earned the respect of both staff and her peers during her time at school. She conducts herself with dignity and demonstrates the ability to remain focused without seeking unnecessary attention. These qualities are particularly valuable in a team environment, where successful athletes must be able to listen, respond positively to guidance, work cooperatively with others and represent their institution responsibly.

Nazaraei also possesses strong leadership qualities. She has the potential to develop these qualities further as she gains greater experience and progresses within both her academic and sporting career. Her determination, self-discipline and measured approach provide an excellent foundation for leadership. I believe that, within the challenging environment of a US university, she would continue to grow in confidence and become an increasingly influential and dependable member of her team and wider university community.

Having supported Nazaraei pastorally for five years, I have seen her mature into a focused and capable young woman with clear potential. A university football scholarship would provide her with an excellent opportunity to continue developing academically and athletically, while also exposing her to the independence, responsibility and high expectations associated with collegiate sport. I am confident that she understands that such an opportunity requires commitment not only on the football field, but also in the classroom and in the way she represents her university.

I am therefore very pleased to recommend Nazaraei Forbes for university admission and for serious consideration for a football scholarship. I believe she has the intelligence, work ethic, resilience, sporting ability, maturity and character necessary to make a positive contribution to both an academic institution and its football programme. I am confident that she will embrace the opportunities and responsibilities presented to her and continue to develop as a student, athlete and leader.

Yours faithfully,

Ms H Lewis

Former Head of Year 11

Teacher of Design and Technology

Principal: Cynthia Rickman
Vice Principal: Nancy Brannon