



# Shaping Alaska's Future



## Academic Excellence in Weight Training

### Carlyn Mangampo

*I am pleased to nominate Carlyn for excellence in physical education for weight training. Carlyn came to class everyday ready to put in work. She did not hesitate to ask questions about proper form and pushed outside of her comfort zone in order to try new things. Her dedication inspired several other class members to follow her lead. I appreciate all of her effort in the first semester and already miss her presence this semester. Thank you for your hard work, Carlyn!*

*~ Melissa Gandel*

Engaged in  
Learning.  
Prepared  
for Life.

