

To whom it may concern regarding Cade Fretz:

I am Cade Fretz' strength coach. I have known Cade for about three years now. Cade has been one of the most enjoyable athletes I have had the opportunity to work with. Every time he is scheduled to come to a workout, he makes sure he is early, he does everything that is asked of him and puts his full effort into his workout each time. I have seen Cade grow not only physically but also confidence wise too. I can tell Cade is very confident in his abilities and approaches everything he does fully confident he will succeed.

Cade is someone every college coach should want on their team. You will never have to worry about him slacking off. His work ethic will push others around him to be better and every teammate will enjoy being on a team with him. You will know, without a doubt in your mind, that Cade will give you all he has every single game. I am a former pitcher myself and made it up to the MLB and I would have loved to have a teammate like Cade on my team when I was playing. I do not write many letters of recommendations because I want my word to mean something for the player that I think deserves it, Cade is one of those players. If you have any further questions about Cade feel free to reach out to me at kenrobertstraining@gmail.com or 615-653-3367

Ken Roberts

Strength and Conditioning Coach