



Reference for Carter Sloan

18th July 2025

Dear Team Manager

I proudly write this reference for Carter Sloan. My name is Anthony Hebrard and I have had the pleasure of working as Carter's Strength and Conditioning Coach since he was 14 years old. I have an Applied Science Degree in Human Movement and have worked as a Personal Trainer and Strength and Conditioning Coach for the past 25 years.

I don't need to tell you that Carter can ride a bike as you've seen his performance so far at this year's World Cups. What I can tell you is why I believe he will continue to improve and be an asset to any team.

From the day I met Carter Sloan it was obvious that he was going to achieve big things in Mountain Bike Racing. If you were to watch Carter participate in my Strength and Conditioning sessions for Downhill Racers you would not need to be an expert in fitness or human performance to pick him as the stand out athlete. He has the key ingredient of amazing talent on the bike and brings with it toughness, grit, intelligence, passion and a massive hunger to win.

Carter is gritty, his work ethic is unmatched by anyone I've worked with. He gives 100% during sickening interval sessions and then turns up the next day asking for more. No one outworks Carter.

Like most Downhill Racers, Carter has experienced some injuries. His ability to bounce back or even work through injuries when it's possible has built his mental toughness. To see Carter strap some tyre levers to his grips to work around his torn knuckle ligaments at the last two world cups was no surprise to me.

To sum up Carter Sloan, he trains like an animal, is resilient, mentally tough and lives to win Downhill Races.

Yours sincerely

Anthony Hebrard
Strength and Conditioning Coach