

**Adam Alpern**  
773 17th Avenue  
San Francisco, CA 94121  
415-25-8280  
adam.alpern@gmail.com

---

22 October 2019

To whom it may concern,

I've been a student of Jim Donak's for approximately five years now, training in trampoline skills at Circus Center for the bulk of that time.

Under Jim's instruction, I've been able to acquire skills that I never imagined I'd be able to accomplish. It's not an easy task to start a gymnastic discipline at the age of 39. Jim's teaching has systematically guided me to acquiring those skills, often before I'd even fully realized how the fundamental components I was learning fit together, until I suddenly realized I could perform a skill that was unimaginable a year or two earlier.

Jim's depth of experience also makes tailoring individual instruction to students of differing experience levels in the same class seem second nature, and his knowledge of anatomy, stretching, and other training has helped me improve off the trampoline in ways that help my gymnastic skills as well.

If you're lucky in education, you may encounter teachers who help you see something in a different light, or open you up to possibilities in ways that inspire. I was lucky enough to have a bare handful of those during my primary education, and I count Jim among that group now. He's enabled me to inhabit my body in ways that I literally never considered possible before, and I hope to continue under his instruction for years to come.

Sincerely,

**Adam Alpern**