

To whom it my concern:

This letter serves as a letter of recommendation for Jim Donak.

Jim was one of the primary coaches at Circus Center that, based on my observation of student outcomes, had some of the largest holistic positive impacts on the ideal biomechanics and skills acquisition of students training there. He continues to update his methods, reflecting current research in biomechanics and movement training, rather than fall into the trope that the traditional methods are always the best method (sometimes they are effective, other times, they've been shown to cause injury depending on the populations they are used in).

Some of the best coaches are not world-class performers, and some of the best performers are not world-class coaches - the only way to measure a coach's impact is by the student outcomes. Jim not only teaches his students how to safely achieve the desired skills, but in the process helps build their own understanding of their bodies in movement. As a coach, he is able to safely and effectively modify a drill or skill for each individual, so they get the most bang for their buck out of the time spent training, rather than the skill/drill being given being too hard or too easy

If I were putting together a staff team for a circus coaching space for beginner to advanced circus students, I would be sure to include Jim on the staff for coaching ground skills, like handstands, trampoline, and active flexibility/injury prevention.

Sincerely,

Aaron Kozloff