

Date: February 11th, 2020

To: Whom it may concern

I am writing to express my enthusiasm and recommendation for Jim Donak as a teacher, coach, and master of circus arts-specific body and training knowledge. Jim's technique and approach were foundational for me in the development of my coaching technique and style.

There are very few movement and strength coaches that I entrust with my higher level athletes, and Jim is a member of that cohort. He has spent his life in dedicated and passionate pursuit of knowledge about movement training for circus artists. He has a diverse and extensive wealth of knowledge about the circus athlete's body, and an impressive combination of traditional and innovative approaches.

He is highly creative and adaptable in the classroom, and creates exercises that are specific to a student's needs while maintaining a view on the bigger picture of the holistic health of the artist. He employs a light hearted and humorous approach that belies his deep knowledge and methodology—he makes real and effective work feel fun and enjoyable.

Thank you so much for taking the time to read this letter. I highly recommend Jim as one of the highest caliber movement teachers that I know,

Adam Woolley
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