



To Whom it May Concern,

This letter is my personal recommendation for Benjamin (Ben) Proko. I've known Ben for more than four years. When I first met Ben I brought him onboard as a sponsored athlete. Ben demonstrated a tremendous passion for the sport of Triathlon and was eager to learn more and even took on additional responsibilities as an employee. I have always found him to be an excellent and efficient employee who always came to work with a smile on his face and dedicated to completing all of his assignments beyond expectations.

Ben is a pleasure to work with and demonstrates terrific interpersonal skills when dealing directly with colleagues and clients. In meetings, Ben always presented innovative ideas and strategies. Throughout his term as an employee and sponsored athlete, Ben demonstrated a passion to cater to the beginners as well as elite athletes helping them understand the value of periodic performance testing and sport specific training. It was no surprise that Ben soon became a coach and has a thriving and successful Triathlon business.

Ben is well regarded by his peers, sponsors, and his coached athletes.

Ben is an asset to the sport of Triathlon in our nation's 4th largest city (Houston, Texas). It is my recommendation that Ben be accepted to the U.S.A Triathlon level 2 Clinic.

Sincerely,
Johnny Shelby
Third Coast Training
Johnny@thirdcoasttraining.com
713.487.7708

**5150 Crenshaw Rd
Suite D 100
Pasadena, Texas 77505**

**6565 West Loop South
Suite 820
Bellaire, Texas 77401**

www.ThirdCoastTraining.com