

Oliver Wilson
c/- CrossFit CrossAxed
230 Lytton Road, Morningside
Queensland, Australia 4170

Dear Sir or Madam:

I am writing to provide a reference ad Peyton Jewell's CrossFit trainer between December 2015 and April 2016.

As an athlete, Peyton displayed favourable qualities far beyond her years. She was consistent, determined, and most notably, extremely coachable. Her progress and improvement in the program was due to her ability to respond to coaching feedback quickly, and trusted the process of the training.

It should be noted that typically we reserve the adult's classes for athletes over 17 years of age. However, in Peyton's case she was able to integrate seamlessly into the class and worked in the group environment easily. She interacted with the whole group well, and were it not known to me I wouldn't have been able to tell she was 15 years old.

It was an absolute pleasure having Peyton as part of our community. Please do not hesitate to contact me if required.

Yours truly,

Oliver Wilson
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