

To Whom It may Concern.

Re: Donri Helmer

September 1, 2018

I have known Donri for the past 5 years through her involvement with the 100 Mile House Wranglers. Donri has shown a tremendous amount of professionalism with our organization and in particular to the young men that make up our team each year.

We have Donri prepare workout schedules and circuits for these young athletes to complete. Needless to say to get a teenage boy to adhere to a fitness program is not a simple task but what we have found is Donri has been able to reach these young men through positive communication and a great ability to organize the information for them in a way they can understand and execute. She has also provided some nutrition guidance to them that has been very beneficial to them.

I believe Donri has become better in her field by working with our organization. She has found a way to apply her knowledge and skillset to organize a program each year that reaches the players. Critical thinking by seeing action and reaction to the programs she builds has been one of her biggest assets.

The Wranglers organization are very pleased and proud that Donri has and is helping mould these young men into great people and future community leaders.

Sincerely



Tom Bachynski

President, 100 Mile House Wranglers