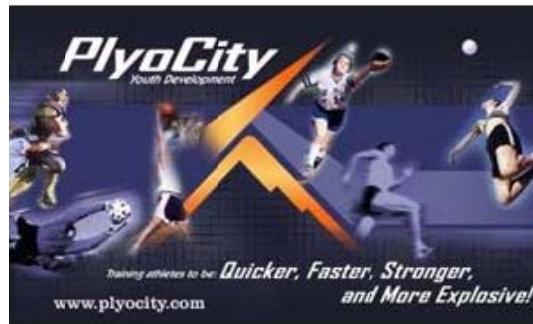




1245 Airport Road, Lakewood, NJ 08701  
Tel: 732-415-1370 Fax: 732-415-1324  
Website: [www.hpvba.com](http://www.hpvba.com)  
E-Mail: [ad@hpvba.com](mailto:ad@hpvba.com)



Dear Sir or Madam:

The High Performance Volleyball Academy (HPVBA) in Lakewood, NJ is offering an exclusive opportunity to train a wide range of athletes in the world-renowned Plyocity plyometrics program for dramatically increased foot speed, jumping ability, strength, stamina, quickness, and overall athleticism. Plyocity is the exclusive plyometrics trainer of three-time Olympic Gold Medalist, Karch Kiraly, Olympic Gold Medalists, Misty May and Kerrie Walsh, and MVP of the Association of Volleyball Professionals (AVP), Mike Lambert.

Plyocity's results include a 4-6 inch increase in every member's vertical jump upon completion of the program. As the largest plyometrics trainer in the U.S., Plyocity has trained over 50,000 athletes across many disciplines in the last ten years. Plyocity is recommended and/or endorsed by over 500 high school, college, and club coaches, holding over thirty years of experience in plyometric training. HPVBA has contracted with Plyocity, and maintains exclusive rights to the Plyocity program in Ocean and Monmouth County, New Jersey.

As such, HPVBA is currently offering a free offsite demo of the Plyocity program at all high schools in Ocean and Monmouth counties, as well as limited time discounted membership in the program. Athletes who register in the first month's promotion, reward their school with a check in hand for twenty percent commission of HPVBA's total profit on that school. Those who register in the second month's promotion, reward their school with a lesser check for ten percent commission of HPVBA's total profit on that school.

HPVBA is conducting the Plyocity program twice per week, in ten week periods, at a cost of thirty dollars per week onsite at HPVBA. Offsite training at individual high schools is available at an increased rate of forty dollars per week. HPVBA and Plyocity anticipate that you will appreciate the true advantage and promise of the Plyocity program in its application to aspiring athletic excellence, as well as to aspiring excellence in college placement for student-athletes from the Ocean and Monmouth County educational system. Please contact the High Performance Volleyball Academy at 732-415-1370 or 866-566-6974 at your earliest convenience to provide your endorsement.

Thank you for your consideration.

Sincerely,

A handwritten signature in black ink that reads "John T. Vanadia".

John T. Vanadia  
Executive Director

The High Performance Volleyball Academy & Plyometrics Department

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