

To whom it may concern,

I have had the pleasure of being Adam Marshalls trainer for the last three years. I have not only got to know him well as a person but also as a student athlete. He is the definition of a leader and sets the tone in the weight room by expecting the best out of others and holding himself to a high standard of work ethic. Over the last three years if there is one thing I can say about this student athlete is that he will always show up. His consistency to my program and his ability to put forth 100% effort day in and day out makes any program very lucky to have him. He has always treated me and others around him with the greatest respect making training him and with him something to look forward to. With all the obstacles that being a student athlete brings I'm very proud how he has navigated his high school career. Juggling pitching, hitting, strength training all while excelling in the classroom just goes to show what he is capable of when adversity is thrown his way. I think any program is lucky to have Adam and they are getting the best pedigree of human being and athlete. Im very excited to see him excel at the next level.

Luke Williamson
Owner
Athlon Movement & Performance