

Dear Friends and Family,

As many of you may already know, prior to college, I was a competitive gymnast at Auburn Gymnastics Center. Just this past summer, after graduation, I was introduced to a style of lifting called *Olympic Weightlifting*. In competition there are two lifts. One is called the clean and jerk, while the other is known as the snatch. Both are extremely technical lifts. With my background in gymnastics it was very easy for me to make the transition into Olympic Lifting with my exceptional strength and flexibility. My smooth shift from gymnastics and natural ability that my long time coach, Chris Heinig, has seen in me from the time I started gymnastics at the age of 8, also caught the attention of my new coach, John Thrush. John has been involved with the Calpian weightlifting club for over 40 years. He has been to the Olympic trials on numerous occasions, and just this past year took one of his own lifters (Melanie Roach) to the 2008 Summer Olympics in Beijing, China. With Chris and John's help I have been able to qualify for the Junior World Olympic Weightlifting Championships in Sofia, Bulgaria. With the way I have been progressing I have a very good chance of doing well.



As a college student the cost and expenses are proving to be the most challenging aspect. While attending Green River Community College, I work at Emerald Downs (a thoroughbred horse racing track) in the dining restaurant and during the summer I will also be working as a nanny. I'm doing my best to keep training hard and making ends meet, but for me to be able to afford the expenses of Worlds I will need some help. Junior Worlds are June 11-20th 2010 and by that time my goal is to raise \$2,500. Any amount which I am able to raise above the \$2,500 will help me to pay for gym costs, future meets, and training equipment (lifting shoes, knee sleeves, athletic tape, etc....).

Any donation amount is welcome. I am opening up a separate bank account dedicated just to my weightlifting needs. All of the fundraising I am able to do will go 100% into this account. As stated before I need to raise \$2,500 by the end of May for Worlds, but any more I am able to raise will help me in my future endeavors. Thanks to you all again for your encouragement and support through the years.

Sincerely,

Ashley Perkovich