



Northbrook Gymnastics
Training Center, Inc.

1845 Raymond Drive
Northbrook, IL 60062

(847) 564-3420

To Whom It May Concern:

This letter is in regards to Rachel Reinwald.

My name is Kenneth S. Cajet and I am the president of Northbrook Gymnastics Training Center, Inc. I have worked at the facility for over 25 years. I teach all ages of gymnastics from 2 – high school and I am the head coach of the girl's gymnastics team. Before I went full time with gymnastics, I was a project manager for a division of a Big 8 accounting firm (specializing in computer consulting).

I have known Rachel since 1998 and she has worked for me for the past eight years. Rachel has taken many gymnastics classes prior to her working here; she also trained as a high school gymnast with us during her four years of high school. I do not let just anyone work here, especially young adults such as high school age. They need to show me that they are very responsible, reliable and trustworthy. Before I give them their own class they have to volunteer and shadow an existing instructor.

As an instructor Rachel has taught all age and level kids from 3 years old through high school. I have just started her working with my pre-team gymnasts. This in itself is very impressive because I am very picky with who I let work with the team and pre-team. She is never late to work (in fact she is usually early) and is very conscientious about coming in when I need a substitute, even on short notice. She works great with her gymnasts. She knows when to push them and when to give them a little space if they need it. She always wants the best for them and tries to get them to achieve their potential. She manages the warm-ups and classes well to make sure that everyone is on task. She keeps the kids busy with drills and conditioning in between turns so that they can get their skills quicker. She is very good at breaking skills down into smaller more obtainable parts, so that the kids can have many successes. I have not seen an instructor that is more organized than Rachel. She has spread sheets for all her classes to keep track of their progress and is so meticulous that she even color-codes them. I know that her students like and respect her for what she does for them. Her kids always re-enroll for her classes. Another aspect about Rachel that I like is that she is not afraid to ask questions about teaching a skill or when she is

having difficulty with a child who is having trouble learning, to see if there is another approach she can take.

In short I would give Rachel the highest recommendation and feel that she would be an excellent addition to your library media specialist team.

Knowing Rachel's dedication and work ethic I know that Rachel will be successful at anything that she pursues.

Please feel free to call me if you have any questions or if I can give you any more insight about Rachel. If I were a decision maker I would hire her in a second.

Sincerely,

A handwritten signature in black ink, reading "Kenneth S. Cajet". The signature is written in a cursive, flowing style with a large initial 'K' and a prominent flourish at the end.

Kenneth S. Cajet