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INTERIM EXECUTIVE DIRECTOR

**NORTH CAROLINA BOXING AND COMBAT
SPORTS COMMISSION**



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This letter serves to certify that I, _____, trainer of _____, have designed and implemented intense physical training regiments to ensure that he/she is in peak physical condition for his/her upcoming bout. He/she began training on _____ and has shown techniques and strategies that show he/she is ready to compete. The specific training programs in which he/she has completed under my plan include and are not limited to:

Running _____ times a day/week for _____ minutes

Weightlifting _____ times a day/ week for _____ minutes

Sparring _____ times a day/week for _____ minutes

_____ times a day/week for _____ minutes

_____ times a day/week for _____ minutes

Copy of State/Government Issued Identification



Date _____

(Signature of Trainer)