

**ROY COOPER**

**GOVERNOR**

**NC BOXING COMMISSION**

**301 N. Wilmington St.**

**Raleigh, NC 27601**

**(919) 814-4600**

**ANTHONY M. COPELAND**

**SECRETARY**

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)