



P.O. BOX 5447, SACRAMENTO, CA 95817 TEL: 916-732-HOPE FAX: 916-452-7177

April 20th, 2009

Dear Parents, Family, Friends and Supporters,

We hope this letter finds you in good health and good spirits. This letter, in fact, is a result of the club's overwhelming recent success and the need we now have to fundraise. You may notice that we did not fundraise in 2008 as your support helped carry us through two years of sending young athletes to national and international success.

So far in 2009 our Weightlifting team has defended its Junior National Championship on the boys' side with a dominating performance that saw 10 different athletes medal at this highly competitive level. Furthermore, our girls made their debut at this level of national competition and did more than hold their own as they won the second place team award where last year we did not have even one girl qualify.

Special recognition goes to Sae Vang and Brandell Sampson of Sacramento HS, as well as Jenny Lam, Krislyn Lee and Chioma Amechi from Lincoln HS, and Ian Wilson from Berkeley High who all qualified to represent Team USA at the first ever Youth (17-under) World Championships rapidly approaching in Chiang Mai, Thailand. Together, all of these athletes from our club comprise nearly 50% of the entire US roster and are the first ever of our athletes to make a World Team.

Even more impressive was Sac High Graduate and current freshman at UC Davis Donovan Ford. Donovan won his division easily and finished as the #1 ranked lifter in his weight class in the United States amongst all age groups. His performance planted him on the US Junior World Team set to compete in Bucharest, Romania this summer. The Junior World Team is the 3rd most prestigious team an athlete in America can make behind only the Sr. World and Olympic Teams. Good luck to Donovan for 2012.

Donovan and teammate Keylin Mackey, also a Sac High alum, were offered full scholarships to the highly selective Olympic Training Center, a truly elite facility designed to prep the nation's best athletes for the Olympic Games.

All of this is impossible without your continued support as we continue to recruit young student athletes out of these inner city neighborhoods and give them opportunities to show their talents and impact their lives. This letter is asking for your support specifically in sending 18 of our young boys and girls to Athens, Georgia this summer to compete in the School-Age Nationals. All of the aforementioned athletes, as well as many others, have competed at this meet and helped our club win 3 straight National Championships, while at the same time giving these students opportunities to change their life course. This is the biggest group we've ever taken and it is in large part due to your continued support.

Thank you for your time and patience and with any questions please feel free to contact us any time.

Sincerely,

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For all current results and updates please visit our website at www.hasslefreebbc.com



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Hassle Free Barbell Club

What: VIP Fundraising Event, white table cloth wine and cheese gala

Where: Sacramento High School East Wing Commons

When: Saturday May 23rd, from 6:30-8:30pm

Why: To raise funds for the School Age Nationals in Athens, Georgia this June

Please fill out the information below and return in the enclosed envelope.

Name: _____

Number of guests attending: _____

Donation Level: _____

Gold (\$150 a ticket/\$275 per couple)

Silver (\$100 a ticket/\$175 per couple)

Bronze (\$50 a ticket/\$90 per couple)

Other _____

Sorry I cannot attend but please accept my donation of _____

Make checks payable to "St. Hope Public Schools" and mail to:

Sacramento High School

c/o Paul Doherty

2315 34th Street, Sacramento, CA 95816

RSVP by Friday, May 15