

To the Hermosa Beach Planning Commission and City Council:

My name is Janet Todd, I'm a 33 year old professional Muay Thai and Kickboxer, as well as a full-time aerospace engineer at Northrop Grumman. I've grown up in Hermosa Beach all of my life – it is my home. I've attended Hermosa Valley as a child, went to Mira Costa High School as a teenager, and left 5 years to get my Master's in Aerospace Engineering at Cal Poly, San Luis Obispo. I love the South Bay, and I made it a point to come back, because why would you want to live anywhere else? I love the sense of a small tight-knit community here. Everyone knows their neighbor, everyone looks out for one another, we celebrate our successes together, we're there for each other when things get rough, but we also have fun together, whether it's BBQs or block parties, or going out to the beach on the weekend – that's what makes this community special to me.

I believe Game Ready Performance (GRP) is an integral part of this community to foster growth, not only for teenage athletes, but for adult professionals. The team at GRP has helped me grow into the professional that I am today, whether it's my profession as an engineer or an athlete. They have helped me realize what I am capable of, and what I'm destined to do, at times when I've forgotten. I joined GRP at my lowest point, 2 fight losing streak and losing all confidence in myself. They encouraged me to pick myself back up and build myself up by looking within myself and being honest about who I am, and not listening to the irrational judgmental chatter that goes in my head. GRP helped me realize I strayed from my purpose. They were there to put me back on track, and make me feel whole again, allowing me to feel fulfilled again. I've gone on to win Gold at the Pan American tournament, and signed on with the largest martial arts promotion in the world, One Championship, after working with GRP. We manifested that together.

They continually encourage me to dig deep within myself to face my fears in order to overcome them. And yes, as a fighter I had to get over a lot of them and continue to; but every time I do, my confidence grows and I'm always astonished with how much I'm able to achieve, physically and mentally. I also see the same positive impact that GRP had on me with other athletes that come into the facility. As we all train, you can hear positive affirmations throughout the room, reaffirming our strength, purpose, and abilities. You can hear the excitement as an athlete hits a new personal record (PR). It's an uplifting environment with the staff and athletes working together as one to achieve their goals and dreams. As soon as you step through the doors at GRP, you can see two white boards covered from the ceiling to the floor, with affirmations that each athlete writes before and after their session. In a world that can be hateful, cruel, and superficial at times, this wall is a constant reminder that we are beyond that. We are here to create a positive impact on our community and the world, we create our own reality, we manifest our dreams. GRP has brought such a powerful message to this community, and continues to do so. They are developing future professionals that have the confidence to know their self-worth, that have the strength to stand-up for what's right, the courage to pursue their passion, and inspire the world around them – things that I didn't have at times when I was younger, but grateful that we have facilities like GRP that engrain that in younger generations now.

I am proud to be one of GRP's athlete. And because of them, I am always Game Ready!

Sincerely,



Janet Todd

August 16, 2019

Dear Hermosa Beach Planning Commission & City Council,

My name is Beau James. I am the father of two young athletes who attend Game Ready Performance ("GRP"). In addition, I am lucky enough to call Kenya, Jackie, Gio and Cameron my friends.

This past week, I was disappointed to hear of the challenges that the GRP team has faced in receiving the required approvals from your Commission and Council. That being said, I welcome the opportunity to share with you a bit about my family's experience with GRP and the extreme value that the GRP organization brings to your wonderful community.

Hands down, GRP executes a proven methodology for training world class athletes at all levels. This is evidenced by its broad clientele. From professional basketball, soccer, volleyball, and Muay Thai athletes to young soccer, football and baseball athletes, GRP has a diverse and loyal client base. That being said, what I feel is GRP's most important contribution is the mental fortitude and sense of community that it instills in its athletes.

GRP's ability to impact its athletes mental fortitude is evidenced in the words of personal strength written on the "Affirmations Wall" and the spoken words of self confidence that all athletes are required to say during their sessions for all to hear... "Give me ten words affirming your strengths as a soccer player" or "Give me ten affirmations about your body". Each reinforces the values of self affirmation and confidence that GRP instills in its athletes. Given the majority of these athletes are teenagers, who are bombarded with words and images of self doubt... it is GRP that stands out as a sanctuary of love, positive affirmation and support.

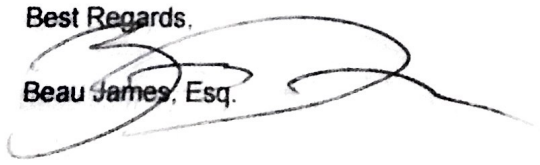
Personally, earlier this year, my eldest son was cut from his competitive soccer team. It was the team at GRP that put their arms around him, whispering words of support and providing the structure, community and love that he needed to take his game to the next level. Today he is excelling and achieving at levels that were in doubt earlier this year.

Perhaps most significant for my family is the love that the GRP team has shown my middle son. My son has a progressive neurological disorder. Five years ago, he was the top soccer player on the most competitive team at the top soccer club in San Diego. Today, he is not able to play competitive soccer. When I reached out to the GRP team and shared his story, they immediately embraced my son. Specifically, the GRP team designed a specialized training program that is intended to keep his body and mind engaged and active. Perhaps most important, the GRP team treats him with love, respect and as any other athlete who walks through their door.

As a long time patron of Hermosa Beach's many shops, restaurants and businesses, I want you to know that you have a real gem in Game Ready Performance. I highly encourage you to provide them with the necessary support to allow this amazing business (and community) to flourish and proudly call Hermosa Beach its home.

Best Regards,

Beau James, Esq.



August 15, 2019

Dear Hermosa Beach Planning Commission & City Council,

My name is Xavier James. I am 11 years old and a young athlete.

In addition to being a patron and supporter of GRP, I also shop and spend time at many shops and restaurants in Hermosa Beach.

I love GRP because I have great relationships with my coaches. Especially, Gio. GRP has impacted me because I am stronger both mentally and physically. I think the most important part of my time at GRP is when I give myself positive self affirmations. They really make me feel strong and confident.

GRP is special to Hermosa Beach, because there is nothing like it in town.

I Love GRP!!

I Am Game Ready!!

Xavier James

xavier james

August 15, 2019

Dear Hermosa Beach Planning Commission and City Council,

My name is Ezra James. I am a 14-year-old soccer player. I am also a Patron of Hermosa Beach. I have been going to GRP for just over a year. I love everything about Game Ready. It is run by some of the most amazing people in the world. People who aspire to do more than just run a gym, instead they want to create an amazing community. The first day I walked into GRP I felt this instantaneous love. People I didn't even know were cheering on as I ran on the treads. What's amazing is that the love and support that is shown on the first day is carried on forever.

Last season I made the transition to a new team. It was hard for me to move on from my last team. For a couple of days, I felt terrible. I felt as if I wasn't good enough anymore. But the second I walked through the door of GRP I felt this energy from the entire room. They sat me down, talked to me about their personal experiences and gave me amazing advice. Up to that point, I thought moving teams was a bad thing. They gave me new insights and told me to think positive. They turned me around and showed me the light at the end of the tunnel. That doesn't happen at a normal gym. It feels amazing to know that someone cares and

supports you that much. Game Ready is definitely the place where those types of people are.

Game Ready, a small gym sitting next to a car repair shop, has created a diverse community of spontaneous and amazing people. It isn't just a gym that produces elite athletes, but also a community that produces admirable people. Game Ready will always be apart of my family.

I am Game Ready!

Enzo

August 12, 2016

Attn: Hermosa Beach Planning Commission
Hermosa Beach City Council

To Whom It May Concern,

My name is Danielle Aranda-Harris (43) and I am the mother of two young athletes. I am also a longtime resident of the South Bay and community Patron of Hermosa Beach.

I am writing this letter in support of one of Hermosa's most incredible businesses, Game Ready Performance (GRP). GRP has been an integral part of my family's life for over a year now. GRP and its amazing athletic engineers take a holistic approach to athletic development; meeting their clients on a deeply personal level. Training not only targets the specific needs of each athlete physically, it also targets the social-emotional well-being of the individual; creating confident, strong-minded, hardworking community members. As a parent, we continuously strive to make our children productive, kind, contributing members of the world. GRP aids in this process as it enhances the potential of each child/client + infuses them with the self-reliance and encouragement to be successful both on and off the field. This facility is a must for the city of Hermosa Beach in that it contributes

to the city's diverse entrepreneurs striving to meet the needs of its constituents through positive, passionate outcomes that positively impact society at large. It is amazing to have a facility such as this in the South Bay that has, and will continue to make a lasting impact on all its clients.

My family and I are very happy to be Game Ready!

Sincerely,

Daniel Granda-Harris

Good Evening Hermosa Beach Planning Commission and City Council,

It's a pleasure to be here. My name is Matthew Ritchey and I will be an incoming senior at West High School. I am fortunate enough to be able to train with Game Ready Performance and perfect my craft as a soccer player.

Game Ready Performance is something I look forward to going to. I've been going since June of 2018. As a company they have created a family of athletes. These athletes have the same goal. To manifest gold and always improve on their craft. I can always look towards these athletes for advice. Whether it's a professional athlete, college, or an amateur like me, they will always go out of their way to help me no matter what. It may be advice or them taking time with me to show me what the best possible step is.

Jackie, Gio, Kenya, and Cameron have put together a group that always looks for good in the community. Recently I ~~had~~ had some soft tissue damage in my quad, and they recommended that I visit Aim Sports Medicine, another group located in Hermosa Beach. Next they suggested that I visit Soothe Your Soul right by the Green Belt. Game Ready has integrated themselves in Hermosa to help their athletes. All of this helped me to recover in less than a week.

As time went on, I realized I have an aspiration for learning sports medicine and sports performance. With going to college next year, I thought that getting an internship would help inform me if this is something I would like to pursue. Talking to Kenya, I told her my idea and she told me that they would love to have me. With this I had to create a resume and learn the process of getting a job. This is something that I realized they emphasized highly on. Skills that will be used throughout your life, not only on the field. Well, I've gotten the internship and have loved every minute of it. This helped me to realize that this is something I would want to major in. I'm not the only person who has followed this path. I know of many different people who have followed in these footsteps. All of whom

resonate in the South Bay.

Game Ready Performance has helped to transform my life in a positive way. I continue the desire to foster this partnership with such an amazing group of people and community. I thank you for letting me talk about my experiences. Lastly I have one bit of advice for everyone in this room. Continue to manifest gold. Thank you for your time. I am Game Ready.

Matthew Ritchey
Matthew Ritchey

Dear Hermosa Beach Planning Commission & City Council,

My name is Katie Laughrey, I'm 42 years old and I am a mother, wife, veteran and former Division I soccer player. I grew up in The South Bay, and my husband ~~I~~ and I have been Redondo Beach residents for over 16 years.

My oldest daughter, Kelsea, has been part of the Burne Ready family for over 5 years, and we have seen a tremendous growth in her athletic career because of it. She started out as a club player for LA Galaxy South Bay and is now playing on The U14 Development Academy (DA) team for LA Galaxy.

We are incredibly grateful for Jackie and her Burne Ready team for providing such a unique and well-balanced training center. Besides strength, endurance, speed, balance, agility and recovery training, they ensure their athletes also focus on the mental and emotional needs of reaching their full athletic potential. The teaching of positive affirmations, mental toughness and inner optimism has had a positive impact on Kelsea. Learning to manifest positive outcomes is such an important life lesson that will prove valuable in both adolescence and adulthood. I am also appreciative of the exceptional role models Jackie and Kenya impart to young female athletes. Seeing first hand how former athletes can turn a passion into a first-rate business is an invaluable lesson for my daughter.

The Hermosa Beach community should be proud to have such a

Artificial and unique training facility providing such a positive impact
in South Bay's young athletes. I hope the city of Hermosa
Beach does everything in their power to support this elite
women-owned business, because they deserve recognition and huge
accolades for the service they are providing to the entire
South Bay community. I am honored to be part of the Fame
Ready family!

Thank you for your time and consideration!

I am Fame Ready,

Katie Faughy

Dear Hermosa Beach Planning Commission and City Council,

My name is Nikki Hasson, I am an 18 year old soccer player from Torrance. Game Ready Performance has played an integral role in my development as both a person and as a player for the past 10 years. Through my unparalleled experiences at GRP, I have truly realized that their company and brand as a whole are unlike any other gym, trainer, or crossfit work space I have ever seen and Hermosa Beach is lucky to have such an impactful ~~type~~ facility in their city.

Through my time at GRP, I have been exposed to multiple establishments in varying locations. It is no doubt that this current space is the most conducive to the wide range of unique sport specific exercises provided. Not only is this location centralized, it also offers various parking options. I am so incredibly lucky to have this facility less than 5 minutes away from my house, I also know that anyone in the South Bay (who is truly aware of what this company provides) would feel the same way. I believe the first step in educating the residents of Hermosa Beach is proper signage.

As GRP mainly focuses on athletic improvement, I believe it is the true embodiment of mind, body, and spirit alignment - something that is unheard of at a crossfit gym! While the staff pushes our limits physically they also have allowed us to focus on the mental side of the game by assuring/affirming ourselves, and gaining confidence. My life would not be the same without GRP, and I am so blessed to have been a part of the family and community they have fostered.

Thank you for giving myself, GRP, and countless others the opportunity to share our love for this company! Hermosa Beach is a lucky city to say the least!

I AM GAME READY,

Nikki Hasson

Carnegie Mellon '23

Dear Hermosa Beach Planning Commission and City Council,

Hello! My name is Juliana O'Brien and I am 13 years old; I go by Jujv. I am a student and an athlete. I play soccer, softball, and sometimes basketball. I first started doing Game Ready because my friend did it and we thought it would be a good opportunity to see each other more since for the first time in six years, we wouldn't be at the same soccer club. As soon I started Game Ready, I knew that it would be so much more than an opportunity to see my former teammate. Although I have gone to Game Ready for maybe 9 or 10 sessions I feel myself building endurance on the field. I feel better after fitness tests during soccer practice and I more confident knowing that I can control my heart rate. Not only does Game Ready help me with my endurance, injury prevention, quad dominance, and so much more, but the people at Game Ready want me to succeed in my sports and in life. They not only teach me how to use all the power in my body but they teach me important lessons about life. Whether it's on the field or in life, they helped me realize that I'm Game Ready!

Best,

Jujv O'Brien

My name is Tanner Ijams and I am 13 years old. I play soccer for the Beach FC U15 Academy team. I live in El Segundo but I spend a lot of time in Hermosa Beach. Especially in what feels like my second home, Game Ready Performance. GRP and everyone in it has impacted my life in so many ways. They have made me a better person on and off the field. I am so grateful to have GRP in my life. They have made me a better soccer player in every way, but they have also taught me how to stay healthy and love myself. Through Game Ready I've learned so much more about myself and my full potential. I can't say thank you enough for all Game Ready has done for me. GRP is a huge part of my life and I don't know what I would do without it. I am Game Ready!

Dear Hermosa Beach Planning Commission + City Council,

My name is Claire Oates, I am 23 years old and am a Professional soccer player. I have been a long time community supporter of Hermosa Beach. I have been training with Game Ready Performance for over 7 years. GRP has taken my game to a whole new level. My speed and strength has improved immensely. I would not be where I am today without GRP. I have become more confident and know I can achieve anything I set my mind to. GRP has changed so many athletes lives and upped all of our games to a whole new level. Game Ready Performance ~~is~~ is like a family to me and my fellow athletes here in the Hermosa Beach/South Bay community. GRP has not only helped us grow as athletes but also as better people. I am so thankful to have a place like Game Ready Performance to train at everyday.

I am Game Ready!

Sincerely,
Claire Oates

Pro Soccer Player, Germany

Dear Hermosa Beach Planning Commission & City Council,

My name is Anna Vidovich, I am a college soccer player for Stevens Institute of Technology, and I am a long time community supporter of Hermosa Beach.

I am so glad GameReady Performance is in Hermosa Beach so close to home. Over the past three years GRP has completely transformed me as an athlete and young woman. Not only does GRP help countless youth athletes reach their potential and achieve their dreams athletically, but they also help young athletes believe in themselves and find peace and happiness in who they are as human beings. GRP radiates positivity and good vibes and will do nothing but uplift the Hermosa community and bring it positive attention for being the home of such an elite training facility.

I am Game Ready!

Sincerely,

Anna Vidovich

#30

dear Hermosa beach planning commission and city council,

Hi! My name is Kathryn Harris, I am 13 years old. I play soccer for beach fc on their USSOA 2006 team. I am a hermosa beach community patron. Game ready has had an amazing impact on my life. It has helped me reach the team of my dreams and has helped me stay competing with some of the best players in the country. It has helped me get so much faster and stronger. It hasn't just helped me physically, but mentally too. Game ready has helped me think in a much more positive way and it has helped me believe in myself. Game ready has helped not only me but so many of my teammates, competitors, and friends who are also hermosa beach patrons, residents, or students. Game ready has changed the game for south bay athletes, making them faster, stronger, and happier than ever. With game ready I have come the closest I've ever been to reaching my full potential. I am game ready!

Hermosa Beach Planning Commission & City Council

Amanda Dowdy

Age 29

Professional Athlete

Resident of Hermosa Beach

Game Ready Performance is a crucial part of my training regimen. At GRP, I train daily to prepare for international & domestic competitions representing Team USA. I greatly appreciate that they are a local gym where I both reside & practice.

It means less time commuting for me & more availability to work. GRP is a hub of opportunity for both professional & amateur athletes here in Hermosa Beach & surrounding cities. They bring positive light to this community & they bring more opportunity to a city that is already brimming with athletic potential.

I am excited Game Ready Performance is here to stay.

I am Game Ready!

Amanda Dowdy

Dear Hermosa Beach Planning Commission
& City Council,

My name is Natasa Eleftheriou.
I am 21 years old and a Division 1 collegiate
soccer player for the University of Washington.

I am a long time community patron &
supporter of Hermosa Beach. I have grown
up in the South Bay area & make daily
trips to Hermosa to grab lunch, meet friends
and family at the beach, etc. My aunt &
cousins whom I am very close with also
live in Hermosa.

Game Ready Performance has made
a tremendously positive impact in my
life. When I first came to Game Ready,
I was transferring post-freshman season
at Pepperdine University with extremely
low confidence, self-esteem, & lacked
fitness & stamina for soccer. Fitness was
always my weakest point along with
speed & explosiveness. However, Game Ready
changed that for me. When I went back
to University of Washington last year for
pre-season soccer, I passed ALL of my
fitness tests. I went from failing all the
tests to passing with flying colors, never feeling
better physically & mentally. Game Ready
not only physically transformed me, but
mentally too. Game Ready helped me
release the traumatic events from my

past that effected me mentally & emotionally to help me transform into a confident soccer player who truly feels like they have no limit to their potential. I cannot thank them enough for helping me through my lowest of lows & setting me up for success not only in the game of soccer, but in life. Game Ready Performance has not only done this for me but for so many other clients not only from the Hermosa Beach community but all over Southern California. Their positive impact on the community is evident the results & transformations of every athlete who walks through their door. From kids to professional athletes of all kinds, Game Ready has shown their dedication & investment into the development & support of athletes of all ages & levels. Game Ready is such a valuable resource for this community & the future of amateur athletes, aspiring professional athletes, professional athletes & so much more.

I am Game Ready!

Sincerely,

Natasa Eleftheriou
~~Natasa Eleftheriou~~

Hi,

my name is Kelsea Rae Laughrey, I am 13 years old and I am a soccer player. I have been attending Game Ready since I was 8 years old. The impact it has had on me I cant even describe. I have been able to grow not only as a player, but also a person. Each training I improve my skills, balance, endurance, range of movement, & so much more, but most importantly my voice. At Game Ready I am encouraged to use my voice, for example affirmations...

I am strong
I am confident
I am skilled

This helps me on the field as well to be a leader. Game Ready has an important impact on our community, that now you can be apart of! I AM GAME READY!



Dear Hermosa Beach Planning Commission & City Council,

My name is Dr. Robert Willhite I am Sports Chiropractor at AIM Sports Medicine here in the city of Hermosa Beach. I have been immersed here in the community now for close to 10 years and over the last decade it has become "home" for me. I have seen many quality businesses and organizations begin and grow within this community over the time that I've been here.

I can, without a doubt, say that Game Ready Performance has been one of the bright spots that I have had the pleasure to witness blossom and even experience first hand. The team at GRP provides a wealth of knowledge in the profession of performance training that is as effective as it is unique. The quality of service they provide is difficult to match, even in a profession that is saturated with amazing providers. They are a trusted referral source for myself as a health care professional, as I jump at any opportunity to send my athletes into their doors. When I refer anyone to GRP I can trust that they are in good hands.

However, more than just the value GRP brings to the community from a performance training aspect, I believe their greatest value is in the form of empowering the local youth in ways that go well beyond the physical realm. I personally have seen the growth of many young athletes who have spent their time with the team at GRP. This growth is exhibited in a new found confidence, self worth and self determination in many of the athletes that get a chance to experience what GRP has to offer. They are not only building incredible athletes, but they are more importantly building incredible human beings. The value of this process and what GRP means to this community CANNOT be overstated. They have my full trust and support in any endeavor they choose to embark.

I AM GAME READY!!!

Sincerely,

A handwritten signature in dark ink, appearing to be "R. Willhite", with a long, horizontal flourish extending to the right.

Dr. Robert Willhite DC, CSCS