



*You motivate me to stick
every landing! Will you help
Team USA reach the top of
the podium in Rio?
- Sam*



Dear [Mr. Sample],

I can still recall my first all around gymnastics competition. I was only seven years old, but I vividly remember stepping onto the podium to receive the sixth place medal.

I looked up to the kids who finished second and first — and it ignited a fire within me. ***I wanted to beat them. It fueled me to push even harder.***

Flash forward to today, and I'm striving to achieve my dream. With the 2016 Rio Olympic Games less than a year away, my training schedule has intensified. Right now, I'm spending endless hours at the Olympic Training Center in Colorado Springs — mastering my routines, meditating to stay focused on my goals, and rehabbing my body.

Thanks to your support, I'm able to train at this world-class facility with top U.S. athletes. Everyone is pushing each other to the next level. That's something you can't get in any other gym.

As a Team USA fan, you realize that the next 12 months before the Rio Games are critical. In fact, I keep a countdown in my room and every day that I mark off serves as a reminder: ***To seize every day... to seize every moment... to seize every practice.***

We must make it count so we have no regrets. That's why my teammates and I are relying on your support now more than ever.

Please give \$XX, \$XX, or even \$XX to help Team USA continue to prepare for the 2016 Olympic Games in Rio, Brazil. Plus, when you give \$20 or more, we'll be happy to send you a free Team USA windbreaker!

Over the next year, my number one goal is to perfect my routines and gain confidence. Being able to compete at the Pan American Games and a few other competitions will serve as stepping stones leading up to the Olympic Games.

With your generous support, my teammates and I can train even harder and

(over, please)

V_DC

United States Olympic Committee

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prepare ourselves for the fierce competition we'll face in Rio: China, Japan, Russia and Great Britain. These will be our strongest competitors!

But, I truly cannot accomplish this without your help. I hope you will give to the United States Olympic Committee (USOC) today and help lead Team USA on the road to victory.

The next 12 months will be grueling, but I know I can count on you. When I'm pushing myself to the limit, I'll think of my friends and family, and you — the Team USA fan. **You believe in me and that's the biggest motivator for me to bring home the gold for our nation.**

There are so many things I could be doing in life, but nothing would be quite as fulfilling as reaching the top of the podium and realizing that my Olympic dream has come true.

I put my whole life into this. This is who I am. And, I'm very grateful to have dedicated and loyal fans like you by my side. Thank you so much.

All my best,



Sam Mikulak
U.S. Men's Gymnastics

P.S. Remember, when you give \$20 or more, Team USA will send you a free windbreaker!
Thank you for your support.

If you'd like to send a note of encouragement to an athlete training here in Colorado Springs, just sign and return the enclosed greeting card with your gift. We'd love to hear from you. Thank you!

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