



**NOTTINGHAM FOREST**

Nottingham Forest Football Club  
The City Ground Nottingham NG2 5FJ  
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To whom it may concern;

Sept 03<sup>rd</sup>/2003

Re: Ben Newman

As the Conditioning coach at Nottingham Forest Football Club I have had the opportunity to work with Ben for ~ 6 mos during the past 2 seasons. During this time I have found his help and advice in the gym and in a conditioning atmosphere invaluable.

Working principally with the academy and with select first team players he has performed work both in phyio/rehab and the conditioning departments of the club. He has shown the ability to settle in quickly and conveyed confidence when dealing with a range of people such as coaches and admin staff but particularly with professional athletes. Despite being with us for such a short period of time he has contributed training initiatives that have now been incorporated into regular day-to-day training. His views on functional training and kinaesthology and incorporating diverse methods of training not only the body but also the mind are excellent. He is also quick to learn new information and is always motivated to work diligently. I would like to conclude by recommending that Ben would be a great asset to any team.

Regards,

Thomas Little  
Head Conditioning Coach  
Nottingham Forest FC

Winners of the European Cup 1979 & 1980

Football League Champions 1977-78 & 1997-98 • Runners-up 1966-67 & 1978-79  
FA Cup Winners 1898 & 1959 • FA Cup Runners-up 1991  
Football League Cup Winners 1978, 1979, 1989 & 1990 • Runners-up 1980 & 1992  
European Super Cup Winners 1980 • Football League Victory Challenge 1910

