

Haley Kvarnberg

West Palm Beach, FL

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haley.kvarnberg@ufl.edu

September 2nd, 2018

To Whom It May Concern,

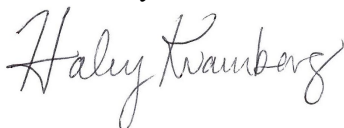
I have competed in just about every sport possible throughout my childhood. These sports include soccer, volleyball, swimming, gymnastics, tennis, lacrosse, basketball, badminton, archery, and figure skating – and none of them have stuck to me like bowling. I have struggled with finding *my* sport, not because I found the physical demands to be particularly arduous, but the succession of finding a worthwhile coach was almost impossible.

A coach, a term I personally define as an expert at relating knowledge in their field to my intellect and personal experiences in a way that I can understand and apply to my training, is a title that cannot be given to just any individual. Yes, Michael is a coach, but he has far surpassed that title years ago. The world can classify him as an innovator, a leader, and an abstract thinker. The vast amount of accumulated knowledge about competing and coaching in the sport of bowling is just a miniscule piece of the puzzle Michael uses to problem solve with his students, and his life and educational experiences undoubtedly make his lessons invigorating and distinctively interesting. Throughout our time collaborating together, I've learned more about physics, psychology, and philosophical concepts, in which can be applied to bowling and my future life experiences, than I have from anyone or anywhere else in my entire life. People are quick to write off the term, "bowling coach," but Michael challenges the entire stigmatism behind athletic coaching with his idiosyncratic style of teaching and ability to help every person who crosses his path.

In today's day and age, young people are encouraged to stay away from performing at an extremely high level or professionally in sports due to the risk of failure and the amount of time and dedication required in order to compete at such a high level. Apparently, risk taking, regardless of the possible success that could await, is something now frowned upon in our society. Before Michael, even with the plethora of sports attempted, it was never something even remotely considered. Not that I even believed I, of all people, would ever be in the position to do such. Michael returned my faith in taking risks in an activity outside of academics and striving to perform at such a high level. This fundamental change in personal thinking is an allusion to his character, as not just anyone, regardless of the sport they coach or subject they teach, can instill that in the human race. Great coaches are hard to find within each sport, which is why recognition is especially important as it allows others to strive for excellence and set goals. Michael is a great coach and an undeniably unforgettable person who deserves the highest level of recognition, but he is also someone who cannot be described in such an elegant and deserving way with words, as even they can not express his raw talent and abilities to transform something into power.

Michael turned me from a puzzled teenager with no idea of what the future holds (and a mediocre bowler if I can point that out) into someone transformed and enlightened through everything that has been learned throughout our lessons together. I can never repay all of the information, support, and guidance he has given me and simply the devotion of bowling he instilled into the sport for me. Michael leads by example, something a coach should do regardless. He has pieced together something in my bowling career and life that I cannot simply explain. Michael has been a positive addition to my life, both as a coach and an extremely insightful person, and I am a better person as a result.

Sincerely,

A handwritten signature in cursive script that reads "Haley Kvarnberg". The ink is dark and the signature is fluid, with a long, sweeping underline that extends to the left.

Crystal Singh
2001 Oakmont Terrace
Coral Springs, FL 33071
(954)225-6339
crystal0712@icloud.com

August 10, 2018

To whom it may concern,

I have had the privilege of training with Mike Nyitray for about 4 years. Throughout every moment, he has exemplified all the qualities and standards of a high performance bowling coach. His attention to detail and desire to educate has allowed me to push my mental and physical game to heights I never thought were possible.

When the paid lesson is over, he goes the extra mile by spending countless hours outside of the alley researching scholarship opportunities for his students and analyzing videos to prepare extra material for the next lesson. It is his dedication and belief in me that has pushed me to achieve some of my biggest dreams such as winning the 2017 Florida State High School Bowling Championship and being selected to the 2016/17 Dexter All American High School Team, 2018 Alberta E. Crowe Star of Tomorrow award, and receiving a full ride scholarship to Tulane University.

Mike's passion for the sport inspired him to create the U.S. High School Bowling Foundation and the U.S. High School Bowling National Championships.

Mike sees teaching one to be a better bowler as only part of the job. For him, it's creating a special bond with his students through trust and honesty while dramatically improving their athletic skills that has made him so prestigious among the bowling community, both globally and locally. It is without hesitation that I recommend Mike for this prestigious honor. He is the embodiment of what this sport needs to grow its future.

Sincerely,

Crystal Singh

[Elected into the Broward County USBC Youth Hall of Fame on 8/18/18]

Facebook 5/03/15

Facebook interface showing a post by Carla F Saavedra-Singh with Crystal Singh and Joseph Singh at Augsburg-City. The post includes a photo of the duo and a congratulatory message. Comments from David Tikasingh, Alice Lee, Andre van Gorp, Charmaine Pita, and Mike Nyitray are visible. A chat window on the right shows a conversation with Crystal Singh, including a congratulatory message and a link to the tournament results.

Facebook Post:

Carla F Saavedra-Singh with Crystal Singh and Joseph Singh
at Augsburg-City
24 mins · 🌐

Congratulations Crystal Singh! 2015 German Masters Youth bowling champion for the second year in a row! And Thanks to an amazing dad who stepped in to coach her in the finals. #dynamicduo

Photo: A man (Joseph Singh) and a woman (Crystal Singh) standing together, both wearing gold medals around their necks. They are in a bowling alley.

Comments:

- You, Joseph Singh, Andre van Gorp and 62 others like this.
- 1 share
- David Tikasingh Woot woot... Big up to Team Crystal! Congrats Joseph & Crystal... and the cheerleading mom Carla
Unlike · Reply · 👍 3 · 7 hrs
- Alice Lee Congrats!
Like · Reply · 👍 2 · 7 hrs
- Andre van Gorp Congrats with another gold medal again Crystal. I really enjoyed working with you and I am going to miss you and your mom and dad. I wish you and your family all the best in the future.
Like · Reply · 👍 2 · 7 hrs
- Charmaine Pita Good job crystal!! 🎉👏
Like · Reply · 👍 2 · 7 hrs
- Mike Nyitray Congratulations Crystal... you're hard work really paid off!!
Like · Reply · 👍 2 · 7 hrs

Chat Window (Crystal Singh):

4 hours ago

I won my German national!!!
Back to back national champion!

24 minutes ago

That's freaking awesome news!

Congratulations!!!

4 hours ago

http://www.dm15.bsva.de/erg_ebnisse.html

Madchen section 😊

it has the singles, doubles, teams, all event total, and finals

I just wanted to say thank you so much for everything you have done for me and also for helping me the last time we met just with the few practices. I am so fortunate to have been able to spend the time practicing and working with you and am more than excited to be working with you. I know how good you are at what you do as a coach and I can see a lot of titles in the future with you. Thank you for the ball recommendation and everything that you did in just a few short weeks. I couldn't have won this tournament without you. See you soon 😊

Krystina Nealon
11601 N.W. 25th Street
Coral Springs, FL 33065
(954) 459-5831

November 20th, 2014

Dear Coach Mike,

I would like to thank you for dedicating your time to create a high school bowling program in Broward County. It was a spectacular decision that led to my numerous accomplishments. With your help, I was able to become a better bowler both mentally and physically throughout the four years being involved in High School bowling.

Although I was extremely involved in my school clubs and academics, you made sure to have time set aside for bowling. With the extra practice and motivation I was able to accomplish things I would have never thought possible. While great things happened during my freshman and sophomore years, my *real* success story started when you were my coach at the FSHAA High School Bowling State Finals my junior year. Going undefeated during matchplay, I left Orlando as the State Champion thanks to you keeping me calm and strong. This in turn led to me becoming the **2013-14 Coral Glades High School Girls "Athlete of the Year"** and then later being selected for the **2013-14 Dexter/USBC High School All-American Team**.

Thank you for allowing me to be the very best I can be in a sport I love. I'm extremely happy with what I have done in bowling and for what I am leaving behind in high school bowling. You have opened up many opportunities not just for me but also for every other bowler in Broward County.

Gratefully yours,

A handwritten signature in cursive script that reads "Krystina Nealon". The ink is dark and the signature is fluid, with a long, sweeping underline.

[Elected into the Broward County USBC Youth Hall of Fame on 8/20/15]

Nathan Ricks
10800 N.W. 17th Street
Plantation, FL 33322
(954) 465-1369
hrmnathan@aol.com

April 15, 2011

To Whom It May Concern,

I am writing in support of my coach, Mike Nyitray. Mike has been my coach since I was ten year old. I can honestly say that without his help and support I wouldn't be the bowler I am today.

Mike's method of coaching has always taken into account my natural style and personality. He has never tried to change my technique into his own or someone else's. Instead, he has always worked with me to improve and develop my natural skills and techniques. This has always included working to improve my "mental" game. He spends a great deal of time going through videos and photos taken during practice and coaching sessions. This has always helped me to make progress and reach goals.

During the 2010 Junior Gold Tournament, Mike traveled to Indianapolis to coach not only me, but any junior bowler from South Florida who was competing. He never hesitates to offer assistance and advice to any bowler. During that event, he came to every practice and every competition. He knows when to observe and when to intervene. When I was frustrated or losing focus, he was there to offer the right advice.

Also in 2010, Mike started the first high school league in Broward County. The surrounding counties in South Florida have all had high school leagues for years. The junior bowlers in Broward County have been missing out many opportunities and Mike chose to do something about this. With no help from anyone, he made all of the contacts with existing high schools, created a league, did all of the paperwork, scoring, and awards. It was a great experience and all of the bowlers and their families are indebted to Mike for his commitment to the sport and the athletes.

Sincerely,
Nathan Ricks

[Nathan Ricks was inducted into the Broward County USBC Youth Hall of Fame in 2012]

Subj: **Finally shot 800!**
Date: 11/15/2009 10:01:13 PM Eastern Daylight Time
From: ilmasterpieceli@yahoo.com
To: worldmike@aol.com

Yo Mike,

I smashed an 825 series yesterday in league and I wanted to share with you how it happened. It was the craziest thing because on Friday night I finally got a chance to practice for the first time since States with my buddy Corey, and on top of that, I had remembered something I used to do before I got all out of whack. So, I was anxious to give it a shot. I used to stand 20 and shoot 10 just to see how the lanes played, then from there I just moved according to the reaction of the ball. That was something that just kept me in check and made it 10x easier to play the lane. It took a game of practice before everything just came flooding back from how I used to bowl. After the whopping 165, I came out of the gates with a 257 289 258, for an 802. The whole time I wasn't thinking about my shot, about who had the highest scores. All I did was throw the ball and walk back to my seat each shot and just kept up with the conversations we had going. After shooting it, I was somewhat excited but wasn't ecstatic because it was practice and all I could think was, "I bet money I'm gonna do bad in league tomorrow morning now."

As for league, it was a repeat of the night before. I was completely indifferent about my scores and everything. The first game was a 258 with a ringing 10 and some other silly leave. The next game was a slap 7 in the 4th or 5th frame and didn't think much of it because it was a good shot. After that, I just kept it going for the 279. It didn't hit me until I had the front 5 in the 3rd game that I have a really good chance at an 800 series. Once it occurred to me, my nerves finally started to get to me, but I had remembered what you said about staying distracted just enough to take your mind off the game while still remaining focused. I made small talk with everyone around me and even made a bet with my boss about whether Dr. Pepper was caffeinated or not. While I kept that up, the strikes just kept coming, senselessly. The hardest part about the last game was that my parents showed up to drop off my work stuff for because I worked at 12 which was right after the league got over. (For me, I hate when my parents watch me bowl. It's just the vibes they give off while I'm bowling that drives me nuts. My dad likes to make little comments to people discretely, but does a horrible job at it because it's very apparent what he's saying even though he tries to cover his mouth.) Finally, I was at front 10 with not problems and each strike a textbook strike. On the 11th shot, my nerves kind of got the best of me and I set the ball just short of the foul line for the first time all day, and I knew it. I was hoping for the push because it had almost enough speed as the others, but evidently it didn't. It chucked up and went face for an 8 count; which I picked up for 288.

The whole time I was indifferent about each shot. What got me is that I only moved once all day and that was during practice when I was adjusting to the shot (Yes, I did my "medium shot" of left foot 20 and shoot 10 to see how the lane was playing.), and the shot never changed all day. Each shot was a no doubter. If I set down on the lane and not on or before the foul line, it hit like a truck. None of the strikes were a trip something or messenger to the 10. What a great feeling to finally shoot 800!

Thanks for everything!
Eric

[Eric Gross, 12th grade student]

Subj: **GMAC Tournament**
Date: 10/30/2008 11:56:04 AM Eastern Daylight Time
From: patricksito@gmail.com
To: worldmike@aol.com

Hi Mike,

My preparation for the Greater Miami Athletic Council (GMAC) tournament ended with great success. Held on very difficult condition that matches up horribly with my style, I was able to average 217. I'm happy to report that our team won the GMAC championship, I was the Singles champion and I was selected as the tournament MVP.

Practicing my adjustments on tough oil patterns allowed me to play the shot correctly throughout the tournament. Practicing spares and fine tuning my accuracy were keys to my improving from my last year 2nd place finish in Singles and boost my hopes for a good performance in districts the first Monday that follows.

Learning from you the simple ways to tweak my game to fit each situation has been tremendously helpful. I really appreciate how you arranged a lesson at a distant bowling alley last weekend that's most similar to lanes at Bird Bowl (host of GMAC). I was able to get a realistic example on how the tournament conditions was going be. Since I haven't bowled in a tournament as competitive as this in a while, that preparation, not to mention all the other lessons helped me deliver under the pressure. With each shot counting for so much I feel this gave me a great warm up for Districts next week. Thank you for everything.

Patrick

[Patrick O'Donnell, 12th Grade - Ferguson High School]

Erik Galganski
2623 Graduate Court
Orlando, FL 32826

15 October 2008

Dear Mike:

Hey, I just wanted to thank you for the amount of time and dedication you put towards my bowling game since we started working together. I thought I was a good athlete before I went to work with you. Little did I know the difference between good and great.

I'm sure you remember our first lesson almost six months ago. You talked to me about what you saw. The main thing was my fast tempo in each delivery. After noting this, you stressed on how we were going to make the fast tempo more effective all the while allowing me to be, me. We worked on this and it took some time to master. I felt, at first, completely out of character and mind when in shortening my first and second steps. It turned the flaws you saw, however small and hardly noticeable, turned out to be the very things that were holding me back.

In our following lessons, we continued to work on some of my still-troubling physical game issues as well as with my mental game. I asked questions about the best way to approach match-play tournaments versus sweepers. You asked me more questions to understand me better and to fully digest what I was thinking and doing before giving me an answer. Every time you answered, it was always full and complete of thought, and never a guess. I was amazed by this from previous experiences with other top-level coaches. Soon, I started getting comfortable with my improved mental and physical game adjustments we've incorporated. But what happened next turned out to be a very nice surprise.

In the last month, I have done some amazing things and I give a majority of the credit to you for guiding me to this new level. I've become a first-time champion to the "Loschetter Tournaments," a state-wide monthly series of scratch events, a runner-up at the "UCF Junior Doubles Scratch Tournament," and another first-place title in the scratch division at the "Welcome Back Tournament." In addition to my recent honors, I have had the pleasure of shooting a 792 series and a 289 game on separate occasions. The series is my highest in years.

Again, thanks for helping me go from good to great! I want to thank you for everything you have taught me so far, and I look forward to meeting with again you soon!

Thank You,



Erik Galganski

[former member of USBC Board of Directors]

Subj: **Hall of Fame**
Date: 04/08/2008 3:16:36 PM Eastern Daylight Time
From: [BallPlayer52988](#)
To: WorldMike@aol.com

Mike,

Great news, I've just been inducted into the Broward County Bowling Association's Youth Hall of Fame. It's hard to believe that so much has happened and it's only been 5 years.

I would like to thank you for all you have done for me, going all the way back when we had our first lesson when I first started bowling. I especially liked how when we first began you did not try and change me, especially since I bowl without using my thumb; you worked with what I had.

I also just won my 18th tournament this past weekend and now have more than \$10,000 in scholarship money. There's no doubt these are the results of all the things you have taught me and why I have been so successful in tournaments and have so many honor scores. Thank you for everything!

Matt Ezrol

Samantha Brittany Hesley

1607 Firethorn Dr.
Wellington, F.L. 33414
(561)541-7665

February 10, 2008

Dear Mike,

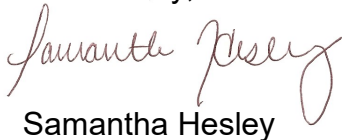
I'm writing this letter to you because all that you have done for me. Because of all the work we've put in over the years I had my best season ever. I was recognized for carrying the highest average in the country, 221, for all youth girls in the USBC.

This season, however, I'm actually doing even better. In October, I set a new Florida state youth girls recording shooting an 844 3-game record series. Interestingly, this also ties the Florida women's record. Just recently, I won the JBT's "Main Event" in Las Vegas this past December, which is arguably my biggest tournament win ever. I'm not only averaging 225 in my one league's, but I also feel that I'm bowling the best of my life.

But I have to also thank you for possibly the most important way you've helped me. Not only you my physical game coach, but you're also my mental game coach. From the very first time we started working together, you've been there for me, regardless whether it was struggling to balance the demands of competitive bowling and/or the demands of school, and more. When I look back, I honestly can't believe how far my mental game has come.

Mike, you are an amazing coach and I know you've helped me develop into the player that I am today. I can't thank you enough!

Yours Truly,

A handwritten signature in cursive script that reads "Samantha Hesley". The ink is a reddish-brown color. The signature is fluid and connected, with a large loop at the end of the last name.

Samantha Hesley

Andrew S. Koff
6490 S.W. 102 Street
Miami, FL 33156
(305) 898-9258

October 26, 2007

Dear Coach of the Year Committee,

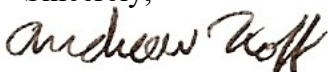
I am writing this letter to you because I want to support my coach's nomination for the David Dahms Coach of the Year award. For the past 8 years Mike Nyitray has been improving my game and helping me to become one of the best junior bowlers in the United States. Under his guidance, I have bowled eight 300 games, two 800 series and I my current league average has reached a new height at 242 for 32 games. In addition, I have been able to win multiple tournaments the most important of them being the Florida High School (FHSA) Individual Championship and the four Gold Medals at the Lee Evans Tournament of the Americas.

Coach Mike has taught me how to integrate all that I have learned about bowling so I can maximize my scoring potential. Even after 8 years of regular bowling lessons, I still look forward to working with him as often as once a week throughout the year because somehow he always has something new to teach me. As hard as I work, he is always prepared to take me one step further and I love the challenge of having to try to catch him. This motivates me to constantly increase my knowledge about lane conditions, lane play, and bowling ball technology. Here is a great example how much Coach Mike helps me bowl better.

In April of this year, I had a really bad practice on a very hard PBA pattern in my home lanes. I struggled so much that I even started missing spares. On the way home, I called Coach Mike and asked him if I could get a lesson the next day. Like always, Coach Mike said yes I and got my lesson. But what was incredible was what resulted from that lesson. Not only did Coach Mike fix my problem, showing me why it happened but he also got me back to comfortably striking and sparing. We also talked about my plan for the next night's league, where I had finally raised my average to 230. Because of the way I had struggled the day before and with only 2 weeks left in the league I was worried about keeping my 230 average. Instead, Coach Mike talked to me about focusing positively, on raising my average, to 231 or even 232. He calculated for my 4-game league that I needed to shoot about 950 for 231 and 1060 for 232. But since we didn't know the exact pins Coach Mike said we could settle for 1070, just to be sure. I laughed but Coach Mike said I was throwing the ball so well he felt anything was possible. It is hard to explain but I really knew that I was going to bowl great. What was unbelievable was what happened the next night. I shot 816, my first 800 series, and then 254 for a 1070 4-game block. I could not believe that I actually shot the exact score Coach Mike and I were talking about the day before. I finished that league the following week with a 232.4 average for 122 games giving me the highest average in Dade County, including adults!

Coach Mike says that I was born with my talent, but it is his job to help me make the most of it. I feel very lucky to have him as my coach. I owe much of my success to him and all of his hard work.

Sincerely,



Andrew S. Koff

Subj: **Great News**
Date: 5/26/2000 9:50:04 AM Eastern Daylight Time
From: TouNetDir@aol.com
To: WorldMike@aol.com

Hey Mike,

I just wanted to let you know that I shot my first 300 on the last week of bowling at Piper Lanes, on the last game. =)

I needed to beat Keith Nation by 54 pins that game, and I knew I had to bowl really good to do it, but he shot 279 on me. I wanted to let you know that I finally shot it. =)

Thanx,
Jason Rockwood

[Note: Valorie Rockwood, Jason's mother, wrote me a thank you letter 1-1/2 yrs earlier regarding Jason's progress – presented in section titled *Parent Letters*]

Subj: **Carly**
Date: 98-07-28 19:37:55 AM EDT
From: CK12 737@aol.com
To: WorldMike@aol.com

Mike,

Hey, it is Carly Kozel. Well, I wanted to thank you greatly for you help w/ me that night because you greatly improved my game. It has really paid off especially since last night (Monday 7-27) I bowled my first sanctioned 300 game! It was awesome.

Well, I just wanted to let you know that and that I will try harder to keep you updated w/ some of my better scores.

Thank you again and hope to hear from you soon.

Carly Kozel

[Note: 15-year old female bowler]