

To whom it may concern,

In the past Hans was one of the trainer that has thought me how to play frisbee. Nowadays I am the chairman of the Dutch Flying Disc Federation. We (the federation) work together with Hans in several projects all over the country.

Hans Krens has been a frisbee professional since the year 1998. Before that, he played in the national team. He has been a trainer of several clubs, and successfully started a couple of clubs in the Netherlands. Not only does he has (inter-) national experience as a player, but also as a trainer and coach. Hans has helped us putting together several projects that helped promoting the Discsports in a successful way, and he still does.

Examples of projects include, but are not limited to: a teaching program to get frisbee trainers certified, a teaching package for PE teachers in primary school, a website that helps frisbee teams to organise their Cityleague in a good way ([www.cityleague.nl](http://www.cityleague.nl)) and last but not least: He had our new logo made, helps with texts and pictures for our website, helps local organisations starting up youth teams or have problems finding fields. He makes good combinations that help our sport forward, and bring a lot of people into contact with the Discsports. Furthermore he is now national team coach for the U17 team.

Hans has good organisational and disc skills, is very enthusiastic in the disc sports, and is able to get this enthusiasm across to teachers and students. Whenever there are questions from schools about frisbee, we forward them directly to Hans. He always helps these teachers with the necessary information, and does this in a very enthusiastic and efficient way. With his experience, he can help PE teachers master the Discsports themselves, but also teach them to teach their kids as well. Due to his enthusiasm in promoting the Discsports with kids, we now have kids playing Ultimate in The Netherlands! Before he started with this, everybody thought it would not be possible or at least very hard to do so. But he kept going for it, because he is a bit of a visionary who commits to his goals and never stops until he reaches that goal. Now we have a competition in the U14 division, and Hans still organises these tournaments for the kids. We keep developing our sports this way, and Hans's knowledge, input and enthusiasm has been essential in this.

For questions please do not hesitate to contact me at [voorzitter@frisbeesport.nl](mailto:voorzitter@frisbeesport.nl).

Best regards,



(Bouke Nijhuis, chairman of the Dutch Flying Disc Federation)