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Kevin Long, President
MVP Sports Media Training


Dear Kevin,

I greatly appreciate you making the trip to Farmville to work with our student-athletes and coaches on how to effectively deal with the media. As you know, there are various media outlets and the coverage is endless, so it definitely pays to be well-prepared.

Your presentation was clear and concise in addressing the best practices when taking part in an interview. Furthermore, you explained the proper way to conduct oneself when representing the institution in public forums. Your media clips and presentation format made the process enjoyable for all. Based on the feedback I received, this program was a great success.

Again, thank you for your time and efforts with Longwood University Athletics.

Kind regards,


Troy Austin
Director of Athletics