

15 May 2025

To Whom it May Concern,

My husband, Mark Guy, and I are writing this letter in support of Abby Rehberger and her Optimize business. Our family has known Abby since the summer of 2022 when our daughter attended her first Optimize softball camp at the age of 10. Following that camp (which she LOVED!), our whole family became very satisfied customers of all of the Optimize offerings. From our daughter attending pitching training and other softball training activities over the past 3 years, to our 15 year old son attending Strength and Conditioning classes for the past 2 years, to my husband and I both relying on Abby for our physical therapy needs over the past several years, to taking advantage of the massage therapist that Abby has on staff, we are VERY grateful for all that Optimize has been to our family! We can't begin to tell you what an incredible business Optimize is, what wonderful staff they have across ALL of their programs, and how remarkable of a person and leader Abby is. Optimize is a gift to all of the youth, adults, and families that they engage with! They are a classy business and I can't wait to watch them continue to grow so that they can continue to impact more and more people.

Thank you for the opportunity to share what Optimize means to our family and how excited we are for their opportunity to grow!

Molly Guy

763-203-4322

May 20, 2025

To Whom It May Concern:

My name is Susan Leet and as a parent, community member and client, I've had multiple opportunities to interact with Abby Rehberger and Optimize Physical Therapy and Elite Sports Performance. Abby is dedicated to both her craft and the community, which is evident in all her work. She brings a commitment to professional excellence with a knowledgeable and personalized approach that truly sets her apart. My family has experienced all of what Abby and Optimize has to offer from softball training, strength and conditioning and physical therapy. My daughter Natalie has also had the opportunity to work at Optimize as a softball coach. Over the last four years, we have gotten to know Abby Rehberger very well. She is always open to conversation and getting to personally know the families and athletes that walk through her doors.

My daughters have always improved on their skills and had the opportunity to meet new people through Optimize's programs. The people my daughters have met are faces they are able to recognize as they continue their softball careers. Optimize has created a community among the youth softball programs across the metro. This has a lasting impact in not only the Blaine and Spring Lake Park area but in its surrounding communities as well. It is also not uncommon to see Abby on the sidelines supporting her athletes in their regular season games. She also makes an effort to reach out and celebrate all the achievements from not only her players but also her employees. She is a true supporter on and off the field.

My family's first experience at Optimize was softball training. My eldest daughter Natalie did the developmental camp and my daughter Lauren did the developmental program as well as Optimize Elite training. Both of my daughters have also benefited from individual lessons with Abby working on specific skills.

Along with the softball specific training, my daughters have also benefited from the strength and conditioning programs that Optimize offers to its athletes. The program is created to support athletes and to specific sports related needs, while maintaining general strength and conditioning for overall success.

As a family, we have also benefited from the Physical Therapy treatments that Optimize offers. Abby is a friendly, knowledgeable and professional therapist who is skilled in providing attentive, ethical and individualized care to her patients with positive results.

As an employee for Optimize, Natalie was given an opportunity to work with young athletes doing something she loved. She was provided with learning experiences to support her growth in learning and coaching as well as continued and increased responsibility. The skills and mentorship that Abby provides reaches beyond just Optimize and to surrounding communities.

Through my comprehensive experience in the many opportunities that Abby, her facilities, and her employees offer, it is without reservation that I believe Abby Rehberger and Optimize Physical Therapy and Elite Sports Performance would be a positive asset to the Spring Lake Park community. Please contact me if you would like any further information or have any questions.

Sincerely,



Susan Leet

612.385.7833

Richard and Lori DiVito
7918 McKinley St. NE
Spring Lake Park, MN 55432
richadivito@icloud.com (612-267-2038), loridivito@outlook.com (612-501-7999)

May 21, 2025

City Officials of Spring Lake Park,
City Hall
1301 81st Ave NE
Spring Lake Park, MN 55432

Dear City Officials,

We are writing to wholeheartedly recommend Abby Rehberger, Owner, DPT of Optimize Physical Therapy and Elite Sports Performance for the purchase of the property at the vacant Rise building off Sunset road in Spring Lake Park to relocate and expand her softball and physical therapy training facility. We have been bringing our daughter to train with Abby for four years. Our daughter, Samantha, loves not only the training she receives from Abby but also the relationships she has developed with Abby along with her staff. She employs former youth athletes that were clients of hers that foster a fun and comfortable environment. Our daughter is excited for the potential opportunity to ride her bike to her new location and maybe one day work for Abby at her new facility.

Abby Rehberger has successfully operated her Optimize location in Blaine for years, providing high-quality softball, baseball training and physical therapy services that empower athletes and individuals to achieve their physical and personal goals. Her facility has become a cornerstone for local youth and families, fostering athletic development, health, and community engagement. The proposed relocation to a larger building in Spring Lake Park will allow Optimize to expand its offerings, including additional training programs that include other sports such as volleyball and basketball, which will further enhance its positive impact.

The new facility will not only meet the growing demand for Abby's services but also contribute to the economic vitality of Spring Lake Park. By attracting clients from surrounding areas, creating jobs, and hosting community events, Optimize will strengthen local commerce and community ties. Abby Rehberger is a responsible and visionary entrepreneur who maintains her current facility to the highest standards, ensuring it is safe, accessible, and welcoming. We have no doubt she will bring the same dedication to the new property, enhancing the neighborhood's appeal.

I respectfully urge the City of Spring Lake Park to approve Abby Rehberger's request to purchase the building at the former Rise location. Her business aligns with the city's values of promoting health, community, and economic growth. If you have any questions or require further information, please feel free to contact us.

Thank you for considering this recommendation.

Sincerely,

Richard and Lori DiVito

Letter to City Council – Planning and Zoning Committee

Dear Members of the City Council,

Five years ago, my son Seth began attending the Optimize Speed and Strength program. It quickly became one of his favorite places to work out. He loved the challenging workouts, the camaraderie with his friends, and especially the way Abby motivated the boys—pushing them to improve while still making it fun.

Soon after, Seth also began baseball training at Optimize and started taking private lessons with Abby. She has not only the technical expertise to help athletes improve their skills but also a remarkable ability to support them mentally. Abby builds their confidence and helps them believe in themselves. Whenever Seth goes through a batting slump, he immediately asks for a session with Abby. That speaks volumes about the trust he places in her.

Our family has also benefited from Optimize's physical therapy and concussion services. Their PT program is exceptional. The staff takes the time to educate patients while working with them, focusing on recovery and long-term injury prevention.

Unfortunately, we've had to use the concussion services twice. The first time, after my daughter sustained a concussion, we went to the ER at Children's Hospital. We were sent home with little more than advice to give her Advil and monitor her. Remembering that Optimize had a concussion specialist, I reached out to Abby, who connected us with Katie. Katie thoroughly evaluated Eva and provided exercises to help her brain heal. Concussions are frightening, but Katie's calm expertise gave us reassurance and guidance when we needed it most.

This past winter, Seth started working at Optimize, helping at baseball camps for younger athletes. It's his first job—a full-circle moment. He once was one of those young kids learning the game at Optimize, and now he's mentoring the next generation.

On a personal note, Abby has become a tremendous support to our family and to many others in the community. She reaches out to athletes before tryouts to wish them good luck, attends their games to cheer them on, and even follows their progress on apps like GameChanger. I've received texts from her after a great hit or game moment, simply to celebrate with us. When Seth is feeling down after a tough game, my husband and I often say, "He needs some Abby time." It's not just a business to her—she genuinely cares.

We feel incredibly grateful to have Abby and Optimize in our children's lives. Her impact goes far beyond sports training. She uplifts, mentors, and supports our youth in ways that are truly meaningful.

Thank you for considering the value Optimize brings to our community.

Sincerely,
Katie and Brandon Fream

Letter of Recommendation

May 25, 2025

Ms. Wanda Brown
City of Spring Lake Park
1301 81st Avenue NE
Spring Lake Park, MN 55432

Dear Ms. Wanda Brown and the City of Spring Lake Park,

It is my privilege to write this letter of recommendation on behalf of Ms. Abby Rehberger and Optimize Physical Therapy & Elite Sports Performance. Abby is one of the most honest, hard-working, determined, smart, and caring individuals I know.

My family met Abby back in 2020. I often say my son being injured at the age of 11 with a Tommy John arm injury was the best thing that could have happened to him and us as a family. Abby came highly recommended by a fellow coach and family friend. His daughter had an arm injury as well and he couldn't say enough about not only the PT services she received but also the fact she incorporates playing catch with the rehabbed patient. My son spent 4-6 weeks in PT with Abby and then she started playing catch with him and fixing the mechanical issues so the injury doesn't happen again. My son has had many injuries over the past 5 years and Abby and Anthony are always our first calls for any rehabbing he has needed. We trust and respect their recommended course of care and they have many times expedited his recovery. I have and will continue to refer Abby & Anthony for not only arm injury rehab but also any other injury that requires PT.

After my son completed rehab for his injury, we decided to start training with Abby. Over the past 5 years my son has trained one on one with Abby for baseball skills such as pitching, fielding, hitting, and we have also booked Abby to train many of our Little League and beyond teams.

Abby has supported our local Little League baseball and softball teams. She is dedicated to providing top notch indoor practice space for teams during the winter, she trains teams and individuals in both baseball and softball throughout their seasons as well. Not only does she train athletes, but she also creates relationships with many of the athletes. She supports them by going to games and following their seasons.

My son and many of his friends have also trained for speed, conditioning, and strength at Optimize. Her programs offer a variety of options for all age levels and skill levels. Her trainers are also excellent, they are great with kids and provide one on one and group training options. My son has seen great gains in speed and strength over the years.

Not only has Abby provided PT services, sports training services, speed, strength, and conditioning training services she has also been such a valuable mentor to my now 16 year old son. She has taught him how to be a good employee, work with kids, share his love for baseball with others and how to be responsible and be the face of a company and brand.

This current school year my son uses Minnesota Virtual as his school platform. He goes to Optimize to complete his daily school work as well as train for baseball, strength, and conditioning. Abby helps him stay organized and on track academically. She also has taught him about the importance of good grades in his quest to be a collegiate student athlete. He also trains with her typically 4-5 days a week. The gains he has made working with her one on one this year are amazing not to mention his confidence.

Abby is a dedicated and passionate Physical Therapist, elite sports trainer and business owner. Many communities including Spring Lake Park, Blaine, Centennial, Forest Lake, White Bear Lake and many others have significantly benefited from her services and commitment. The Spring Lake Park community would be very lucky to have Abby and the Optimize Physical Therapy and Elite Sports Training staff operate out of their city.

Thank you,

Katie Anderson
Loyal Optimize Customer
763-587-5730
Klarson1311@gmail.com