

*I Mina' Trentai Dos Na Liheslaturan Guåhan*  
**Resolutions Log Sheet**

| <b>Resolution No.</b> | <b>Sponsor</b> | <b>Title</b>  | <b>Date Intro</b> | <b>Date of Presentation</b> | <b>Date Referred</b> | <b>Committee / Ofc Referred</b> | <b>Date Adopted</b> |
|-----------------------|----------------|---|-------------------|-----------------------------|----------------------|---------------------------------|---------------------|
| <b>387-32 (COR)</b>   | MIKE LIMTIACO  | Relative to commending and congratulating Custom Fitness on the occasion of its first year anniversary; and to further extending Un Dångkolo Na Si Yu'osMa'åse' to Custom Fitness CrossFitGofMetgot for its commitment to excellence in wellness and fitness contributions. | 5/20/2014         | 5/24/14<br>6:00 pm          |                      |                                 | <b>05/23/14</b>     |

***I MINA'TRENTAI DOS NA LIHESLATURAN GUÅHAN***  
**2014 (SECOND) Regular Session**

**Resolution No. 387-32 (COR)**

Introduced by:

Michael T. Limtiaco  
R. J. Respicio  
T. C. Ada  
V. Anthony Ada  
FRANK B. AGUON, JR.  
B. J.F. Cruz  
Chris M. Dueñas  
Brant T. McCreddie  
Tommy Morrison  
T. R. Muña Barnes  
Vicente (ben) C. Pangelinan  
Dennis G. Rodriguez, Jr.  
Michael F. Q. San Nicolas  
Aline A. Yamashita, Ph.D.  
Judith T. Won Pat, Ed.D.

**Relative to commending and congratulating Custom Fitness on the occasion of its One Year Anniversary; and to further extending *Un Dângkolo Na Si Yu'os Ma'åse'* to Custom Fitness CrossFit *Gof Metgot* for its commitment to excellence in wellness, fitness, and healthy lifestyles, and for its contributions to cancer awareness.**

1           **BE IT RESOLVED BY THE COMMITTEE ON RULES OF *I***  
2 ***MINA'TRENTAI DOS NA LIHESLATURAN GUÅHAN:***

3           **WHEREAS,** Paul and Ryan Claros were born and raised on Guam and founded  
4 Custom Fitness in 2012. They have been active members of the Guam athletic  
5 community for the past fifteen years, both as athletes and coaches, and saw a gap that  
6 existed between appropriate preparation, proper execution, and correct programming  
7 for daily fitness and sports performance; and

1           **WHEREAS**, the lack of integration of all functional components validates the  
2 need for Custom Fitness. Custom Fitness, in and of itself, is a multidisciplinary  
3 approach to health, fitness and nutrition. With the integration of scientific  
4 programming and collaboration of a health team, Custom Fitness is designed to fill the  
5 gaps which people often are not aware of or knowledgeable about. The addition of the  
6 rehabilitative component truly makes Custom Fitness all-inclusive for health and  
7 wellness needs. Succinctly stated, “appropriate preparation + proper execution =  
8 advanced performance.” Knowing that no man is an island, Paul and Ryan saw that  
9 they would need a qualified and trustworthy team to turn their vision into reality, so  
10 they recruited Paul's god-brother, standout rugby athlete, Steven Sablan, and his  
11 sister-in-law, Samantha King Sablan, to round out the team; and

12           **WHEREAS**, as a woman-owned and managed small business, Custom Fitness  
13 has four educated and knowledgeable individuals at the helm; and

14           **WHEREAS**, the Custom Fitness Director of Programming and Rehabilitative  
15 Services is Ryan Robert Claros, PT, DPT, MS, CSCS, who has a Bachelor of Science  
16 in Kinesiology, with an Emphasis in Fitness, Nutrition, and Health from San Diego  
17 State University; as well as a Masters in Exercise Physiology from San Diego State  
18 University. He also holds a Doctorate in Physical Therapy from the University of St.  
19 Augustine for Health Sciences; and

20           **WHEREAS**, the Custom Fitness Director of Team Sports and CrossFit *Gof*  
21 *Metgot* is Paul Patrick Claros, who holds a Bachelor of Arts in Health, Physical  
22 Education, Recreation and Dance, with a concentration in Exercise Science and  
23 Wellness, from the University of Guam. Paul also has experience in owning and  
24 operating a small business, and has extensive marketing and advertising experience;  
25 and

26           **WHEREAS**, the Custom Fitness Director of CrossFit Kids *Gof Metgot* is  
27 Steven Sablan, who is currently studying at California University of Pennsylvania,  
28 and who received his Bachelor of Science in Sports Management, Wellness, and  
29 Fitness, in May 2014; and

1           **WHEREAS**, the Custom Fitness President of Operations is Samantha King  
2 Sablan, who has experience in running and operating a small business, and who has an  
3 interdisciplinary Bachelor of Arts from Seattle University, a prestigious liberal arts  
4 college; and

5           **WHEREAS**, Custom Fitness is a functional fitness facility offering consumers  
6 a wide variety of professional health and wellness programs, including rehabilitative  
7 services provided by its in-house physical therapist; personal training; team and sport-  
8 specific training; corporate wellness; nutritional advice; and CrossFit, a principal  
9 strength and conditioning program that is broad, general, and all-inclusive, and  
10 designed for universal scalability; and

11           **WHEREAS**, Custom Fitness seeks to be the most successful and recognized  
12 facility in providing the means, expertise, motivation, and atmosphere that will enable  
13 people of all fitness levels to achieve their individual fitness, health, and wellness  
14 goals, and to simply feel better. Custom Fitness offers the finest equipment and  
15 stimulating and diversified classes, and employs the most knowledgeable, educated,  
16 and experienced professionals; and

17           **WHEREAS**, Custom Fitness prides itself in integrating with the community,  
18 supporting worthwhile causes dear to their hearts, and being a family with its  
19 members. Since its inception, Custom Fitness has participated in many local activities,  
20 events, and projects. Custom Fitness provides trainers for the Guam National  
21 Women’s Basketball Team. Custom Fitness is also currently the official training  
22 facility for the Men’s and Women’s National Rugby Teams; and


23           **WHEREAS**, also as part of its community service, Custom Fitness has  
24 provided workshops and demonstrations for a variety of worksites; they facilitated the  
25 “Kids 4 the Cure” program for Guam Cancer Care, where the coaches visit schools  
26 island-wide in an effort to raise awareness on fitness and nutrition; and most recently,  
27 they participated in the United Plane Pull. Custom Fitness actively supports its  
28 members, and has hosted fundraisers to support the American Cancer Society’s  
29 “Relay For Life” in honor of Tim Santos, Jr., who succumbed to pancreatic cancer at

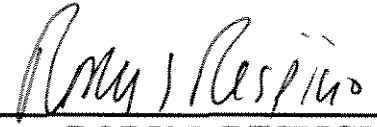
1 the young age of twenty-eight. Custom Fitness, a CrossFit affiliate, will be proudly  
2 represented at the CrossFit Asia Regionals by one of its esteemed coaches. Custom  
3 Fitness holds monthly community Workouts of the Day (WOD) to facilitate healthy  
4 lifestyles and activities, and donates all proceeds to the following charities, among  
5 others: “Barbells for Boobs” (which pays for underprivileged women to have  
6 mammograms); “31 Heroes” (which donates to the families of warriors that died in  
7 combat); and the Pancreatic Cancer Network; now therefore, be it

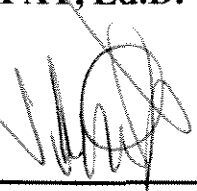
8 **RESOLVED**, that the Committee on Rules of *I Mina'Trentai Dos Na*  
9 *Liheslaturan Guåhan* does hereby, on behalf of *I Liheslaturan Guåhan* and the people  
10 of Guam, commend and congratulate Custom Fitness and its young entrepreneurs on  
11 the occasion of its One Year Anniversary; and does further extend *Un Dângkolo Na Si*  
12 *Yu'os Ma'åse'* to Custom Fitness CrossFit *Gof Metgot* for its commitment to  
13 excellence in wellness, fitness, and healthy lifestyles, and for its contributions to  
14 cancer awareness; and be it further

15 **RESOLVED**, that the Speaker and the Chairperson of the Committee on Rules  
16 certify, and the Legislative Secretary attest to, the adoption hereof, and that copies of  
17 the same be thereafter transmitted to Custom Fitness CrossFit *Gof Metgot*; and to the  
18 Honorable Edward J.B. Calvo, *I Maga'lahaen Guåhan*.

**DULY AND REGULARLY ADOPTED BY THE COMMITTEE ON RULES OF  
I MINA'TRENTAI DOS NA LIHESLATURAN GUÅHAN ON THE 23<sup>RD</sup> DAY OF  
MAY 2014.**

  
\_\_\_\_\_  
**JUDITH T. WON PAT, Ed.D.**  
Speaker

  
\_\_\_\_\_  
**RORY J. RESPICIO**  
Chairperson, Committee on Rules

  
\_\_\_\_\_  
**TINA ROSE MUÑA BARNES**  
Legislative Secretary



# COMMITTEE ON RULES

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## VOTING SHEET

Resolution No. 387-32 (COR) Michael T. Limtiaco.- "Relative to commending and congratulating Custom Fitness on the occasion of its One Year Anniversary; and to further extending *Un Dângkolo Na Si Yu'os Ma'åse'* to Custom Fitness CrossFit *Gof Metgot* for its commitment to excellence in wellness, fitness, and healthy lifestyles, and for its contributions to cancer awareness.

|  | SIGNATURE | DATE    | TO ADOPT | TO NOT ADOPT | TO ABSTAIN |
|--|-----------|---------|----------|--------------|------------|
| SENATOR RORY J. RESPICIO<br>Chairperson                  |           | 5-23-14 |          |              |            |
| SENATOR THOMAS C. ADA<br>Vice-Chairperson                |           | 5/23/14 | ✓        |              |            |
| SPEAKER JUDITH T. WON PAT, Ed.D.<br>Member               |           | 5-23-14 | ✓        |              |            |
| VICE-SPEAKER BENJAMIN J.F. CRUZ<br>Member                |           |         | ✓        |              |            |
| LEGISLATIVE SECRETARY<br>TINA ROSE MUÑA BARNES<br>Member |           |         |          |              |            |
| SENATOR VICENTE (Ben) C. PANGELINAN<br>Member            |           |         |          |              |            |
| SENATOR DENNIS G. RODRIGUEZ,<br>JR.<br>Member            |           |         |          |              |            |
| SENATOR FRANK BLAS AGUON, JR.<br>Member                  |           | 5/23/14 | ✓        |              |            |
| SENATOR MICHAEL F.Q. SAN NICOLAS<br>Member               |           |         | ✓        |              |            |
| SENATOR V. ANTHONY ADA<br>Minority Member                |           |         |          |              |            |
| SENATOR ALINE YAMASHITA<br>Minority Member               |           | 5/23/14 | ✓        |              |            |

2014 MAY 23 PM 2:42

### For Sponsor's Office Use Only

Sponsor Signature:

Staff Contact Person: 5/29/14

Date:

### For COR/Clerk's Office Use Only

Certified 7 Returned \_\_\_\_\_  
Name: John Lucas

Date: \_\_\_\_\_

Notes: \_\_\_\_\_