

MAY 2011

# LENSCAP

**Volume 7:**

Shout-outs to some great friends of Monarch Productions!



## NAME DROPPING!

**Some great friends of Monarch Productions are making big moves and taking their careers to the next level!**

Marc Megna has been one of the hardest working individuals we have ever come across. His dedication and commitment to excellence is second to none. That being said, Marc has dedicated himself to becoming one of the most sought after athletic trainers on the east coast! After a long and tedious process Marc has finally finished his fabulous website and trust us when we say, "it is phenomenal!" Marc will be continuously updating his site with the most recent information and research on current topics in the health and exercise world. If you have any questions about health, whether it be physical, mental, emotional, nutritional, stress-related, whatever it may be, then you need to visit [www.marcmegna.com](http://www.marcmegna.com) and ask Marc for his advice. This is definitely one of the most trusted and informative health & fitness related sites on the internet today!

Speaking of health & fitness, another friend of Monarch Productions, Jay Demayo, has just been added to the advisory board for *Muscle and Fitness* Magazine. Jay is hosting one of the

biggest Strength & Conditioning clinics in the country this upcoming weekend. He has speakers from several different nations and along



with the attendees at the clinic, Jay's webinar will be picked up by viewers in multiple countries! WOW! Jay also just came off an impressive basketball season with the Richmond Spiders. Jay is the head strength and conditioning coach for the Spiders' Women's and Men's Basketball programs and played a huge role in preparing the Men's team for a run to the sweet sixteen this year in the NCAA tournament. For more

information on Jay's Strength & Conditioning Clinic, be sure to visit: [www.cvasps.com](http://www.cvasps.com); and also be sure to visit <http://vimeo.com/22654470> to check out the latest Richmond Spider bball video from *Human Story*.

And our good friend Nedra McClyde is living her dream and doing it big. We've watched Nedra as she has relentlessly climbed her way up the entertainment ladder and she has no intention on stopping any time soon! Her most recent appearance was a spot in the hit comedy, *30 Rock* on NBC. Way to go Nedra, we're so proud of you!!!! Visit [www.nedramcclyde.com](http://www.nedramcclyde.com) for more!

