

I J G S


Irvine Junior Golf School

FREE Parent Meeting
Wed, October, 7th at 6pm
At the Body Balance
Facility in Irvine


The *Irvine Junior Golf School* helps junior golfers reach their full potential by offering a proven training program that develops all aspects of their golf game, fitness and mental strength.

The combined knowledge of the staff at IJGS have trained junior golfers for over a decade. The staff brings the technical, performance-driven philosophy to the IJGS program.


Are you ready to Train Like a Champion? Call 949-595-0700



Mark Reid is a former member of David Leadbetter's Certified teaching staff, golf instructor of 20 years and member of the PGA. Mark traveled extensively for David Leadbetter, for over 10 years as a Senior Instructor and was located for 5 years at the Bradenton Florida academy as Director of the College Prep Program. This academy is famous for its junior full-time program and has produced famous students such as Paula Creamer, Casey Wittenberg, Julieta Granada, Ty Tryon, David Gossett and Michelle Wie. Mark taught the Junior Full-time Program, Summer Camps and College Prep Program. Here Mark developed juniors for the rigors of junior golf and aided students and parents to achieve their goals and receive Scholarships to College.



Stephanie is one of the top Golf Fitness Experts. She holds a Masters Degree in Physical Therapy from Temple University, Philadelphia and a Bachelor's Degree in Kinesiology / Sports Biomechanics from the University of Waterloo in Canada. She is certified by the Titlist Performance Institute with a specialty in Junior Golf Fitness and has spent the last seven years working with hundreds of golfers in Orange County. Stephanie has been instrumental in the conditioning of police officers, collegiate level Rugby and Football teams as well as high school athletes in her past. Her love for the game of golf brought her to Body Balance for Performance. Her conditioning programs have helped top juniors, collegiate, Nationwide Tour Pros and local golfers reach new levels of performance. She is a regular contributor to Southland Golf Magazine, and Golf Champion Magazine.



Rick Sessinghaus is known as "Golf's Mental Coach". Rick is the expert on the mindset principles that make or break performance on the course. His coaching has helped top junior, collegiate, and professional golfers reach new levels of performance. He is an Instructional Editor for Golf Tips magazine and has been seen on Fox Sports Network as a mental game contributor. Rick's book *Golf: The Ultimate Mind Game* has been featured in national golf magazines and used by leading golf instructors across the country as the "best resource to improve your mental game."

- Doctorate in Applied Sports Psychology
- Certified Mental Game Professional
- 2008 Southern California PGA Metro Chapter Teacher of the Year
- Wilson Staff Golf Advisory Staff Member

Body Balance for Performance, 16 Technology Dr., Suite 169, Irvine, CA 92618