

COLLEGE PREP PROGRAM

PRESENTED BY BODY BALANCE FOR PERFORMANCE



ABOUT COACH CHRIS BERG....

Student Athlete Showcase - Recruiting Advisor

Sports are a great teacher of life, and I know I can offer many parents/athletes proper guidance based on my own recruiting process. Looking back, a mentor through this overwhelming process would have been helpful. My specialty is working one-on-one with high school athletes giving them certainty that they are making a great choice with one of the biggest decisions of their life.

ABOUT RICK...

Rick Sessinghaus, Psy.D, PGA "Golf's Mental Coach"

- Certified Mental Game Professional
- Doctorate in Applied Sports Psychology
- Author of Golf: The Ultimate Mind Game
- Instructional Editor for Golf Tips Magazine
- Mental Game Contributor for Fox Sports Network
- 2008 SCPGA Metro Teacher of the Year

ABOUT STEPHANIE....

Stephanie Overbaugh, MPT, GPS, TPI MP2 JR2

- Certified Golf Fitness Professional
- Master's in Physical Therapy
- Sports Biomechanics Degree
- Contributor to Southland Golf Magazine and Golf Champion Magazine



Date: **Thursday June 25th @ 6:00—7:30pm**

Cost: \$25.00

Where: Irvine Body Balance for Performance
16 Technology Drive, Suite 169
Irvine, CA 92618



SIGN UP NOW! CALL 949-595-0700