

# Massage & Fitness Professionals of the Treasure Coast

March 12, 2010

## Junior Golfers Can Get the Professional Edge

STUART, FL---Golf and Fitness Professionals offer school, and scholarships for aspiring golfers ages 11 – 18 years old at Eagle Marsh Golf Club from April 6-9, 2010. From the fundamentals of golf, to the physical fitness that is required this golf school is like none other. Parents, guardians and coaches can feel confident that their student will benefit from the over 50 years of combined experience from a former LPGA player (**Laurie Rinker**), former PGA player (**David Glenz**) and a Golf Fitness Expert (**Debbie Roberts**) can provide. Additionally, students will walk away with professional tips on course management and mental coaching that only a LPGA player, former PGA “Teacher of the Year,” and Titleist Performance Institute (TPI) Instructor could provide. **Rinker, Glenz, and Roberts** will deliver the latest in how to help a junior golfer have fun, prevent injuries, and achieve success both on and off the course.



*Laurie Rinker and Debbie Roberts  
Photo courtesy: [www.out2martincounty.com](http://www.out2martincounty.com)*

There will be three classes to choose from a (9:00a-10:30a and a 10:45a-12:15a) which will include the short game, full swing, mental coaching and golf fitness. Each day will have an individual focus completing with day four of putting it altogether. In the afternoon, there will be a Player's School. Starting at 1:30p and ending around 5:00p. The Player's School will include the short game, full swing mental coaching, golf fitness and 9 holes of play. All of the juniors will receive a Titleist Performance Institute (TPI) assessment and conditioning. **Debbie Roberts**, L.M.T., Certified Personal Trainer/National Academy of Sports Medicine (NASP), Post Rehab

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Specialists, and TPI Medical Level 3 certified professional will design a custom program to increase student's yardage and decrease injuries. The TPI assessment guarantees the corrective exercise program to be tailored to the individual. **Roberts** can address muscular imbalances that affect clubface alignment, swing path, angle of attack, speed, and posture. These corrective functional exercises are designed to restore balance, mobility, and stability specific to the individual's sport environment. A golfer's conditioning program must be designed to integrate the whole body. Total body integration cannot be achieved through the use of machines to isolate muscles and function. The goal of the TPI portion of the school provided by **Debbie Roberts** is to create a program easy to follow, and one that can be done in just a few minutes per day. Utilizing their physical screening process, Massage & Fitness Professionals of the Treasure Coast can increase your ability to generate and transfer speed and determine the most efficient energy transfer throughout your body.

During this year's school, two scholarships will be awarded to help juniors succeed in the game of golf. Each scholarship will be worth \$500 in both golf instruction and golf fitness. **Laurie Rinker** and **David Glenz** will spend personal one-on-one time with the student on every aspect of the game, application for scholarship deadline is March 23, 2010, and applications may be completed online by visiting: [www.massage-fitnessspa.com](http://www.massage-fitnessspa.com)

## About the Sessions

The cost is \$250 per student; the Player's School in the afternoon will be \$550 per student. Both morning and afternoon classes will be limited to a small number of students in order to focus on the individual. School schedule may include, but is not limited to: Day one will cover grip, posture, alignment, set up. Day two swinging and turning in sync, day three short game, and day four, putting it all together. For more information and reserve one of the limited spaces early, please contact: Laurie at 772-335-1337.

## About the Instructors

**Laurie Rinker** - Won the USGA Junior Championship and was named the Junior Player of the year by Golf Digest Magazine. At University of Florida was a 2 time first team All-America. Laurie had a very successful career on the LPGA where she won 4 times internationally. **Rinker**

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is retired from the LPGA Tour and has combined her skills of teaching and playing the game of golf at the highest level to developing junior golfers. Laurie is also certified as a mental golf coach by Dr Gio Valiante, Fearless Golf.

**David Glenz** - graduated from the University of Oregon in 1971, after having his best college playing year and being voted to 2nd Team All-American. In the fall of 1971, **Glenz** qualified for the PGA Tour and embarked on a 6-year career on the PGA Tour. After his stint on the PGA Tour, **Glenz** turned his energy toward teaching golf. Glenz also maintained a phenomenal playing career in New Jersey golf by winning 4 New Jersey State Opens, the New York Metropolitan Open, 2 Nissan Classics, the Dodge Open, 2 New Jersey PGA Championships, and 4 New Jersey PGA Match Play Championships. Moreover, based on his playing achievements, **Glenz** was voted “Player of the Decade” in the 1980’s and was voted into the New Jersey PGA Hall of Fame. Additionally, due to his dedication and expertise teaching golf, **Glenz** was voted Teacher of the Year 8 times by the New Jersey PGA. In 1998, the PGA of America honored **Glenz** by awarding him, “National PGA Teacher of the Year.” **Glenz** has been honored by Golf Magazine as a Top 100 Teacher and by Golf Digest as a Top 50 Teacher. **Glenz** has given golf lessons to over 100 PGA, LPGA, and PGA Senior Tour players as well as hundreds of mini-tour players and club professionals.

**Debbie Roberts**, L.M.T., Certified Personal Trainer, and Post Rehab Specialist is also accepting reservations to speak with your group, or members of your golf team at your location. Call today to schedule a TPI Certified seminar in your Club.

## Why Choose Massage & Fitness Professionals of the Treasure Coast?

**Deborah A. Roberts**, L.M.T., Certified Personal Trainer, Post Rehab Specialist is the owner of Massage and Fitness Professionals of the Treasure Coast. Since 1988, **Roberts** has helped hundreds of clients heal and reach their personal goals. Her experience and certifications include:

- Titlist Performance Institute (TPI) Medical Level 3
- TPI Golf Fitness Instructor
- C.H.E.K. Golf & Lifestyle Coach

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- Certified Post Rehabilitation Specialist
- Certified Personal Trainer - NASM (National Academy of Sports Medicine)
- Roberts has also worked with individual professionals on the Golden Bear Tour, the LPGA, the PGA, and Dot.com tours

**Roberts** and her staff strive to provide the highest quality Professional Massage Therapy, Personal Training and Spa Services to the Community. To find out more about the services offered by Massage & Fitness Professionals of the Treasure Coast, please see:

<http://www.message-fitnessspa.com/about.html> or visit: 2215 S. Kanner Highway Stuart, FL 34994, or call: 772-288-0073, or e-mail: [messageandfitnes@bellsouth.net](mailto:messageandfitnes@bellsouth.net)