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RICK SESSINGHAUS ANNOUNCED AS SPEAKER AT WGCA AND GCAA MEMBER CONVENTIONS

CORAL SPRINGS, Fla. – Mental performance coach Dr. Rick Sessinghaus will speak at the Women's Golf Coaches Association (WGCA) and Golf Coaches Association of America (GCAA) National Conventions on Monday, December 6 in Las Vegas.



Sessinghaus is a PGA member who also holds a Doctorate in Applied Sports Psychology. He is the author of *Golf: The Ultimate Mind Game* and co-creator of FlowCode Golf Academy, and was recently named the 2021 Southern California Teacher of the Year. He has a unique coaching philosophy which revolves around blending mental and technical skills to improve performance.

Sessinghaus has been the swing and mental coach for two-time major winning Collin Morikawa since he was 8 years old. During his presentation he will share his coaching philosophy on developing Morikawa from an 8 year old junior golfer to a two-time Major Champion, as well as highlight the different stages of performance development.

- WGCA/GCAA -

About the WGCA:

The Women's Golf Coaches Association, founded in 1983, is a non-profit organization representing women's collegiate golf coaches. The WGCA was formed to encourage the playing of college golf for women in correlation with a general objective of education and in accordance with the highest tradition of intercollegiate competition. Today, the WGCA represents over 650 coaches throughout the U.S. and is dedicated to educating, promoting and recognizing both its members and the student-athletes they represent.

About the GCAA:

Established in 1958, the Golf Coaches Association of America (GCAA) is the professional organization of golf coaches. The GCAA's mission is to support its member coaches by creating educational opportunities, providing resources, and promoting its members with the purpose of enhancing their overall performance as coaches, mentors, and teachers. The GCAA also recognizes the excellence and achievements of its members and their student-athletes in academic, athletic and civic endeavors.