



Monica Coleman Joins Cantigny Golf Academy as Performance Coach

WHEATON, IL, May 23, 2013 — Cantigny Golf is pleased to welcome Monica Coleman to the Cantigny Golf Academy, one of the region’s top practice, learning and training centers.

Coleman’s role as performance coach will focus on the critical factors for success in golf. She joins a staff that includes six full-time instructors, a golf fitness expert and a master clubfitter.

Coleman is the managing director and co-founder of 7th Level Sports, a division of the Institute for Professional Excellence in Coaching. She oversees all aspects of 7th Level, which trains athletes, coaches and their organizations in leadership and athletic performance.

“Monica adds a very important element of performance to the Golf Academy,” said Connie DeMattia, Cantigny’s PGA Director of Instruction. “Self-discovery is the greatest way to learn and Monica is the best at helping others to understand themselves.”

At the Academy, Coleman plans to implement the 7th Level Athlete System, which she describes as a tool for examining the critical factors that impact performance. She then works with each individual to determine which factors contribute to enhanced performance and which ones detract from it. The goal is to help golfers become aware of their current capacity and to consciously shift it to increasingly greater levels by attending to the many intangibles that affect their performance.

“I am honored to partner with Cantigny Golf and serve the people who play, practice and receive instruction here,” Coleman said. “The 7th Level System will enhance an already premier program. I’m looking forward to showing golfers of all ages and ability levels how it works and how it can help them on and off the golf course.”

Coleman, a Certified Professional Coach since 2009, holds a business degree from the University of Illinois. In addition to her work with 7th Level Sports, she serves as a public speaker on a number of topics related to performance coaching including leadership, weight loss and special needs parenting. She’s also passionate about golf and skiing.

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About Cantigny Golf

Cantigny Golf, part of the Robert R. McCormick Foundations, opened for play in 1989. That year, *Golf Digest* magazine named it the “Best New Public Course in America.” Cantigny hosted the 2007 U.S. Amateur Public Links Championship and this year will host the 2013 Chicago Open (Oct. 7-9). In 2014, the Illinois State Amateur returns to Cantigny for the fourth time. The 300-acre Cantigny Golf complex includes 27 scenic holes, the year-round Cantigny Golf Academy, the 9-hole Cantigny Youth Links and a full-service clubhouse with dining and banquet facilities. For more information, please visit CantignyGolf.com.

About 7th Level Sports

7th Level Sports, a division of the Institute for Professional Excellence in Coaching (iPEC), delivers the purely performance-driven and game-changing 7th Level Athlete program to athletes at all levels. This program enables athletes of any sport to determine their own equation for achieving their best performance, both on and off the playing field. The power of the program lies in examining the basic components of performance in relation to the athlete as an individual and the team as a whole. The powerful result is the athlete's understanding of what truly makes him successful, knowing how to access his ultimate performance in both his sport and in his life. To learn more about iPEC's 7th Level Sports division, and 7th Level Athlete program, call 866.72COACH.

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