



## **Activ8 Athleticism to be part of Inaugural FCG Founders Cup**

Future Champions Golf is happy to welcome Activ8 Athleticism, a Health, Wellness & Performance Company, to the Inaugural FCG Founders Cup (Tournament of Champions). On November 25th top finishers from 2013 FCG events will gather at the exclusive [Fairbanks Ranch Country Club](#) for the Inaugural FCG Founders Cup. This limited field of winners and top finishers will prove to be one of the most unique events on the FCG schedule. Activ8 Athleticism will have staff on-site at the event and will be conducting multiple seminars on all aspects of golf fitness.

Activ8 Golf has a specific program designed around Jr. Golf with expertise in areas that include:

- Private Performance Coaching - with TPI certified, Certified Strength and Conditioning Coaches
- Performance Nutrition - with our Registered Dietitian
- Mental Skills Coaching - with Coach Rachel, MA Performance Psychology

For the Inaugural FCG Founders Cup, Activ8 Athleticism will be offering players the following:

- Coach Trent will be warming up the players prior to the tournament. The warm up is composed to improve mobility, stability, flexibility, strength, power and endurance.
  - (Video with warm up details: [http://youtu.be/wOx\\_mzBC8Iq](http://youtu.be/wOx_mzBC8Iq))
- Cortney Staruch, RD will be hosting a Performance Nutrition Seminar for the players parents as the players are getting started.
- Activ8 will have a tent/table with information and a drawing for a Jr. Golf Package valued at **\$500**.

Activ8 Athleticisms presence at the FCG Founders Cup will provide players with a great opportunity to learn more about how to get the competitive edge by improving fitness, nutrition and mental toughness.

Register [HERE](#) for the Inaugural FCG Founders Cup at Fairbanks Ranch CC

For further information on Activ8 Athleticism head over to their website [HERE](#)