

After the initial wonders of getting started in any game and sports you can find yourself wanting to reach a higher level of your game and perhaps start actually winning.

Welcome to a brand new section of this Website - Dr Zsu's Performance optimization.

Dr Zsu is a Performance coach assisting athletes internationally to reach and sustain top performance. More about here [www.drzsus.com](http://www.drzsus.com)

We are hoping to bring you additional values for your game, sport and health



Dr. Zsuzsanna Fajcsak  
PhD, MA, MA, MSc, CNS