



OUR MISSION IS TO EDUCATE, INSPIRE, & EMPOWER OUR CLIENTS IN THE AREAS OF PHYSICAL, MENTAL, SPIRITUAL, CORPORATE, AND COMMUNITY HEALTH, WELLNESS, & FITNESS.

**PRESIDENT COUNCIL on  
FITNESS, SPORTS  
and NUTRITION  
COMMUNITY  
AWARD  
WINNER**



## COACH TEAM



### **DANIEL, VICE PRESIDENT**

Daniel is responsible for guiding and directing sales and marketing activities, generating new business, developing strategic business plans & referral channels, coordinating speaking engagements, and building corporate wellness partnerships. Daniel also is responsible for managing public relations of CCS through TV, radio, and social media. Daniel completed his Finance degree at the University of Washington and considers analyzing sports statistics fun.



### **COACH SARAH, FITNESS INTERN**

I am a Seattle University graduate, with a degree in General Science with an emphasis in Chemistry and Biology. As a student athlete and captain of the Redhawk's women's soccer team, I pride myself on leadership, dedication, and kicking butt. I am a registered certified nursing assistant, so I have a keen interest and understanding of the body that will certainly play a role in my workouts! Contrary to popular belief I am not Liz's much younger sister.



### **COACH LIZ, HEALTH COORDINATOR**

I am a recent Seattle University student-athlete graduate, with a degree in Psychology. I attended Walla Walla Community College where I was a two-sport athlete playing soccer and softball, while earning my Associate's Degree. I transferred to Seattle University in the spring of 2009 to continue my education and athletic career playing soccer for Redhawks. *I love sports and being competitive, you will likely see me trying to make any simple activity a competition!*