

# TO WHOM IT MAY CONCERN,

Zoe has been working with me for the International Football School team (now called Central Coast Sports College) as well as for the Kahibah Football Club over two consecutive seasons 2017/2018 in the Under 13's and Under 14's Northern NSW and Central Coast Junior Football space.

Across these two seasons, we reached the grand final twice, being crowned champion in one.

My players benefited immensely from the in-season maintenance and weekly game preparation program Zoe ran for us, it reduced injuries and had a positive influence on our mind, body and game performance.

I've seen many sports therapists in my many years of playing and coaching football/soccer. What sets Zoe aside from the rest is that she's truly passionate about helping people, is a great communicator, has a great outlook on life, an outstanding work ethic, and most importantly knows what works and gets results. Zoe has shown intense dedication in preparing young athletes for competition games while using the most advanced movement patterns, remedial massage and stretching techniques out there.

Her thirst for cutting edge training methods drives her knowledge base. She continually researches the most recent wellbeing and visualization techniques and applies them to the individuals she prepares.

Zoe accurately uses sports-specific drills that promote performance enhancement and, more importantly, injury prevention.

Although her background is AcroYoga and Naturopathy, her broad knowledge base allows her to successfully train a multitude of athletes from all sports with equal expertise and purpose.

I would recommend Zoe Braitwhite to any team wanting to improve their chance for success.

**SINCERELY,  
ANDRE GUMPRECHT**



**HEAD COACH - CENTRAL COAST SPORTS COLLEGE**



**TECHNICAL DIRECTOR - SAP CENTRAL COAST MARINERS**



**TECHNICAL DIRECTOR - KAHIBAH FC**

