



## Arden Hills Hires Kati Kocsis as Head Tennis Instructor

**SACRAMENTO, Calif. (January 15, 2012)** – Arden Hills Resort Club & Spa has hired accomplished tennis professional and author Kati Kocsis as Head Tennis Instructor to lead their acclaimed and well-established tennis program, effective immediately. In her new role at the Resort, Kocsis will join Tennis Coach Martin Kosan in managing a variety of tennis programs for all ages and level of play, developing new training programs for recreational and professional players, providing group and one-on-one training to help players achieve their potential and coordinating tennis-related social events for the dynamic wellness resort.

Kocsis has an extensive and impressive background playing and coaching tennis. She grew up in Hungary and started playing tennis at the tender age of six. As a junior player, she won the National Hungarian Junior Championship in singles (16s & 18s) and won several national titles in doubles. By the age of 15, Kocsis was competing in professional women's tournaments around the world and was ranked in the top 300 in the WTA rankings. She moved to California after accepting a full tennis scholarship to UCLA where she was coached by Stella Sampras. Kocsis was ranked in the top 10 in the NCAA singles rankings. After graduating college (where she suffered an injury that ended her professional tennis career), Kocsis found her passion in coaching tennis and went on to train many hopeful young athletes. In 2008, she re-located to Northern California where she worked as the Junior Tennis Coordinator at Broadstone Racquet Club in Folsom until 2009. After that, Kocsis instead focused her energy on co-authoring a book titled *The Conscious Player: A No-Nonsense Guide to Mental Toughness for Tennis Players* that was published in 2010.

With an amazing facility equipped with 12 beautifully maintained outdoor tennis courts along with a stadium-style court at Arden Hills Resort Club & Spa, her vision is to refine and expand existing programs in an effort to create both a world-class training program for dedicated players and a top-rated program for recreational players. In her spare time, Kocsis enjoys traveling, reading and is on a constant quest for knowledge.

For more information about the tennis program at Arden Hills Resort Club & Spa, please call 916-482-6111 or visit [www.ardenhills.net](http://www.ardenhills.net).

### **About Arden Hills Resort Club & Spa**

*For more than a half century, Arden Hills has been at the forefront of inspiring young and old to experience a more abundant life. Whether it is world-class athletes needing that extra edge, business professionals looking to improve their productivity, or individuals seeking to improve their self image through health and beauty enhancement, they all look to Arden Hills Resort Club & Spa, a state-of-the-art wellness resort offering cutting edge technology and education combined with first-class service. Sound nutrition is the foundation of our wellness philosophy. Our award winning chefs specialize in natural, organic whole foods and are supported by a highly trained nutritional staff. Situated in the heart of California's capital, Arden Hills has been both world-renowned and treasured by locals throughout its colorful history. The wealth of services offered at Arden Hills are available to both members and to daily and overnight guests. Enter the resort and be prepared to be transformed on your way to a more fulfilling life of health and happiness. To explore and experience the wide range of wellness offerings available to everyone, visit [www.ardenhills.net](http://www.ardenhills.net) or call 916-482-6111.*

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