



**THRIVE [H] - Provider List**  
**For Grant Recipients & Families (2025)**

*USGA has compiled a list of providers that may be helpful to athletes' golf development. There is no expectation or obligation to use any of the providers listed below. It's up to each athlete and their family on how they use their grant funding and who they choose to work with. Each athlete and their family are responsible for all costs in receiving services from providers.*

**Strength & Conditioning**

- Dr. Harry Sese, USNDP Team High Performance Coach
- For assistance finding a local strength & conditioning coach, email Dr. Beth Brown ([bbrown@usga.org](mailto:bbrown@usga.org)); she will connect with Dr. Sese to help identify a provider in your area.

**Nutrition**

Athletes/Families can reach out directly to the following providers\* (See contact information, pricing, and brief bios on pp. 2-3).

- **Siobhan Donofrio, Ph.D., LDN**  
Nutrition Consultant and Licensed Dietitian Nutritionist  
Owner, Be Fit Nutrit, LLC
- **Tiffany Watson, Ph.D.**  
Performance Nutrition Consultant  
Elite Sports Medicine, Director of Nutrition

**Sport & Performance Psychology**

Athletes/Families can reach out directly to the following providers\* (See contact information, pricing, and brief bios on pp. 4-8).

- **Matt Cuccaro, Ed.M.**  
Performance & Leadership Consultant  
telos Sport Psychology Coaching  
The Sea Pines Resort, Director of Performance
- **Tamara Holt**  
Performance Coach for Athletes and Leaders  
Above the Pack
- **Tyson Holt, CMPC, ACC-ICF**  
Performance Coach for Athletes and Leaders  
Above the Pack
- **Dr. Marissa Norman, PsyD, CMPC**  
Sport Psychologist  
Top Form Psychology
- **Nate Penz, M.A., LPCC, CMPC**  
Premier Sport Psychology

\*The providers listed are not affiliated with the USGA, and the services they offer are provided independent of the USGA and its U.S. National Development Program.



**Siobhan Donofrio, Ph.D., LDN**

Nutrition Consultant and Licensed Dietitian Nutritionist  
Owner, Be Fit Nutrit, LLC

**Contact Information:**

Cell: (617) 584-0358

Email: [siobhan@befitnutrit.com](mailto:siobhan@befitnutrit.com)

Website: [www.befitnutrit.com](http://www.befitnutrit.com)

Instagram: @befitnutrit

**Pricing:**

\$150/hour

Initial visits are one hour.

Follow-up visits may be either 30 or 60 minutes.

**Brief Bio:**

Dr. Siobhan is passionate about helping competitive athletes identify the best nutrition strategies to achieve their health and performance goals. She tailors her recommendations to each client's needs and preferences, so they can fuel properly to practice and perform at their best. Siobhan is known for her ability to clearly explain the science and benefits of proper sports nutrition. She views her work with golfers as a collaboration where they work together to create a plan with actionable steps to nourish their body on and off the course.

Siobhan has been the Official Nutrition Consultant for the Ladies Professional Golf Association (LPGA) since 2019. She has worked with hundreds of professional golfers in one-on-one and group consultations. She has authored dozens of articles on nutrition and golf for the LPGA Women's Network ([CLICK HERE TO READ](#)).

She has a master's degree in Sports and Fitness Nutrition and a Ph.D. in Health Professions Education. As a former D1 athlete (swimming at Yale University), she understands firsthand the demands of high-level competitive student-athletes.

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**Tiffany Watson, Ph.D.**

Performance Nutrition Consultant  
Elite Sports Medicine, Director of Nutrition

**Contact Information:**

Cell: (615) 613-6849

E-mail: [drtiff@workwithdrtiff.com](mailto:drtiff@workwithdrtiff.com)

Instagram: @workwithdrtiff

**Pricing:**

Normal rate = \$175/hour

USNDP discounted rate = \$150/hour

**Brief Bio:**

Dr. Tiff is an industry-leading expert in nutrition, peak performance, and mindset, who combines academic excellence with real-world experience to deliver transformative results.

She holds a PhD in Health and Human Performance, an MS in Sport Psychology, and a BA in Psychology from the University of Richmond. Dr. Tiff is a certified NSCA Strength and Conditioning Specialist, NASM Fitness Nutrition Specialist, and an Intuitive Eating Counselor. Her unique blend of expertise empowers clients to optimize their health, enhance performance, and cultivate a resilient mindset.

Dr. Tiff is the acclaimed author of two groundbreaking books, *The Metabolic Makeover* and *Limitless*, and the dynamic host of the popular podcast *Fuel, Sweat, & Science with Dr. Tiff*. Her expertise has drawn an elite clientele, including NFL, NHL, and PGA athletes, Division I competitors, Fortune 500 executives, and acclaimed artists of stage and screen.

She is also a sought-after speaker and adjunct instructor of Exercise Science at Belmont University in Nashville. Current and former audiences include organizations such as LBMC, KPMG, Bass Berry & Sims PLC, Tennessee Orthopedic Alliance, Elite Sports Medicine, Belmont University, Georgia Southern University, Trevecca, and Middle Tennessee State University.

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**Matt Cuccaro, Ed.M.**

Performance & Leadership Consultant  
telos Sport Psychology Coaching  
The Sea Pines Resort, Director of Performance

**Contact Information:**

Cell: (843) 384-3465

E-mail: [matt@telos-spc.com](mailto:matt@telos-spc.com)

Instagram: @MentalCoachMatt

**Pricing:**

Normal rate = \$250/hour

USNDP discounted rate = \$200/hour

**Brief Bio:**

Passionate about personal growth and the development of high-performance team cultures, Matt has been collaborating with athletes, coaches, parents, sport academies and clubs, national governing bodies, businesses and educators on the mental aspects of elite performance since 2006. His clients include Major Championship winners, Olympians, NCAA, NAIA, and AJGA All-Americans, Championship teams and Fortune 500 companies.

Matt maximizes presence, curiosity, courage and sustainable motivation through individual consults, interactive workshops, speaking engagements and publications. His TEDx talk, *Courage: Leaning into Fear* has inspired many to seek and achieve unprecedented levels of performance. He served as Director of Mental Training for Junior Sports Corporation (International Junior Golf Academy and Ivan Lendl International Junior Tennis Academy) for nearly a decade. While at the academies, Matt assisted the development of thousands of student-athletes, many of whom utilize him as a trusted resource to this day.



**Tamara Holt**

Performance Coach for Athletes and Leaders  
Above the Pack

**Contact Information:**

Cell: 802-760-8580

Email: [tamara@atpmindset.com](mailto:tamara@atpmindset.com)

Instagram: @coachtamaraholt

**Pricing - Pack Mindset offers flexible options:**

- \$200/hourly sessions
- 10-session package for \$1925
- USNDP Discounted Rate of \$180/hr. for long term commitments of 6+ months, with a mix of full sessions and check-ins available.

**Brief Bio:**

Tamara has dedicated the past 15+ years to Mental Conditioning, working with high performers across diverse fields including athletes, combat nurses, soldiers, and military officers nationwide.

Over the past year, she has specialized in helping elite youth golfers strengthen their mental game, enhancing their ability to perform with confidence and poise when faced with high-pressure situations.

Her passion lies in developing well-rounded athletes, emphasizing that mental toughness and training are key components to success, yet often overlooked. Tamara's focus is on teaching essential mental skills such as confidence, concentration, and composure, helping athletes and teams consistently reach their potential even in challenging circumstances.

In her free time, Tamara enjoys working out, traveling, and hiking with her husband and two daughters.



**Tyson Holt, CMPC, ACC-ICF**

Performance Coach for Athletes and Leaders  
Above the Pack

**Contact Information:**

Cell: 706-264-7773

Email: [tyson@atpmindset.com](mailto:tyson@atpmindset.com)

**Pricing - Pack Mindset offers flexible options:**

- \$200/hourly sessions
- 10-session package for \$1925
- USNDP Discounted Rate of \$180/hr. for long term commitments of 6+ months, with a mix of full sessions and check-ins available.

**Brief Bio:**

Tyson is a coach/founder of Above the Pack and trainer with the Positive Coaching Alliance. He spent 12 seasons with the Pittsburgh Pirates in Coach and Player Development where he provided education, training, and support to players, coaches, and other staff on how to mentally perform within an elite competitive environment. He also created programs for coach feedback and development.

Prior to the Pirates, he spent two years as a Performance Enhancement Specialist for the United States Army's Comprehensive Soldier Fitness — Performance and Resilience Enhancement Program (CSF-PREP). There, he provided mental skills education to soldiers, family members, and DA Civilians in support of their personal and professional mission readiness.

Through his work, Tyson hopes to help others become high performers on and off the field and positively impact sport culture. He loves spending time with his wife and daughters, staying physically active, and exploring the great outdoors.



**Dr. Marissa Norman, PsyD, CMPC**

Sport Psychologist

Top Form Psychology

**Contact Information:**

Email: [drmarissa@topformpsychology.com](mailto:drmarissa@topformpsychology.com)

Website: [TopFormpsychology.com](http://TopFormpsychology.com)

Instagram: [@topformpsych](https://www.instagram.com/topformpsych)

**Pricing:**

2025 USNDP rate = \$215

**Brief Bio:**

Dr. Marissa Norman is a Sport Psychologist holding a M.S. in Sport and Exercise Psychology and a Doctoral Degree in Clinical Psychology. Dr. Norman is also a Certified Mental Performance Consultant with 10+ years of experience. With her own personal experience competing as a Division I Track and Field Pentathlete and Heptathlete, Dr. Norman enjoys working alongside athletes of different backgrounds and levels (youth athletes to professional athletes).

Considering each athlete's individualistic needs, Marissa aims to help her clients reach their full potential both in athletics and life endeavors. In addition to supporting athletes in enhancing performance through mental skills training, she provides mental health and counseling support.

Marissa has worked with student-athletes, teams, coaches, administrators and staff at several Division I, II, and III institutions including the University of Minnesota, University of Rhode Island and Fairleigh Dickinson University. She has also served as the team sport psychologist for the USA Junior Curling High-Performance Program, Metropolitan Riveters, New York Liberty and Connecticut Sun.



**Nate Penz, M.A., LPCC, CMPC**

Premier Sport Psychology

**Contact Information:**

Email: [npenz@premiersportpsychology.com](mailto:npenz@premiersportpsychology.com)

**Scheduling: 3 options:**

1. Call us at 952-835-8513
2. **E-mail our intake specialist Kaity:** [kweimerskirch@premiersportpsychology.com](mailto:kweimerskirch@premiersportpsychology.com)
3. Submit inquiry through Nate's page: <https://premiersportpsychology.com/our-team/nate-penz/>

**Pricing:**

- Intake (initial session only): \$225 for first 50 min session
- Standard: \$190 (this is USGA special pricing, normal pricing is \$210 / 50 min session)
- 5-Pack: \$830 (this is USGA special pricing, normal pricing is \$925 [\$185/session])
- All include: access to Mindset Program App and Mindset Assessment

**Brief bio:**

Nate Penz, MA, LPCC, CMPC is a mental health professional specializing in sport and performance psychology. Nate uses a relational and collaborative approach while working with individuals of all ages and skill levels, including high-level high school, collegiate and professional athletes. He strives to empower individuals and improve performance on and off the playing surface.

Nate is an avid golfer and specializes in combining his golf and football background with the weekly experience he has working with collegiate and professional sports organizations. In addition to playing high school golf and continuing to golf recreationally, Nate works with high level youth golfers, D1 golfers and golfers working to make the Tour.

In his free time, Nate enjoys spending time with his family and friends, learning new hobbies, gaming and playing basketball, golf, and a variety of instruments such as the piano, drums, guitar, and ukulele.

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