



YOUR DREAM OUR PASSION

ADMISSIONS GUIDE 2023/4



GOLF
PERFORMANCE
—ACADEMY—

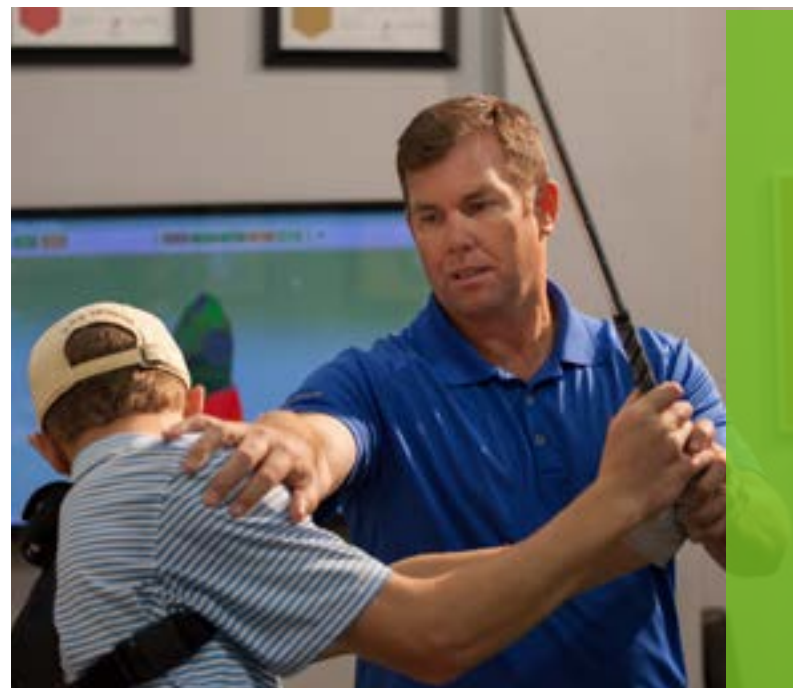
A full year golf boarding academy that is changing the game when it comes to Junior Golf Development.

The Golf Performance Academy is one of the world leaders in junior golf development.

The Golf Performance Academy exists to help junior golfers such as you, prepare and train to be your best, both on the golf course and in the classroom. Combining college preparatory academics with the best-in-class long term development golf training, GPA provides serious junior golfers with the path towards their dreams for collegiate and professional golf.

Collegiate golf has never been more competitive, so having the right tools, training, support and development, both academically and athletically, can give you a competitive advantage and improve your options and opportunities for your college career. State of the art training facilities and performance assessment technologies provide student athletes with everything they need to take their game to the next level.

Come and experience for yourself why attending the Golf Performance Academy is undeniably the best opportunity to achieve your potential.



a. WORLD CLASS FACILITIES

From the 9-hole performance and training center to the three pristine 18-hole golf courses that GPA students play, quality and excellence are evident in all facilities at the academy. Main Campus is a “home away from home” experience with Residential Instructors in housing to provide the highest levels of safety and care possible.

b. UNPARALLELED TECHNOLOGY

No other junior golf academy has the technology offerings of GPA. Our high-level scientific diagnosis accurately identifies strengths and limitations to provide the best plan for development in all key areas. Students have full access to Swing Cat, Gears, Sam Putt Lab, Foresight and more.

f. EXPERT COACHING

Under the direction of Dennis Hillman, a PGA Master Professional with 25 years of experience and a proven track record in junior golf, the coaching team at GPA boast the lowest student to staff ratios in the industry. With a full time psychologist to help the students build their mental skills and achieve peak performance; and a full team of performance coaches, GPA has an excellent coaching and instructional team.

WHY THE GOLF PERFORMANCE ACADEMY?

c. PLAYER DEVELOPMENT INDEX

A proprietary system that measures and tracks development and identifies lead measures to accelerate improvement. PDI is a game changer, for Academy students and many of the college teams and players who are using this system to manage their development path towards their goals.

e. UNMATCHED PREPARATION FOR COLLEGE GOLF

This is the best environment to prepare juniors for college golf. The conditions, weather, access to high level colleges, and golf life balance, most closely represent the college golf environment and provide the experience and preparation that student athletes desperately need to be college ready.

d. NEW ENGLAND QUALITY COLLEGE PREPARATORY ACADEMICS

With two strong academic offerings in Wooster School and the US Performance Academy, there is no doubt that student athletes at GPA will have an academic advantage. Proximity to the best schools, colleges and universities in the United States exposes students to a higher level of college preparation and academic rigor.

“The Golf Performance Academy has helped me in every facet of my game. Not only have I learned about my golf swing and how to improve it, but I have learned a lot about my body and how it affects my game. I have become stronger, more mobile and more stable. Without GPA I never would have gotten to where I am today.”

– Jonathan Oakes, Class of 2023

The Golf Performance Academy is a full-time golf boarding school in Ridgefield, Connecticut, for student-athletes grades 6-12 and postgraduates who aspire to play collegiate and professional golf.

Daily golf coaching with an expert coaching staff whose mission is to foster character in student-athletes through a deep commitment to the game of golf. For student-athletes on the path to play golf in college, there's no better environment to prepare them for their journey.

Our beautiful, state-of-the-art nine-acre practice facility includes:

- Eight Instructional Bays with Biomechanical Feedback Technology
- Bentgrass Putting Greens and Short Game Areas (10,000 square feet)
- 9 Hole Short Course
- Par 3 Practice Hole
- Fully-Equipped Gyms
- Energy Zone Recovery Area
- Junior / Adult Clubhouse and Locker Rooms
- Academic Center

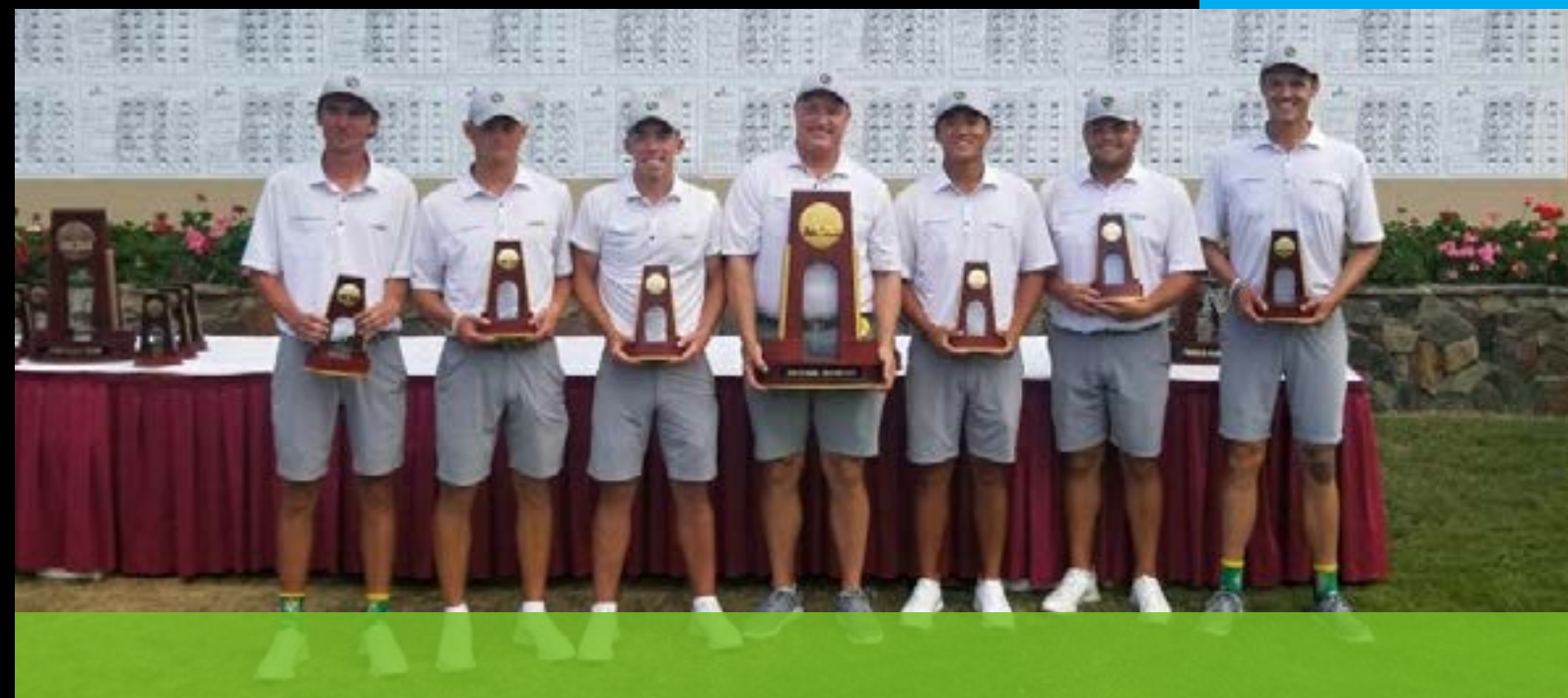
THE GOLF PERFORMANCE ACADEMY PHILOSOPHY

With over 25 years of experience, our approach has helped thousands of golfers of all levels and ages reach their personal goals. Students from around the world have come to learn the same methods that have helped some of the best players on the LPGA and PGA Tours.

- Close to 100% of graduates go on to play college golf
- AJGA, NB3 & HJGT Tournament Champions
- PGA Tour, Latin-America, Canadian and Korn Ferry Tour champions
- Walker-Cup Champion
- National Champions at DI, DII and DIII levels
- All-Americans at DI, DII and DIII levels
- PGA Tour Player Latin American and Canadian winner
- Conference Players of the Year
- Number 1 ranked Amateur in the world

“The staff is always so positive and supportive. Our coaches are always pushing us to our fullest potential. GPA is continuing to teach me on and off the golf course. I started here when I was 13 years old and continue to show up, work hard, and learn something every day. I am so thankful for the GPA team who continue to put their all into us students.”

- Michael Donnelly, Class of 2020



THE 5 ELEMENTS OF SUCCESS

The Golf Performance Academy is firmly rooted in the 5 Elements of Success philosophy which has transformed thousands of junior athletes by fostering their understanding of the relationship between all of the elements and how they impact their performance on the course.

DESIRE TO IMPROVE



GOALS
DREAMS

GOLF COACHING



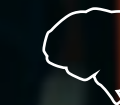
PERSONALIZED
COACHING

PHYSICAL PERFORMANCE



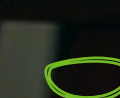
FUNCTION
DICTATES

MENTAL APPROACH



UNDERSTANDING THE
MENTAL AND EMOTIONAL
ASPECTS OF THE GAME

EQUIPMENT



THE RIGHT EQUIPMENT
FOR THE TASK



LONG TERM ATHLETIC DEVELOPMENT

Periodization is a concept introduced in the world of strength and conditioning that involves a systematic approach to workouts.

This programming allows an athlete to progress, recover and continue to progress with the intention of “peaking” at a particular time or for a particular event.

At The Golf Performance Academy, we incorporate specific periodization plans in physical training, golf practice, mental skill development, and academic performance. We take all of the factors incorporated in a junior golf athlete’s competitive season into consideration; giving them the best opportunity at success throughout their long term development.

A comprehensive Sports Science department to best equip and prepare athletes:

- Assessments
- Stability and mobility
- Strength & power training
- Physical therapy support
- On & off-course nutritional planning



	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July
Physical	Preparation		Strength & Power				Maintenance			Peak Competition	
Golf	Competition			Hard Skills			Soft Skills				

ACADEMY PROGRAMS

FULL YEAR PROGRAM

Unlike other full-time academies, GPA offers a full year program, recognizing that summer is a key time to prepare, train and compete.

With high level academics and a robust golf development program, GPA is the best preparation for golfers aspiring for collegiate golf.

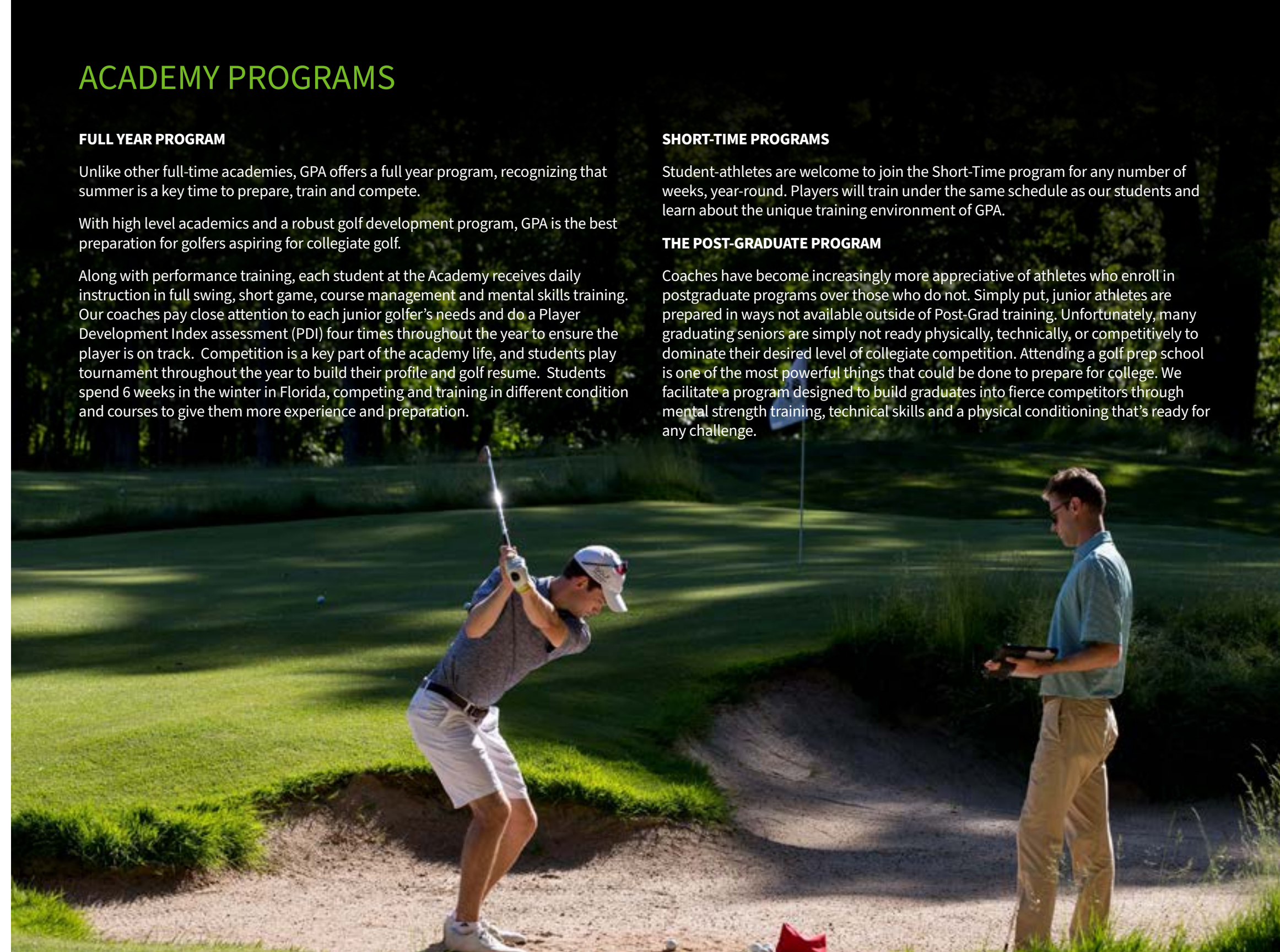
Along with performance training, each student at the Academy receives daily instruction in full swing, short game, course management and mental skills training. Our coaches pay close attention to each junior golfer’s needs and do a Player Development Index assessment (PDI) four times throughout the year to ensure the player is on track. Competition is a key part of the academy life, and students play tournament throughout the year to build their profile and golf resume. Students spend 6 weeks in the winter in Florida, competing and training in different condition and courses to give them more experience and preparation.

SHORT-TIME PROGRAMS

Student-athletes are welcome to join the Short-Time program for any number of weeks, year-round. Players will train under the same schedule as our students and learn about the unique training environment of GPA.

THE POST-GRADUATE PROGRAM

Coaches have become increasingly more appreciative of athletes who enroll in postgraduate programs over those who do not. Simply put, junior athletes are prepared in ways not available outside of Post-Grad training. Unfortunately, many graduating seniors are simply not ready physically, technically, or competitively to dominate their desired level of collegiate competition. Attending a golf prep school is one of the most powerful things that could be done to prepare for college. We facilitate a program designed to build graduates into fierce competitors through mental strength training, technical skills and a physical conditioning that’s ready for any challenge.



COLLEGE PLANNING & PLACEMENT STRATEGY

Many junior golfers aspire to play college golf and the process can be overwhelming. Our team of qualified and experienced staff and coaches can help eliminate many of the unknowns and help each student find the “right fit” school for them. We will lead and guide you on the journey to college golf, to find you the best opportunity academically and athletically. No matter what your goals or where you are in the college process, Golf Performance Academy has the experience and network of coaches to support you and help you find the perfect fit!

- Understanding college golf
- NCAA Eligibility Center
- The academic plan
- Test preparation and testing schedules
- Building a list of colleges
- Contacting coaches
- Tournament strategy
- Applications
- Signing a NLI
- Resources



CONGRATS CLASS OF 2023!

Elias Kennon Louisville University | Koto Freeman Trinity College
Jonathan Oakes Kenyon College | Ava LaBelle Florida Southern | Jake Portugal Fairleigh Dickinson
Sydney Dweck Hamilton College | Sofia Ghorbel McGill University



ACADEMICS

In addition to an excellent golf program, the Golf Performance Academy provides students with two exceptional academic options in Wooster School and the USPA School. Wooster School in Danbury, Connecticut, is only a 10 minute drive from main campus, and USPA is based on site for students who are looking for a more non traditional academic environment.

Student athletes must always prioritize academics to get the most out a college golf experience, and GPA strongly supports high level college preparatory academics. Whether a student attends a more traditional NE school such as Wooster School, or the more flexible and on site USPA, there is no doubt that they will receive the best academic program available to them.



WOOSTER SCHOOL | DANBURY, CT



US PERFORMANCE ACADEMY FULLY-ACCREDITED NCAA- APPROVED ONLINE SCHOOL

GPA has partnered with the US Performance Academy to offer a private alternative to traditional high school—a full-day educational and golf developmental curriculum open to a select few high-achieving student athletes. Research proves that when students are in an environment that allows them to dig deep into their own interests and passions, that they are better prepared for their futures.

Our mission is to prepare our students for the rigors of collegiate academic and sport programs. With an award-winning online curriculum and instruction from state-certified teachers and specialized on-site tutors. Also included are robust course offerings that include core subjects at multiple levels, and a wide range of electives with hands-on materials to create an individualized educational experience.

Contrary to the preconceived notions of online education, USPA Preparatory School also provides students with a social experience. Our students find value in flexible scheduling, which allows for significantly more practice time and regular travel for tournaments. Our goal is to inspire a passion for learning while molding a bright, driven, and competitive college candidate.



WOOSTER SCHOOL A NORTHEAST COLLEGE PREPARATORY SCHOOL WITH A DIFFERENCE

As our official academic partner, Wooster School provides a more structured and formal high school education. Wooster's mission is to prepare young people for lives of fulfillment, happiness, and success through the rigorous and healthy development of intellect, conscience, body, and spirit.

At Wooster, everyone finds their place. Class sizes are small, relationships with teachers are personal, and the school's culture is to recognize each student's unique gifts and talents. This belief system is perfectly in line with the vision and mission of GPA, where we encourage personal passion and growth, self-sufficiency and resilience, so that each student athlete can reach their full potential.

Wooster's academic program gives students endless opportunities to find their passion. A robust Clubs program complements ample academic offerings. Every student has an advisor and is known personally. No one falls through the cracks. Every student finds success.

In keeping with our partnership, Wooster has modified the schedule for GPA students to have less time in the classroom and more time on the golf course, still receiving the maximum number of credit hours to graduate.



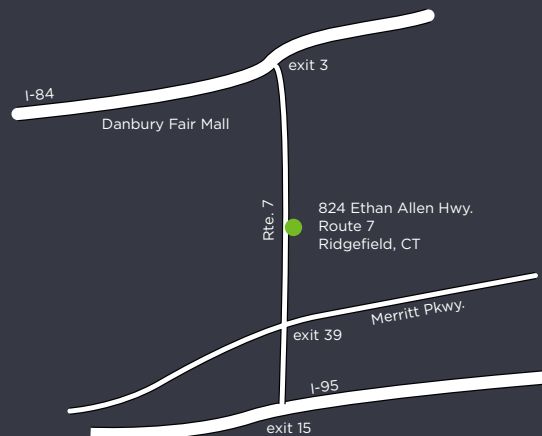
GOLF

PERFORMANCE
—ACADEMY—

thegolfperformanceacademy.com

info@thegolfperformanceacademy.com

203.790.GOLF



The Golf Performance Academy is located on Route 7 in Ridgefield CT, and provides easy access from most of Fairfield and Westchester Counties.

[The Golf Performance Academy](http://TheGolfPerformanceAcademy.com)

[824 Ethan Allen Highway](http://824EthanAllenHighway.com)

[Ridgefield, CT 06877](http://RidgefieldCT06877.com)