



GOLF
PERFORMANCE
— ACADEMY —



ADMISSIONS GUIDE
2024-2025

EXPERIENCE THE DIFFERENCE

at the Golf Performance Center

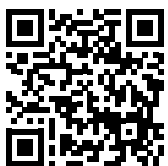


ABOUT GPA

The Golf Performance Academy is a full-time, golf-focused boarding school dedicated to athletes grades 6-12 who aspire to play collegiate and possibly professional golf.

Located a short drive from New York City in beautiful Ridgefield, Connecticut, our academy offers the very best opportunities in junior golf.

Start living your dream today.



SCAN HERE

or visit thegolfperformanceacademy.com
for more information.

TABLE OF CONTENTS

| | |
|--------------------------------|----|
| Cutting Edge Technology | 5 |
| Coaching Staff | 7 |
| Five Elements of Success | 9 |
| Player Development Index | 11 |
| Academy Programs | 15 |
| Education Options | 17 |
| Student Life | 21 |
| Junior Golf Hub | 23 |
| Training & Tournaments | 25 |
| Custom Club Fitters | 27 |
| Social Media | 29 |





Experience the Difference with

CUTTING EDGE TECHNOLOGY

The Golf Performance Center offers state-of-the-art indoor and outdoor practice facilities with world class technology to measure progress.



Step into a world of excellence at the Golf Performance Center, where cutting-edge technology meets state-of-the-art training facilities. With a team of world-class coaches and performance staff, including a full-time sports psychologist and physical therapist, we offer an unparalleled training experience. Our commitment goes beyond the greens; we provide USPA online schooling with dedicated student life and learning advisors. Embark on a transformative journey with our five-week Florida training and tournament trip, where you'll receive full support from our expert team, including culinary staff. Tailored to your unique strengths and areas for improvement, our personalized growth plans utilize the Pro Player Development Index. Elevate your game further with a personalized playing schedule, ensuring your presence at the nation's top events. At the Golf Performance Center, we redefine golf training, blending innovation, expertise, and personalized support for an unmatched golfing experience.



ENHANCE YOUR PERFORMANCE WITH

- 9 hole, high-performance short course with toptracer technology
- 13,000 sq. foot indoor training center utilizing the industry's top biomechanic technology like foresight, gears, k-vest, trackman, sam putt lab, v1 and more
- full weight room and cross-fitness center, juice bar and players lounge, team film room and 8 indoor/outdoor hitting bays
- on-site club fitting facility and test bay
- full access to 2 pristine 18 hole courses

“The vast majority of Division 1 programs don't have a facility anything like the Golf Performance Center. It's my dream to have a facility like yours.” - Dave Pezzino, UConn Head Coach

Experience the Difference with

WORLD CLASS COACHING & PERFORMANCE STAFF

PGA Master Professional, Dennis Hillman, leads an impressive group of passionate instructors and performance staff that includes a full-time sports psychologist and physical therapist - making sure our athletes have every advantage.



ABOUT OUR COACHES

Dennis Hillman

Director of Player Development

- AJGA and College All-American
- 18+ years of developing D1 athletes
- Class A PGA professional and TPI-Certified golf coach



FUN FACT:
Dennis Hillman beat Tiger Woods head-to-head in the semi-finals of the 1990 US Junior

Experience the Difference with

FIVE ELEMENTS OF SUCCESS

For over 20 years the Five Elements of Success philosophy has guided thousands of junior athletes by providing an individualized golf training plan that combines physical performance, discipline, and instruction to help achieve goals. By connecting how the mind thinks, and the body moves, relative to golf swing mechanics, the coaching team at the Golf Performance Academy create the personalized long-term athletic development plan that each athlete needs for sustained success.

Individual growth plans are built utilizing daily assessments, our biomechanic technology, and regular PDI evaluations.



DESIRE TO IMPROVE



PHYSICAL PERFORMANCE



GOLF COACHING



MENTAL APPROACH



EQUIPMENT



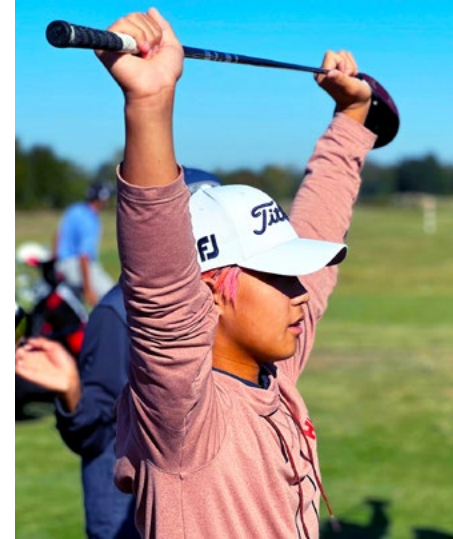


Experience the Difference with

PLAYER DEVELOPMENT INDEX

PDI is not a ranking system, or a way to compare one golfer to another. It is simply GPA's proprietary assessment tool to help identify areas that need improvement, by utilizing four basic coach-guided assessments:

- Physical proficiency and flexibility
- Golf skills and shot making ability
- Mental skills
- Tournament performance



**PDI ENDORSED
BY LPGA LEGEND
ANNIKA SÖRENSTAM**

“ I wish I had a tool like PDI when I was a junior to measure and manage my development, but I hope I can help the golfers coming up today by putting it in their hands.”

- Annika Sörenstam





EXPERIENCE THE POSSIBILITIES

at the Golf Performance Academy

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 (PDI) assessment four times throughout the year to ensure the player is on track. Competition is a key part of the academy life, and students play tournaments throughout the year to build their profile and golf resume. Students spend 5 weeks in the winter in Florida, competing and training in different condition and courses to give them more experience and preparation.

// SHORT TERM 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 Academy students and learn about the unique training environment of GPA.

// THE POST-GRADUATE PROGRAM

Coaches increasingly value athletes who pursue postgraduate programs, recognizing the unique preparation offered beyond standard training. For junior athletes, Post-Grad training provides comprehensive readiness in areas often overlooked. However, many graduating seniors find themselves inadequately prepared, lacking in physical, technical, or competitive prowess for collegiate play. Enrolling in a specialized golf prep school like the Golf Performance Academy presents one of the most impactful steps towards college readiness. Our program is meticulously designed to transform graduates into formidable competitors, emphasizing mental fortitude, technical proficiency, and physical conditioning primed for any challenge.



Experience the Difference with

MULTIPLE EDUCATION OPTIONS

The United States Performance Academy is the premier choice of online schooling for most college-bound athletes who are seriously pursuing high-level athletic dreams. GPA takes online learning to the next level, providing a full academic support staff to keep our student athletes on track while still allowing ample time to focus on improving their golf game.



MAIN CAMPUS The Golf Performance Academy's main campus is conveniently and safely nestled away in the trees, less than a one minute drive from the Golf Performance Center. It features separate and secure girls & boys living quarters and a 7,000 sq. foot academic space. The main building has an industrial kitchen and plenty of recreational space to ensure peace of mind for all our students.



GPA is the only USPA school that offers an actual in-person learning site in the US.

Experience the Difference with

FREEDOM AND FLEXIBILITY

One of the Golf Performance Academy's main goals is to provide a place where we make a positive and transformative impact on the life of every young person who attends. It is our passion and purpose to make GPA a long-lasting and fulfilling learning experience for both golf and life.

TYPICAL DAILY SCHEDULE

| | |
|-----------------|---------------|
| 7:00 - 8:00 AM | TRAINING |
| 8:00 - 9:00 AM | BREAKFAST |
| 9:00 - 12:30 PM | ACADEMICS |
| 12:30 - 1:15 PM | LUNCH |
| 1:30 - 5:30 PM | GOLF PRACTICE |
| 6:30 - 7:00 PM | DINNER |

Rest of the evening devoted to study hall, recreation, or extra practice at the GPC.

ABOUT OUR STAFF

Leighanne Penna

Director of Academics & Student Life

- World traveler and D1 athlete
- Life long learner, passionate about students and education
- 20+ years of International and U.S. academic leadership experience



ACADEMIC OPTION 2: THE WOOSTER SCHOOL

The prestigious Wooster School in nearby Danbury, provides an excellent choice for student athletes who want a more traditional educational setting.

The Golf Performance Academy has partnered with the Wooster School's administration to allow GPA athletes to use a modified academic schedule which affords plenty of practice time and flexible scheduling.

The Wooster school is also a great option for foreign players who must attend in-person school due to visa requirements and for those students interested in science and courses that require hands-on learning.





Experience the Difference with **STUDENT LIFE**

While we are dedicated to helping our athletes play at the next level, life is about more than just golf.



GPA has a full-time staff of both female and male Student Life and Learning Advisors to create a close knit family setting and assure every student is thriving both mentally and physically. The full-time chefs on the main campus know each of the athletes' favorite foods and prepare nutritious and healthy, multi-course meals daily.

While most of our student-athletes want to practice non-stop, our Student Life team creates opportunities for all GPA athletes to get time away from golf periodically - including college visits, fun excursions, game nights, pool, ping pong, and gaming.

GPA builds a team tournament schedule for each season, but we work closely with each athlete to personalize their playing schedule. This allows our GPA athletes to improve their games and spend valuable time with family while competing in extra tournaments across the nation and abroad.

“ The coaches at the Golf Performance Academy put together a growth plan for me. I’m working daily on my skills that help me reach my peak performance.” - Arabella Lopez, GPA Student



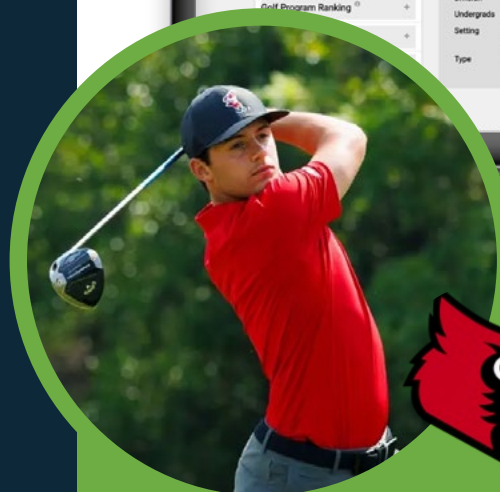
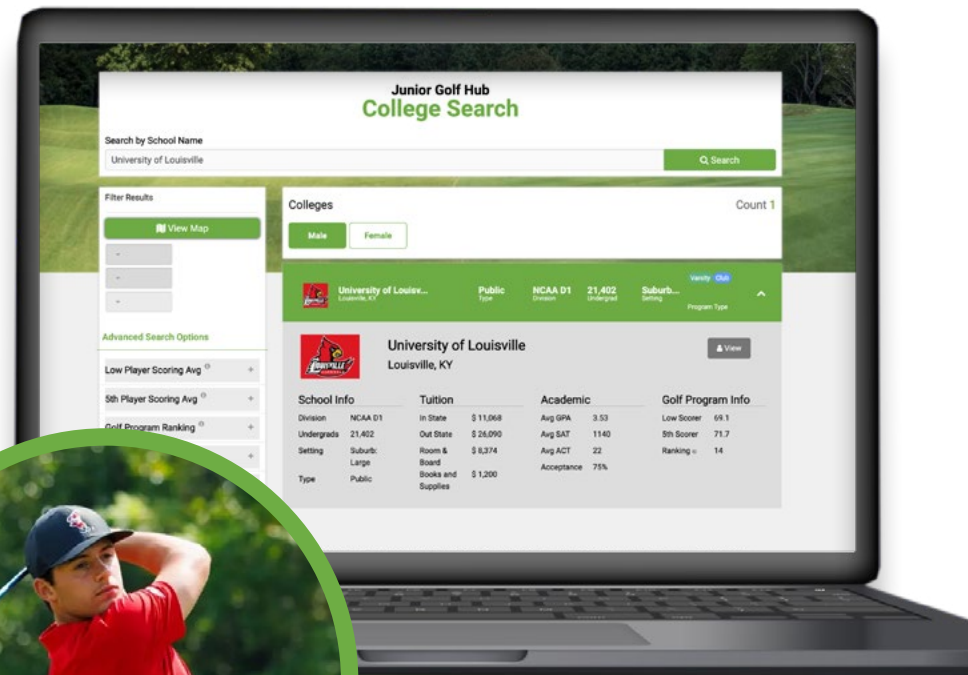
Experience the Difference with **JUNIOR GOLF HUB**

Junior Golf Hub is the leading online community for junior golfers, their parents, and college coaches, offering a modern, easily accessible website that simplifies and streamlines the college golf planning process for prospects. JGH provides a one-of-a-kind tool to help players and parents navigate the confusing journey to college golf, while helping college coaches discover and connect with top talent.

PERSONALIZE YOUR **JUNIOR GOLF EXPERIENCE**

The **Tournament Finder** is a growing collection of key information and registration links for 3,000+ worldwide golf events for juniors. Custom filters are available to help you find the best tournament opportunities in junior golf. This helpful feature does not require a membership, however, members are able to customize their profile to add tournaments to their schedule.

The **College Search** feature offers a comprehensive database of academic and athletic information on every golf program in the United States. You can toggle between both Men's and Women's programs to find the information that best suits you. To personalize your list of schools and connect with college golf coaches, you will need to sign up for a Hub membership. The Hub's powerful algorithm can provide a list of college programs that are a match for you based on the information you include in your profile. Unlock new matches as your game improves!



ATHLETE SPOTLIGHT

Elias Kennon | Class of 2023
Signed with University of Louisville

Experience the Difference with

SPRING TRAINING

GPA athletes spend five weeks in Florida every year to prepare for the upcoming spring season!



TOURNAMENTS & TRAVEL

Our program is meticulously designed to align with the unique skill development levels of each athlete on an annual basis. This includes participation in 2-3 core tournament events during Spring Training, encompassing both local and national competitions.

Utilizing the Player Development Index (PDI), our approach involves thorough tournament preparation and post-tournament analysis. This process helps identify specific areas requiring further attention, whether they pertain to technical, mental, physical, or strategic performance.

At GPA, our focus extends beyond golf to encompass the holistic development of our students. Recognizing the diverse skills and understanding levels our students bring, we advocate for an individualized tournament strategy tailored to each student's stage of development.



Athletes have access to four elite golf courses: Silverado, Lake Jovita, Hunter's Green, and Tampa Bay Country Clubs. Supported by our full golf and academic staff, students also enjoy curated meals by Che Sera. Additionally, participation in 2-3 tournaments is coordinated.

Junior Golf Hub is a Proud Sponsor of





Experience the Difference with ***CUSTOM CLUBS***

The Golf Performance Center's onsite pro shop features the region's premier club fitters and custom club builders. We are consistently elevating the performance of young golfers by utilizing the latest technology in the golf industry. We adopt a brand-neutral approach to provide personalized recommendations that cater to your unique game, ensuring complete confidence in your equipment. With a curated selection of top-tier brands, expect nothing short of the finest quality clubs to enhance your playing experience.

THE FITTING PROCESS

- 1. EVALUATION***
- 2. FITTING***
- 3. SOLUTION***
- 4. BETTER GOLF***





FOLLOW US

The GPA Marketing Team diligently crafts engaging and personalized social media content to showcase our athletes. Our GPA golfers can tag college coaches and begin developing their personal brand. Additionally, as title sponsors for the Notah Begay III National Championship and the Hurricane Junior Tour, our company holds strong connections within the industry, facilitating our golfers' participation in the nation's premier tournaments.

 **@ACADEMY.GOLF**





GOLF
PERFORMANCE
—ACADEMY—

CONTACT US:

www.thegolfperformanceacademy.com
info@thegolfperformanceacademy.com

The Golf Performance Academy
824 Ethan Allen Highway
Ridgefield, CT 06877