

## Titleist Performance Institute Long Term Athletic Development



Pine Meadow Golf Club has long been recognized as a “hot bed” for the development of junior golfers in Illinois. Beginning with the 2010 season Pine Meadow will greatly enhance that reputation by becoming one of the first in the United States to offer the **Titleist Performance Institute Long Term Athletic Development Program**. This program is designed to instruct juniors to become both sound athletes and skilled golfers.

Combining unique physical and mental challenges, the first of its kind program launches the first three Saturdays in May from 1:00- 2:30 p.m. with **Free Introductory experiences** for juniors age 6-15. During the class parents are invited to attend a 30 minute presentation which will highlight the concepts of the program and explain how it has proved to be instrumental in developing some of the finest athletes around the world.

According to Dr. Greg Rose, a founder of TPI, the Junior Performance Center deviates from traditional methods of teaching golf to youngsters, in which children spend hours at the driving range. “Instead, this program is based on the principles of long-term athlete development – rooted in understanding how the body interacts with the brain at different stages of life,” he says. “We believe it will help take golf to the next level in this country.”

Working with some of the most experienced golf professionals in the state, children participate in a weekly 90-minute session including a warm-up and cool-down, team-building activities and up to 12 stations in a FUNdamental Cyclone Zone or a S.M.A.S.H. Zone. The FUNdamental Cyclone is designed for children in kindergarten through fifth grade and focuses on the body’s fundamental movement skills while S.M.A.S.H. – Stability, Mobility, ABCs (Agility, Balance, Coordination and Speed), Sports Skills and Honing Golf Skills – is rigorously designed for youngsters in fifth through ninth grades.

The FUNdamental and S.M.A.S.H. Zones are the program’s core; each has kicking, hitting, throwing, putting, wrist release, chipping and catching stations. In addition, there is a strength-building station and an area where children will begin to learn golf fundamentals in a way their brain and body responds to. While kicking, hitting and throwing provide a seemingly unorthodox approach to golf instruction, all help encourage rotational velocity, which is critical when learning the mechanics of golf. We are teaching the youngsters to become extremely talented athletes in an arena that makes this hour their favorite activity of the week.

The first two trial sessions are complimentary with no obligation. Once the junior decides to join this program each session is \$30.00. Parents can conveniently sign their athletes up at the Pine Meadow Pro Shop. For more information on the program or to sign-up for a session or a series, please call Lead Instructors John Andrews 847. 514.9009 or Bob Dickman 847. 877.7779.

### **Schedule of Events at the Upper Range of Pine Meadow Golf Club:**

- FREE Introductory Kick off Experience, Saturday May 5, 12, 19 1:00-2:30 p.m.

Fundamental and Smash Zone Kids. All athletes will begin in the Fundamental Zone and moved up based on methodically based testing. A hat system (similar to the belt system in Karate) will be employed to demonstrate progression of the athletes in the program.- Every Tuesday from 4:00 -5:30 p.m. beginning June 4

### **About TPI**

The world's leader in golf health and fitness, the Titleist Performance Institute – a subsidiary of Titleist – is a research and development center based in Oceanside, CA. The organization has more than 3,000 certified members in more than 30 countries. In order to learn more about the Titleist Performance Institute log on to [www.MYTPI.com](http://www.MYTPI.com)

### **About the Staff**

#### **Bob Dickman, Lead Instructor**

As a member of the PGA since 1987 and a Certified TPI Golf Professional, Bob has made teaching his lifelong career and passion. In his over 25 years as a professional he has instructed top juniors and professionals. His former students, which include LPGA Hall of Fame Member Betsy King, have won over 45 events on the LPGA Tour.

Bob has been nominated three times for Illinois PGA Teacher of the Year and served as Director of Golf at two of the most esteemed clubs in the United States. His passion is combining his wealth of experience with the state of the art techniques from the Titleist Performance Institute to build sound athletes and top golfers for life. Some of Bob's student accomplishments include;

- 2009 Illinois State Junior Champion -Dex Reese
- 2009 US Kids Illinois State Champion -Alex Dutkowski
- 2009 Illinois Open 10th -Place Charlie Waddell, Hooters Tour Exempt Player
- 2009 Connecticut High School Championship Team Member -Chris Swift
- 2009 Lipscomb University Kenny Perry Scholarship Award Winner- Sabrina Ferreri

#### **John Andrews, Lead Instructor**

**"Hitting the ball is the easiest part of the game -- Hitting it effectively is the most difficult."**

Achievements –

- Played NCAA events for West Texas State University
- PGA member since 1992
- Head Golf Professional, Amelia Island Plantation
- Qualified for the Gate Petroleum PGA Open 1993
- Played in PGA sanctioned tournaments for 3 years
- Teaching Professional at Pine Meadow Golf Club for 12 years
- Former Golf Digest teaching staff member
- Nominated for Illinois Teaching Professional of the year in 2004 & 2007

Teaching is an **ART** – there are three sides to teaching and learning –

**WHAT** – represents fundamental techniques or the mechanical elements.

**HOW** – refers to the process of how the teacher communicates to his or her student.

**WHEN** – the sequence and pacing of information.

Communicating clearly with the student is very important. I, as a teacher, think about the whole communication process, acting as a source trying to reach a receiver with a message. People need a common frame of

reference to communicate effectively. Communicating, as with teaching, is an **ART** that bonds the student and instructor.

John brings his years of playing and teaching experience to the TPI program. Highlights of his 2009 season include AJGA, IJGA, MAJGT and High School Golf Program results:

Tyler Anderson – (9) 2009 US Kids-Sanctuary G.C. 1<sup>st</sup> (37), Cog Hill (38)  
US Kids - Placed 3<sup>rd</sup> overall, Qualified for Jr. US Kids PGA Invitational & Copperhead Classic in 2010

Jim Jaskoske – Addison Trail High School Highlights /Achievements  
Twice Named to All Conference Team 2008 & 2009  
IHSA Conference Champion Gold division  
MAJGT – Finished 2<sup>nd</sup> place in overall, Q for all Midwest team  
4 1<sup>st</sup> place finishes, 6 top fives & 8 top ten finishes  
AJGA – 5 full tournament exceptions and 1 performance star for 2010  
7 exemptions for 1<sup>st</sup> place, 5 top fives & 6 top ten finishes.  
National level opportunities for AJGA

Mike Grayson – Highland Park High School Highlights/Achievements  
Medalist – 2009 Illinois State High School Regional Tournament (72)  
Twice Named to All Conference Team 2007 & 2009  
Twice Named to Pioneer Press Lake All-Area Team (2008 & 2009)  
Named to Pioneer Press Preseason “Super Seven” and Players to Watch”

*Jeff Theobald PGA Apprentice Professional*

Jeff has been a teaching professional at Pine Meadow G.C. for the past 3 years.  
He has lead the Pine Meadow junior program (University of Golf) for 3 years and is a PGA Apprentice

As an accomplished player Jeff has competed in golf for over 30 years. He played college golf at Glendale C.C. (Glendale Az.) and Troy State University (Troy, Al.)  
Jeff qualified and played in the 1976 USGA Junior and 1988 USGA Public Links as well as in 11 Illinois State Amateurs/Opens.

Between basketball and golf Jeff has coached and instructed juniors for more than 25 years. In the summer of 2009 Pine Meadow implemented the Titleist Performance Institute junior programs in which Jeff has been a leader.