

Top stories in this newsletter

Todd Kolb– Director of Instruction

What an exciting time for all of us involved with the academy! Our mission from the first day over 20 years ago was very simple: "Help the person in front of us improve." With the return of coach Tyler Prins, the addition of Sam Vosler, and our exciting new partnership with Sanford Power led by Paul Lundgren, there is no question our team is talented, committed and ready to take our students to the next level. These new additions will allow us to offer everything a golfer needs to improve their technique, performance, strength, coordination and flexibility. I am excited to see what 2017 will bring for all the wonderful students who trust us with their development.

Fairways and Greens,

Todd Kolb-Director of Instruction



Tyler Prins– Instructor

The past few weeks have been very exciting. We have started with focusing on being the best that we can be at the basics. The students have been very receptive and have already made really good progress. We have to be great at the fundamentals to be great at golf.

The core basics that we have been focusing on are the grip, set-up 1 and set-up 2. These three topics are at the core of what we teach. Everything that we work on moving forward is going to build off of the three topics.

Tyler Prins-Instructor



Sam Vosler-Performance Coach

The academy now offers an additional opportunity for students to learn while focusing on improving their mental and course management skills. Students have been attending 60-minute 'Performance Talks' that include content built around short powerful videos (TED Talks) such as Grit, Body Language and Preparation that relate to sports and life.

A class also includes activity-based sessions in which this last week, students wrote out their entire practice routine/plan before competition.

Each class also introduces a rule from 'The Rules of Golf'. Rules discussed have included Rule 26-Water Hazards, Rule 27-Ball Lost or Out of Bounds & Rule 28-Ball Unplayable. Our goal is for students to understand how important and beneficial it is to dedicate time to course management and mental training to improve performance.

Sam Vosler– Performance Coach



Upcoming Events

Performance Talk #4

Dates: **Wednesday, Feb 15th & Saturday, Feb 18th**

Topic: **Staying in the Moment** Rule: **Rule 24-Obstructions**

Performance Talk #5

Dates: **Wednesday, March 1st & Saturday, March 4th**

Topic: **Looking Past Limits** Rule: **Rule 18-Ball at Rest Moved**

Sanford POWER workouts

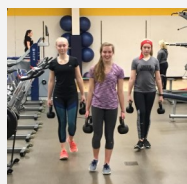
The goal of our POWER Golf Academy training program is to improve each athlete's mobility, increase power and develop strength specific to the game of golf. Based on the initial golf mobility screen performed by our PT staff we can identify and individualize specific needs right from the start.



We focus on improving overall athleticism by incorporating strength exercises that are age and skill level appropriate, while progressively challenging each athlete. In addition, we develop power through various plyometric exercises and medicine ball rotational throws. By becoming a better athlete we can help increase their performance and success on the golf course.

-Coach Paul Lundgren

Sanford Sports Physical Therapy's goal is to provide a movement assessment that takes a look at any movement dysfunctions including strength, stability, and mobility that may play a role in your performance. With taking a look at the entire body's ability to move, we can help promote quality movement and reduce the risk of future injuries."



- Levi Pole Physical Therapist

'Student Spotlight'

Name: Ryan Neff

Year: Sophomore

School: Lincoln High School (Sioux Falls, SD)



Favorite Golfer: Jordan Spieth

Favorite Course: Prairie Green Golf Course

Favorite thing about TKGA: It would be being able to get advice from coaches that will help improve my golf skills.

Highlights:

- 2016 Metro Conference Champion
- Placed 21st at 2016 State Tournament

Coach Comments: Ryan has a great attitude and is always ready to get in here and workout with us. I like having him come in because he brings a positive energy to the group that helps lift everyone up and increase the work ethic for the entire group - Coach Paul Lundgren

