

Top stories in this newsletter

Todd Kolb- Director of Instruction

The first few weeks of the Summer session have always been my favorite here at the academy. The nice warm days create a sense of excitement, motivation and anticipation for the upcoming season. These feelings are even stronger this year as we have Tyler back leading many of our coaching programs along with the addition of new coach Sam Vosler.

I am also happy to say Sami and Parker are back from college again this summer and will play key roles in the academy. They are not only a great resource for us, but are true examples of how golf can be a big part of your experience after high school with some hard work and dedication.

We have sent out a variety of emails, videos and calendars on the summer schedule. If you have any questions on this information, anyone from our staff can certainly help. Looking forward to a great summer!

Fairways and Greens,

Todd Kolb-Director of Instruction



Tyler Prins- Instructor

April was a very good month at the academy. We have been able to get outside and watch the ball fly which everyone is excited about including the coaches. This month we have been diving into our short game.

We have specifically been talking about set up position when we are chipping and putting. As all of the students know this is an extremely important part of golf and we are working very hard.

Tyler Prins-Instructor



Sam Vosler-Performance Coach

As we kicked off the summer program last week, the TKGA team has been developing and planning additional opportunities for students to take their game to the next level. Listed below are additional opportunities for students starting the first week of June:

- Supervised Practices (Specific Pods)
- Personalized Course Management Sessions
- 9- Hole PLAY DAY's for ALL ages

Not only will students be receiving the best skill instruction, they now have access to apply their skills in a game-like training environment and learn how to practice, which is the bridge to lower scores.

Sam Vosler- Performance Coach



Sanford POWER workouts

We are excited to begin the Summer Session of the Power Golf Academy Training Program. It is going to be a great 16 week summer having all of the returning Power Athletes back and also getting to meet some new Golfers that are just getting started.



We hope to grow this program to the point that we can train as many athletes as we can that are a part of the Todd Kolb Golf Academy and also to extend our program to include younger and older golfers as well.



-Coach Paul Lundgren

'Student Spotlight'

Name: Natalie Poppens

Year: Sophomore

School: Roosevelt High School (SD)

Favorite Golfer: Jordan Spieth

Favorite Course: The Country Club of Sioux Falls

Favorite thing about TKGA: My favorite aspect about TKGA is learning and improving in all the different areas in the game of golf.

Coach Comments: It is great having Natalie as a part of the Power Group. We can always expect her to work hard and push herself to get better during our training sessions.

- Coach Paul Lundgren



Nutrition Tip of the Month

Many athletes turn to protein bars, energy bars, and granola bars for a quick source of fuel on-the-go, but many athletes don't know which bars to choose, and many of the bars on the market are filled with not-so-healthy ingredients.

Athletes and parents can usually look to the label to find out what's in a bar. The nutrition facts label will tell you how many calories, grams of sugar, grams of fiber, grams of fat, and how much protein is in the bar, while the ingredients list will show you where the nutrition comes from. Calories should be coming from ingredients such as nuts and seeds, whole grains, and dried fruit. Ingredients shouldn't include artificial sweeteners (erythritol, sucralose), which can cause stomach upset, or "partially hydrogenated oils" or "high fructose corn syrups" and other refined sugars (sugar and syrups).

Some good examples of real food bars for athletes include LARA bars, Kind bars, RX bars, but athletes should remember that bars don't contain any magical performance-enhancing ingredients, so packing snacks such as a peanut butter and jelly sandwich, trail mix, or yogurt and fruit can often times be a better (and less expensive) option.

Lizzie Kuckuk-Registered Dietician



Be sure to follow us on Twitter!

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