



# **ADMISSIONS GUIDE**

**2025-2026**

*Ridgefield, Connecticut*



# 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 aspiring 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](http://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.

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 dedication extends beyond the greens, offering a variety of schooling options to ensure each student has the best learning experience.

Embark on a 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 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 Academy, we redefine golf training, blending innovation, expertise, and personalized support for an unmatched golfing experience.

“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**



## ENHANCE YOUR PERFORMANCE WITH

- 9 hole, high-performance Short Course with Toptracer technology
- 13,000 sq. ft. 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 local 18 hole courses



Experience the Difference with

# WORLD CLASS COACHING & PERFORMANCE STAFF

Coach John Montgomery leads a talented team of dedicated instructors and performance staff, including a full-time sports psychologist and physical therapist, to ensure our athletes have every advantage.



## ABOUT OUR COACHES

**John Montgomery**  
Director of Golf

- U.S. Kids Certified Coach & PGA Associate
- Coached players on major tours worldwide
- Awarded “Best Young Coaches in America” by Golf Digest



## FUN FACT:

*John’s expertise reached a global audience through his 6-video series “Through the Bag” on Golf Channel’s Golf Pass and his appearance on Swing Expedition with Chris Como.*



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**

Player Development Index (PDI) is not a ranking system, or a way to compare one golfer to another. It is simply an 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, and tournament performance. PDI provides a numerical score out of 100 to represent the current state of an athlete's skill set, allowing coaches to track progress consistently throughout the athlete's development.

### **COACH GUIDED ASSESSMENT**



**4 PHYSICAL TESTS**



**24 MENTAL QUESTIONS**



**39 GOLF SHOTS**



**SCORING AVERAGE**


**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**





An aerial photograph of the Golf Performance Academy campus during autumn. The scene features a large, multi-story white building with a dark roof, surrounded by smaller white structures. A winding road and a large pond are visible, with trees displaying vibrant yellow and orange foliage. In the background, a forested hillside is visible under a clear sky.

# **EXPERIENCE THE POSSIBILITIES**

at the Golf Performance Academy



# ACADEMY PROGRAMS

**/// FULL YEAR PROGRAM** The Academy 9.5-month golf program is one of the world's best and has a proven system to maximize junior golf performance. We offer a program that includes every aspect of junior development to accelerate results. Daily physical performance training, golf training in full swing, short game, course management and mental skills, and regular golf course play make this a superior program for elite junior golfers. Our coaches pay close attention to each junior golfer's needs, with 4 Player Development Index assessments throughout the year to keep the periodized training schedule on track. With quality academics and a full tournament schedule, there is no better program to train and prepare a junior for college golf.

**/// SUMMER PROGRAM** Built around the junior golf athlete, Summer Training at The Golf Performance Academy provides everything juniors need to get better! Some of the best coaches in junior golf will work alongside the athletes to give them all the tools they need to improve. Athletes will receive a personalized plan to continue working on their golf development well beyond their time at GPA. They will also get a Junior Golf Hub membership which will help players to stay on track with their plan until they return to GPA the next summer! Our goal is to help aspiring golf athletes improve, love the game, and learn some valuable lessons during their Summer Training Program.

## **/// THE POST-GRADUATE PROGRAM**

Coaches increasingly value athletes who pursue post-graduate 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 Golf Performance Academy has partnered with Holston Academy, an accredited, non-profit, private online school for grades 6-12. 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.



 **Holston provides access to a course catalog with over 300 courses, including electives.**



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***

### **Loni Hammons**

*Director of Academics & Student Life*

- Certified in Professional Tennis Management
- 20+ years working with and/or coaching students in public, private, and boarding prep schools
- Former Head Coach of Women's Tennis at D2 college



## ***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, parents, and college coaches. Our modern, user-friendly website helps to simplify the college golf planning process while offering several useful features like the new Junior Golf Rankings. 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 6,000+ 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!

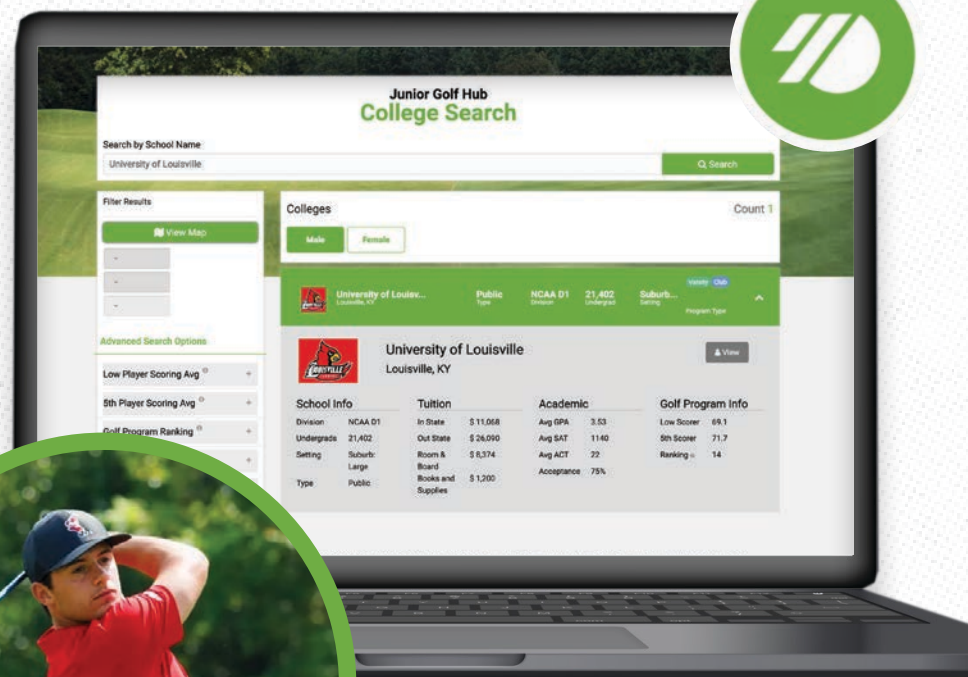
## **NEW! JUNIOR GOLF RANKINGS**

To address the overemphasis on outcomes in junior golf, Junior Golf Hub has launched a new ranking system that encourages holistic development and nurtures a love for the game.



### WHERE DO YOU RANK?

115+ Countries	7,400+ Tournaments
49,000+ Boys Ranked	17,000+ Girls Ranked



## ATHLETE SPOTLIGHT

**Elias Kennon | Class of 2023**  
Signed with University of Louisville



Experience the Difference with

## SPRING TRAINING

GPA athletes spend multiple weeks in Florida every year to prepare for the upcoming Spring season!



**The Golf Performance Academy at RPS Academies features state-of-the-art indoor and outdoor practice facilities. Athletes will have access to play at the renowned Santa Lucia River Club at Ballantrae, a stunning par-72, 7,000 yard course designed by Jack Nicklaus.**

## 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.



In Partnership with







## 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](http://www.thegolfperformanceacademy.com)  
[info@thegolfperformanceacademy.com](mailto:info@thegolfperformanceacademy.com)

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