

Ridgefield, Connecticut



The Golf Performance Center

WHERE DREAMS ARE DEVELOPED

A premier, full-time golf coaching facility in the
Northeast for players of all ages and skill levels.





Get to Know Us

WHO WE ARE

The Golf Performance Center is the Northeast's leading full-time golf coaching facility, recognized for developing athletes of all ages and skill levels through a holistic, long-term approach to improvement.

Our state-of-the-art training facilities, advanced performance assessment technologies, and elite coaching staff provide athletes with a truly comprehensive environment for growth. At The Golf Performance Center, athletes don't just practice golf, they follow a roadmap for reaching their highest potential.

Our mission is to provide the coaching, guidance, and proper facilities necessary to help junior athletes develop both physically and mentally as they navigate the challenges of competitive golf. We primarily support K-12 and collegiate athletes, while also offering programs for adult golfers who are committed to improving and transforming their game.

At The Golf Performance Center, we do not believe in a one-size-fits-all golf swing. Each individual has a unique movement pattern, and our **5 Elements of Success** evaluation process, rooted in the principle that Function Dictates Form, prescribes an optimal plan for improvement to maximize performance.

We emphasize the value of group training because athletes learn best when they can train alongside their peers. Small group sessions encourage participation, competition, and fun, while also allowing both coach and athlete to make the most of their time working on the finer details of the game.

The National: 9-Hole Short Course

THE NATIONAL

— SHORT COURSE —

Experience the exceptional quality of The National Short Course at GPC, a course designed for fun, fast-paced play. With holes crafted to challenge experienced golfers while remaining welcoming to newcomers, it's the perfect place to sharpen your game or simply enjoy a great round.

We can't wait to see you out there!

Indoor & Outdoor

FACILITIES

Our beautiful, state-of-the-art nine-acre facility includes:

- Eight Instructional Bays with Biomechanical Feedback Technology
- Bentgrass Putting Greens and Short Game Areas (10,000 square feet)
- 9 Hole Short Course (The National)
- Par 3 Practice Hole
- Fully-Equipped Gyms
- Energy Zone Recovery Area
- Junior / Adult Clubhouse and Locker Rooms
- Shake Bar & Lounge



LEARN MORE

Scan the QR code or visit
www.thegolfperformancecenter.com
for more information and to book a tee time!

Simulator Bays

Our eight indoor/outdoor simulator bays feature world-class technology including Foresight, GEARS, K-VEST, V1, SAM PuttLab, Top Tracer, and more, to ensure every practice session is efficient and purposeful. Athletes can measure progress, refine skills, and train with precision using the best tools in golf.



Performance Zone

The Performance Zone is built on our belief that function dictates form, with every athlete's physical movement serving as the foundation for great golf. Featuring a full gym, locker rooms, and multiple putting greens, we focus on building mobility, stability, strength, and power to unlock each player's potential.

Shake Bar & Lounge

Our Shake Bar and Lounge area is the perfect place to relax and refuel after training, with plenty of space to unwind and enjoy a shake. While you're here, stop by the Pro Shop to find everything you need to keep your game moving forward.



Our Philosophy

5 ELEMENTS OF SUCCESS

Our best service and recommendation for any new athlete coming to our facility for the first time is the 5 Elements of Success Evaluation, an examination of golf skills and physical proficiencies.

We conduct an extensive four hour assessment to help an athlete understand how physical limitations and inefficient swing mechanics can affect consistency and power production:

- Physical evaluation gauges areas of mobility, stability, and flexibility through the Functional Movement Screen™ and Titleist Performance Institute Screens™, as well as physical proficiencies
- Golf evaluation characterizes your golf swing and putting stroke using the latest state-of-the-art technologies available [V1 Sports and BodiTrak (2D), K-Vest® (3D), GEARS (6D), SAM PuttLab]
- Equipment evaluation analyzes and identifies any inconsistencies or gapping issues
- Mental evaluation reviews your propensity for coaching using an online tool called "The Mental Golf Workshop™"
- An individualized Plan for Improvement is then created enabling our coaches to formulate a personalized plan to help you achieve your future goals.



DESIRE TO IMPROVE

Goals. Dreams. Mindset to Improve.



MENTAL APPROACH

Understanding the Mental and Emotional aspects of the game.



GOLF COACHING

Personalized Coaching.



PHYSICAL PERFORMANCE & NUTRITION

Function Dictates Form.



EQUIPMENT

The right equipment for the task.



Introduction to the Game

JUNIOR PROGRAMS

Our junior golf programs are designed for athletes ages 5–19 and tailored to every stage of development. From learning the fundamentals to competing at the highest junior levels, each program provides a supportive environment where players can grow their skills, confidence, and love for the game.

At The Golf Performance Center, juniors benefit from:

- A clear pathway that supports golfers from beginner to college-bound
- Personalized coaching based on our 5 Elements of Success philosophy.
- A balance of technical instruction, physical performance training, and mental development.
- Opportunities to practice, play, and compete in age-appropriate settings.
- A culture that inspires passion for the game while encouraging accountability and long-term growth.

These programs are more than practice, they're a roadmap for becoming a stronger player and athlete while learning valuable lessons that extend beyond the course.

Meet Our Team

COACHES

Dennis Hillman leads an impressive group of passionate instructors and performance staff, making sure our athletes have every advantage.





Programs for the Beginner Golfer

AGES 5 - 8

Active Start

This program ensures young children fall in love with the game in a fun environment.

- An introduction to basic fundamental movement skills.
- Non-competitive and focused on participation.

AGES 8 - 11

Fundamentals

For the Beginner golfer on the first step of their journey.

- One and a half hours weekly of structured coaching time introducing basic fundamental physical movements (running, jumping, throwing) as well as fundamental golf skills (balance, posture, rotation).

AGES 11 - 13

Learn to Play

Designed for junior athletes to master fundamental movement skills and develop golf specific skills.

- One and a half hours weekly of structured coaching time for the athlete to focus on continual development of golf concepts such as balance, posture, rotation, speed, club path, and club face.

Programs for the Intermediate Golfer

AGES 11 - 13

Learn to Compete

For junior golf athletes who are competing in tournaments on a regular basis.

- Training for competitions, continuation of overall skill development, physical and mental conditioning for success.

Programs for the Advanced Golfer

AGES 14 - 18

High School Development

Designed for the junior golfer aspiring to play high school golf, or to simply continue improving their skills in the game.

- Four hours of group coaching, practice and training per week

AGES 14 - 18

Competitive

For the Junior golfer continuing to develop golf and physical proficiencies who aspire to play high school, college, and beyond.

- Six hours weekly of structured coaching time with a focus on competing, physical and mental development, tournament preparation, advanced golf skill development, and an introduction to biomechanical testing.
- Access to supported tournament travel, on-course preparation and management, and a results review.

AGES 14 - 18

Elite

For the student athlete desiring to play at the highest levels competitively in college and beyond.

- Nine hours weekly of intensive, structured coaching time with a major focus on strength, power, stability, functional physical movement, advanced golf skill development, and strategy for playing competitive golf.
- Access to supported tournament travel, on-course preparation and management, and a results review.



Designed for Committed Golfers

ADULT PERFORMANCE PROGRAMS

The Adult Programs are designed for the golfer looking to take advantage of our state-of-the-art practice facilities in order to optimize their personal performance.

Utilizing our **5 Elements of Success** Evaluation, our coaches determine the golfer's unique blueprint, and can identify their strengths and weaknesses, thus helping them move more efficiently, perform at a higher level, and reduce the risk of injury. Coaches provide guidance with individual or small group coaching sessions and year-round access to our facilities.

Basic membership details

- Access to facility and all practice areas.
- Coach Guided Assessment with 2D and 3D data capture.
- Quarterly golf practice plans to hold each athlete accountable for their own success and an annual physical performance plan.
- Access to weekly physical performance and golf small group coaching (4 people per sessions maximum)
- 10% Discount on Pro-Shop merchandise and special orders

Our Adult Academy membership also includes unlimited access to individual physical performance and golf coaching, custom club fitting throughout the year, personal locker, and a GPC golf bag.

“ I was close to quitting at the end of last year - as much as people would say to me 'it's all just for fun', it wasn't ... but just being around the game again, building a sense of comradery with other like-minded 'old guys', having an opportunity to practice my short game on perfectly maintained real grass with real bunkers, getting some telemetry on my full shots - everything was just what I needed to make it fun again.”

- Josh Zwek, Member, Adult Academy Program





Built Around You

CUSTOM CLUBS

The Golf Performance Center's onsite Custom Club Shop is home to the region's premier club fitters and builders, dedicated to helping golfers gain complete confidence in their equipment. With over 20 years of expertise, our staff combines a brand-neutral approach with the latest technologies — including GEARS, K-Vest, TrackMan, and SAM PuttLab — to deliver precise, personalized fittings. Every club is handcrafted in our onsite build center through trusted partnerships with leading manufacturers, ensuring the highest quality and performance. Backed by a curated selection of top-tier brands and a proven fitting process, our shop provides golfers with the trust, confidence, and competitive edge needed to play their best.



THE FITTING PROCESS

1. EVALUATION

Assessment of your current set.

2. FITTING

Determine the best combination of equipment to suit your game.

3. SOLUTION

Match your swing characteristics to your new clubs.

4. BETTER GOLF

Ensure club characteristics match exactly to your fitting in order to achieve your goals.



Player Development Index

GOLF SKILLS ASSESSMENT

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

TIME COMMITMENT: 1 HOUR



4 PHYSICAL TESTS



24 MENTAL QUESTIONS



39 GOLF SHOTS



SCORING AVERAGE


**PLAYER
DEVELOPMENT
— INDEX —**

PDI IS 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



All Things Junior Golf

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!

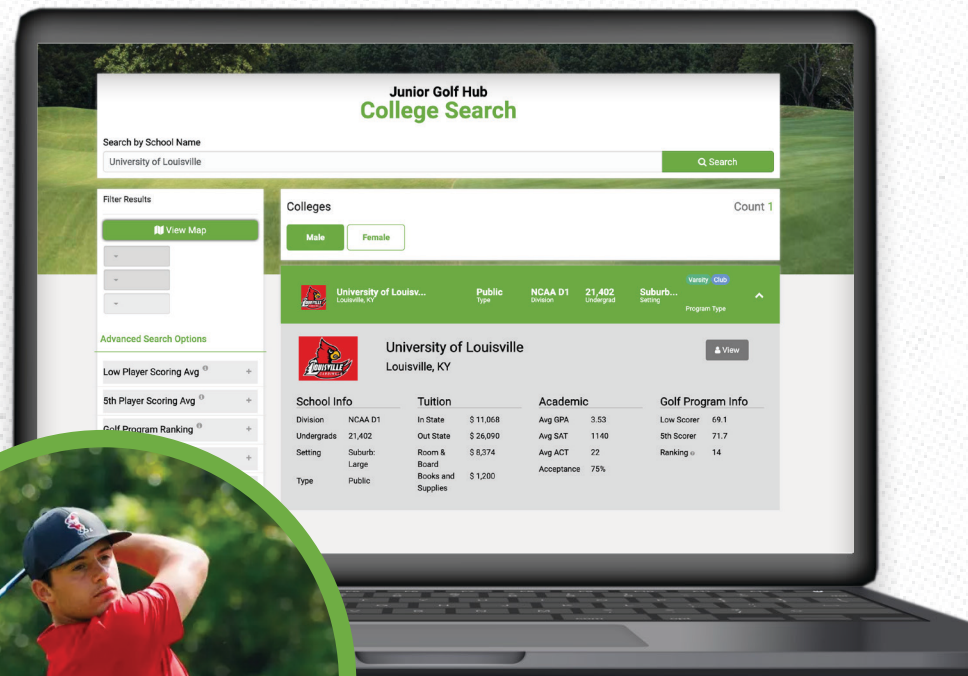
JUNIOR GOLF HUB RANKINGS

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. To see where you rank, visit www.juniorgolfhub.com.



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



The USA Junior Golf Federation (Federation), a 501 (C)3 non-profit organization dedicated to preparing aspiring junior golfers for collegiate play by providing educational and athletic opportunities regardless of age, race, or socioeconomic background. The Federation instills core values such as hard work, integrity, honesty, discipline, and resilience—qualities that shape success on the course, in the classroom, and in life. For many young golfers, financial barriers like coaching, equipment, and tournament fees—often exceeding \$10,000 per month—can hinder their progress. To bridge this gap, the Federation offers scholarships to deserving student-athletes, ensuring that talent, passion, and dedication—not financial status—determine their path to success.

Visit usajuniorgolffederation.org and click on 'Apply Now' to start filling out your application!

Highlights & Happenings

EVENTS AT THE GPC

Throughout the year, we host a wide range of experiences — from tournaments and showcases to seasonal programs and special gatherings. Some are annual highlights you can look forward to, while others are past favorites that may return again. Each one reflects the passion, energy, and culture that define GPC.

Discover some of our key dates and events:

Open House

Semiannual

Held several times a year, giving athletes and families a chance to explore our facilities and meet our coaches.

The National Season Opening

Early April

The National Short Course opens each April, inviting golfers to enjoy fast, fun play on our unique par-3 layout.

Junior Golf Skills Shootout

August

An annual, fun-filled day of golf for juniors to compete in skill challenges and win big prizes!

Custom Clubs Demo Days

Recurring

Several times a year, Custom Clubs will host Demo Days featuring top vendors showcasing new products.



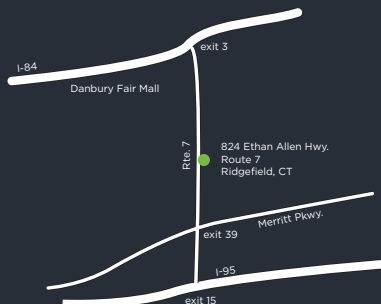
The Golf Performance Center is where athletes of every age and stage can unlock their true potential. With the support of our elite coaches, advanced training technologies, and a complete campus designed for development, every golfer has the opportunity to follow a personalized path to success.

We encourage you to visit us for a facility tour to see firsthand how our programs come to life, or connect with us to learn which coaching pathway may be right for you.

And if you're not ready to jump in just yet, you can still stay close to the action by joining our mailing list and keeping up with the exciting events and opportunities happening at The Golf Performance Center. Wherever you are on your journey, we're here to help you take the next step.

Enjoy your Journey!





Located on Route 7 in Ridgefield, CT, The Golf Performance Center provides easy access from most of Fairfield and Westchester Counties.

The Golf Performance Center
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WWW.THEGOLFPERFORMANCECENTER.COM

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