

## BUDDY COOPER

### -Golf Instruction Bio-



Once the Director of Instruction for over 9 years at the Bronx Golf Center in the city of New York, Buddy is entering his 21<sup>st</sup> year as a golf professional. Starting in the business in Philadelphia, PA at historic Cobb's Creek Golf Club, Buddy is a former PGA of America member.

Currently teaching at both the Fairview Golf Center in Elmsford, NY and at Marine Park Golf Course in Brooklyn, NY, he has been an instructor at the prestigious Jim McLean Golf Academy at Chelsea Piers in New York City. In addition to teaching all levels of golfers, including local pros and competitive juniors, he oversaw the Jim McLean Junior Golf Academy each of his two years on staff. Learning to teach McLean's methodology from Jim and his senior staff was invaluable as McLean is a Master PGA Professional and was the PGA of America's Teacher of the Year in 1994. He also was a staff instructor of the Jim Colbert/Jimmy Ballard schools with the Family Golf Center of the Bronx.

Prior to moving to New York City in 1996, Buddy was the General Manager and Head Professional at Freeway Golf Course in Sicklerville, NJ. Freeway GC was the first **18-hole** golf venue owned and operated by African Americans in the United States. He sharpened his tournament playing skills under the tutelage of PGA of America Life Member, Bill Bishop, winner of over 70 professional tournaments.

Buddy's teaching philosophy is centered on the athleticism of each student and he is known for customizing an instruction program based upon a student's individual athletic background. If there is little or no prior athletic experience, then he will start beginning or high handicap students with learning basic athletic movement. This phase is supported with the belief that *all* great athletes had to **learn** athletic movement somehow and that *no one* is born knowing how to swing a golf club. Once athletic movement and balance are understood, along with drills to support the learning process, progression toward applying these movements to build a successful golf swing can be made at alarming speed. Finally, along with precision club fitting, another forte of Buddy's is providing direction for students to develop their most important piece of equipment, the body! Working closely with personal trainers and companies such as **Body Balance for Performance**, he provides the insight for his students through a TRIAD relationship of student/instructor/trainer toward learning that one's level of expertise as a golfer has strong parallels to one's strength, flexibility, balance, endurance, and emotional and intellectual control.

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