

BEYOND THE SWING

SHIFT THE WAY YOU LEARN, TRAIN AND PLAY!



OFF-SEASON PROGRAM

BEYOND THE SWING is a multifaceted golf training program which provides athletes a structured framework for improvement similar to how other movement-based skills are learned. The program is grounded in science, backed by decades of biomechanical research, and designed for those who are looking for new possibilities in golf.

ALL PROGRAMS INCLUDE

INITIAL CONSULTATION
CUSTOMIZED TRAINING PLAN DELIVERED THROUGH



"COACHES CORNER" WEBINAR SERIES

PUMPKIN

\$1500



TWELVE
50 MIN. TRAINING SESSIONS

GST NOT INCLUDED

APPLE

\$900



SIX
50 MIN. TRAINING SESSIONS

GST NOT INCLUDED

SPROUT

\$600



THREE
50 MIN. TRAINING SESSIONS

GST NOT INCLUDED

LOCATION

BTS TRAINING STUDIO

2696 Casa Loma Road, West Kelowna, BC



JEFF OVERHOLT

PGA OF CANADA CLASS "A" MEMBER
HARVEST GOLF ACADEMY COACH

BEYOND THE  SWING

JEFF OVERHOLT brings with him 13 years experience coaching juniors, NCAA, mini-tour and masters level athletes. Jeff is a PGA of Canada Class "A" member and certified coach for New Competitors with numerous certifications related to athlete development.

Jeff is excited to offer comprehensive and holistic player development programs for the off-season with players receiving support related to their technical, physical, mental, and tactical skills development. Jeff creates an "athlete-centered" learning environment and provides player's a framework for skill development which is grounded in science, backed by decades of biomechanical research, and designed for those who want to challenge their potential.

Jeff has his undergraduate degree in Human Kinetics from the University of Ottawa and has won numerous PGA awards for his work with juniors as well as the emergence of coach development in golf. More specifically, Jeff was awarded the PGA of Ontario "Coach of the Year" in 2013 and the PGA of Canada "Junior Leader" award in 2014.



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