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Bond Head's Golf Performance Institute

Yesterday I had the chance to see the new [Golf Institute](#) at [Bond Head](#), a remarkable new facility at the 36-hole course just north of Toronto. Nigel Hollidge is the man running Bond Head and was part of the driving force behind the creation of the PI. The other part of that team was [Bruce McCarrol](#), a master CPGA professional who is one of the best instructors in the land.



The Golf Institute has every conceivable high-tech device to assist instruction. There's a multiple imaging system – sometimes referred to as a MATT system, a K-Vest unit and then a full physio centre with all sorts of physical training equipment. It's all housed in a building on a part of the range at Bond Head. There are garage-like doors on the building that open up and allow you to hit balls out onto the range.

There is also a mental component based on the DISC system.

Yesterday, they unveiled this centre and [Ian Leggatt](#) was on hand to give it praise. Leggatt plays out of Bond Head and was making use of the centre before heading back out to the Nationwide Tour.

Our day actually began at a conference where Hollidge announced Bond Head's commitment to golf development. It's giving up to \$50,000 to up-and-coming young pros – five awards of \$10,000 each – to help them get over the initial hump from when they turn pro but before they start succeeding. They also have full access to all the training facilities at the GI. The first recipient of \$10,000 was Brad Fritsch who was on the phone from the Nationwide Tour stop. By the way, he first said he read about the program on SCOREGolf.com. More awards will be handed out in the near future. (Full disclosure: I'm on the committee to select the recipients).

After that, we trundled down to the Institute and Robert Thompson was selected to go through a fitting session. He has a full report on his session [here](#). Robert's a pretty decent golfer, a regular 70s shooter, so it was surprising to see some of the things they found out about him. For instance, working with Kevin Honsberger, a physiotherapist, he learned that his body is basically falling apart – OK, not quite, but that he had some physical restrictions.

Then, wearing the K-vest, he learned that he was swinging out of sequence. His hips shoulders and arms weren't firing in proper order leading to this high hooks. This machine – a vest and belt are worn and motion picked up by a Trackman, a sort of radar device – was the most remarkable to me. It was very revealing.

I'm sure it was all a little humbling for Robert, to be told about all these flaws, but all I can say is I'm glad it was him and not me because I'm sure the machines would have started smoking after looking at my swing.

The Golf Institute at Bond Head is clearly the best facility of its kind I've seen anywhere in Canada. It's open to the public although I have no idea what a session costs although McCarrol said: "we don't do onesies," meaning you really need to commit to a full program, not just one visit. I can't see how you wouldn't improve at such a place if you were committed. Down the line, this could easily become a magnet for the best young players in the country who are really focused on improving. It's really an outstanding facility.