

Mark's Bio

Mark is the *ONLY* Canadian to be tested and licensed through the Titleist Performance Institute (www.mytpi.com) as a Certified Golf Fitness Instructor, a Level II Medical Professional and Level II Golf Professional. He is an expert in golf fitness and preparation, as well as the prehabilitation and rehabilitation of golf injuries. He provides golf specific fitness evaluations and personalized workout programs.



Mark has experience with a painful golf swing. A total hip replacement in 2003 allowed him to personally design a sound golf fitness regimen. Mark continually researches the golf swing and its physical demands on the body. He has studied physical medicine since 1994 and is also employed as a Subject Matter Expert in the field.

TPI Fitness Testing is what the world's best players use to assess themselves and improve their swings. Mark has assessed PGA Tour players and your testing/screening is identical! The plan includes:

- Results of Golf Fitness Testing
- Schedule of exercises that is specific to the individual's swing characteristics
- VIDEO, TEXT, & PHOTOS OF EACH EXERCISE.

EVERY PROFESSIONAL PLAYER ON EVERY TOUR IN THE WORLD INCORPORATES GOLF FITNESS AS PART OF THEIR PRACTICE REGIMEN.

ARE YOU?

MYTPI.COM

Visit www.mytpi.com and get your FREE membership today!

Improve your short game – the fastest way to lower your score by 5-10 strokes!

- *Learn simple, consistent chipping around the green*
- *Stop 3-putting! It's a killer – and 2-putting is NOT the goal*
- *Make par from the bunker!*

Mark owns a vast library of short game instruction and believes that better putting is the key to scoring for every level of golf. It is the focus of his teaching, learning, and personal practice regime.

Improve your full swing – learn a consistent, simple, repeating action you can trust!

- *Summary email provided after private lesson.*
- *Video analysis available, delivered to you for reference.*
- *Improve your practice habits - save time and strokes.*

Mark is proud to offer instruction at Bob Martin's Golf Practice Centre. This exceptional facility offers the opportunity to practice every type of golf shot and scenario. There is no better public facility in Ontario to polish your skills and have fun.

Mark's Tech tools include:

- Video and analysis
- K-vest 3-D technology
- Tomi Putter technology
- Explanar Swing Plane

Mark deals with Bob Martin's Golf and Fashions for equipment, fitting and alterations. Their personal approach, integrity and attention to detail are unmatched. Please consider Bob Martin's when making your next golf purchase.

3341 Wonderland Road South
519-652-1162

- Private/Group lessons
- Putting lessons
- Short Game
- Game Management
- Seminars
- Playing Lessons with the Pro

I do NOT subscribe to any one swing theory and do NOT compare golf swings unless they are from the same golfer – I realize this is how the majority of modern golf is taught, but it clearly fails in my opinion. The golf swing is a dynamic, quick action that cannot be structured according to any one template. Swings depend on body type, body flexibility, mobility, stability, injury past or present, and experience. Everyone cannot have the same swing, but everyone must have a swing that is functional, healthy, and repeatable. A sound short game is mandatory, and outstanding putting from 4 feet and in is an ABSOLUTE MUST. If a golfer interested in overall game improvement is not interested in the short game, or believe it is of secondary importance to perfect ball-striking, that golfer has no hope of ever achieving her/his goals.



Mark Elliott

Golf Performance Coach

**Short game
Mental approach
Education Seminars**

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**Learn an Educated Approach to
Consistent Golf.**