



**GP Performance**

*MOVE WELL WITH SCIENCE®*

My name is Edward Gill, and I am the Associate Director of Youth Programs, and Head Coach at The First Tee of Chesterfield. I have been working with The First Tee for about a year and a half now; as my true passion lies in teaching the game of golf, I am continually seeking improvement in my own golf game as well. I have recently come to realize the importance of athleticism and physical fitness for improvement in any sport! That's when I met Glenn Pfluger.

Glenn and I were introduced to each other by Mike Hott, PGA Director of Golf at Salisbury Country Club, when I was seeking higher levels of performance in my golf game. Glenn, a certified Strength and Conditioning Specialist with certifications in Functional Movement Systems, Titleist Performance Institute, and a Level 2 Fitness Professional among many others, has since introduced me to the world of physical fitness and its relevance to the pursuit of peak performance in sports. Glenn has enlightened me with his expertise in the field of fitness, and I have personally seen a significant increase in my own physical performance both on and off the golf course. With Glenn's focus on teaching the correct body movement patterns and why they are vital for peak performance and injury prevention, not only have I learned so much, but I have been able to share my experiences with the junior golfers I coach. Glenn has a true passion for helping people peak in their performance in sports. His approach of teaching his students what they are working on as they workout, and how it relates to their chosen sport is truly inspiring to witness. Glenn has a knack for making me want to keep coming back to the gym to cyclically seek out the weakest aspects of my performance and continue to strengthen them.

I am truly honored to have the pleasure of working with Glenn. His work ethic and passion for what he does are remarkably inspiring. I am pleased to see results in my own performance, and eager to continue with Glenn.

*Edward Gill*

The First Tee of Chesterfield