



# Oak Valley Golf Academy

## 美国橡树谷高尔夫学院

**Golf Enhancement Program**  
**橡树谷高尔夫专业提升计划**



## Director of Administration

### 教学管理团队教务长



**Eric Chen**

Director of Administration

Eric Chen loves sports all his life and was a member on multiple sport teams in college. He attended Georgia State University where he graduated with a Masters Degree in Business Information Systems. With his experienced bilingual administrative skills, his vision is to provide junior students the opportunity to attain a vast academic and cultural education with a strong golf background. He believes in placing the spot light on each student, assisting them in whatever they need, and guiding them to a success future.

橡树谷学院陈教务长(Eric Chen)·毕业于乔治亚州立大学资讯管理硕士·精通英文和中文·热爱各种球类运动·让球员在赛事、生活或是学习上·提供最迅速和有效的帮助。对初到美国的学员·用亲切、和蔼的态度来打消其陌生感和顾虑·辅导其逐渐适应海外生活；专业安排适合赛事行程·在各个方面都给予帮助·为在这里接受培训和学习的华裔选手提供便利的生活以及语言环境·帮助学员提高学习积极性和适应力·令其完全适应美国大环境的目的。

## Director of Golf

### 高尔夫总监



**Mike Pearson, PGA**

2011 Golf Professional  
Of The Year

Director of Golf



Mike attended University of Nevada Reno and qualified #3 in the golf team. He later transferred to California State University Chico and turned professional in 1987. In 1989, Mike made it to second stage of PGA Tour qualifying. After Mike graduated from college, he decided to enter the PGA apprentice program and became a Class A PGA pro in 1994. Mike has been teaching golf as a professional for over 23 years and has taught several students who went on to play NCAA golf. Mike has been on the Board of Directors for the Southern California PGA. Mike was named the 2011 I.E. Chapter Golf Professional of the Year.

麦克·皮尔森有超过23年的教球经验·几位他的学生并成功打入NCAA美国大学高尔夫校队。麦克出生于比内华达州·青少年时期打过许多青少年高尔夫比赛。之后考进内华达州大学雷诺(Reno)分校·并在校队里面排名第三。之后他转到加州州立大学奇可(Chico)分校,并在1987年转成职业选手。1989年他考过PGA第二关资格赛·麦克那年毕业之后进入PGA实习课程·并在1995年时成为等级A的PGA专业人员。麦克·皮尔森为现任美国橡树谷高尔夫学院高尔夫总监·并为南加州PGA协会的董事之一。麦克·皮尔森受到PGA协会的最高荣誉·任命2011 Golf Professional of The Year。



## Golf Instructors

### 教练团队



**John Hartman, PGA**

Senior Golf Instructor



John's passion for the game began while he was a young caddie, and he attended St. Louis University on a Basketball and Golf Scholarship. As a member of the German PGA in the 70's, John played various European Tour events. John also played the Asian Tour in 80's.

With John's specialty in the short game techniques, Oak Valley Golf Academy will aid our students in better scores.

约翰-哈特曼在高尔夫职业领域的经验非常丰富。从小时候，他就喜欢上了高尔夫，而几十年来一直难得地保持了这份激情。他小时候做过球童，高中时代还赢过密苏里州的男子高中锦标赛。在打美国Air Force巡回赛时期，他连续两年都赢得了欧洲高尔夫锦标赛。在作为一位出色的职业教练，他还拥有并经营着一家高尔夫的专卖店。其专业素养毋庸置疑。



**David Goldstein,**

PGA Apprentice

Course Management  
Instructor

David Goldstein was an All-Star baseball player in his High School years until he switched to golf in his junior year. He learned the golf swing on his own by watching everything golf related that he could; PGA Tour, Instructional Videos and Golf Instructional Books. Through all this, he became extremely knowledgeable with the mechanics of the golf swing and quickly became a scratch golfer. David is the newest member of the Academy Team and is in the process of earning his PGA Class A certification.

大卫-高斯汀在还未接触高尔夫球前是一名中学的明星棒球选手当他接触高尔夫球运动时，他便深深被这项运动所吸引。他利用自学的方式来增加自己对高尔夫球的认识与技巧。例如，观看与学习PGA Tour，及研究高尔夫相关书籍和影片。经由这些努力，他成为一名富有知识和高尔夫挥杆技巧的名师。大卫是我们学院中最新任聘的教练，在教学的同时他也努力让自己获得美国PGA Class A这份殊荣。他会将这份热情与激情投入到教学中来帮助更多的青少年球员。



## Golf Instructors

### 教练团队



**Bret Barnes**

Golf Instructor

Bret brings more than 25 years experience in the golf business to the Academy. From fitting and building clubs for some of the world best players, to working for the golf industries leading companies. Bret has also been named "Head Golf Professional of the Year" by Billy Casper Golf in 2006. Bret's teaching philosophy emphasizes a foundation of fundamentals, with a large focus on the mental aspects of the game. He passed the playing ability test and is currently working toward his PGA Class A certification membership.

布瑞特在高尔夫领域里有超过25年的丰富经验。凭借着二十多年的高尔夫经历，从球杆调试到制造球杆，布瑞特一直在高尔夫专卖店替世界上顶尖高尔夫球员服务。布瑞特在2006年荣获比利卡斯帕高尔夫机构 "Head Golf Professional of the Year"。布瑞特的教学理念强调于扎实的基础，特别是在比赛时的心理建设和稳定。通过PGA的PAT(Playing Ability Test)测试，现阶段正朝PGA证照的A级会员迈进。



**Matt Rassier**

Golf Instructor

Matt first started playing golf at age 9 and played on high school golf team. In the summer of 2010, Matt began his golf career in Minnesota at an indoor golf facility focusing on club fitting, and instruction. In 2011, Matt decided to further his education at the Professional Golfers Career College in Temecula, CA. Matt graduated in August 2012 with a degree in Professional Golf Management. That education has given Matt a greater understanding of the golf swing, teaching techniques, and general operations. Matt is pursuing entry into the PGA-PGM program in order to obtain his PGA membership.

马特- 瑞瑟从9岁开始学高尔夫球，高中时参加学校的高球队。从2010年暑假，马特便在美国明尼苏达州的一家室内高尔夫球会所从事教学和球杆调试。2011年，马特决定要加强自己对高尔夫领域的专业，于是来到位于加州的 Professional Golfers Career College 就读。2012年8月，马特顺利拿到专业高尔夫管理学位。马特因此学到更深层的挥杆技巧，教学经验和经营管理高尔夫球会的知识。现阶段正朝PGA(美国职业高尔夫协会)的PGM计划迈进，成为PGA证照会员。





## Golf Fitness

### 体能教练



**Michael Knapp**  
ISSA Certified Fitness Therapy  
Owner of The FITT Factory



Michael Knapp is a professional fitness trainer, earns his fitness certificate from ISSA and has over 13 years of hands on experience. Michael owns and operates his own fitness studio, The FITT Factory, in San Bernardino where he designs nutrition and exercise programs for all types of people. With an emphasis on movement, Michael works with individuals and groups using exercise and stretching techniques that stimulate the kinetic chain to be more efficient in reducing, sustaining and producing force in all planes of movement while maintaining balance.

麦可是一位专业体能教练，ISSA(国际体育科学协会)认证体能教练，超过13年的教学经验。麦可在南加州的San Bernardino创办及拥有FITT Factory体能训练中心，这是一家专门为不同类型的人量身定做最适合自己的饮食健康和健身计划。在强调力学方面，不管是个人或团体的教学领域，麦可会利用运动和伸展原理来刺激一连串的身体动力学，如此一来，更能够有效的减低、维持和制造各种不同类型的力量，同时也能够保持各方面的均衡。





## OVGA Golf Enhancement Program

➤ To enhance golf skills for professional players, flexible schedule  
针对一般高尔夫球员设计的培训课程 · 提升球技

➤ 8 lessons golf enhancement training program  
八节课(每节课五十分钟)的高尔夫相关专业提升训练

### 8 Lessons (50 minutes per lesson) Training Program Includes 八节训练课程包括:

- Lesson 1: Swing Lesson 长杆课程  
(Basic Swing, 9 Ball Flight Principles 长杆击球基本动作, 飞球线解析)
- Lesson 2: Short Game Lesson 短杆课程  
(Posture Stance, Short Game 短杆球位站姿, 短杆练习区教导)
- Lesson 3: Putting Lesson 推杆课程  
(Putting Fundamentals, Properly Read Green 推杆练习区教导, 学习果岭技巧)
- Lesson 4: Fitness Lesson 体能课程  
(Increase Body Flexibility, Enhance Body Balance 培养身体柔韧性, 增强身体平衡)
- Lesson 5-8: 9-Hole Course Management 九洞球场攻略课程  
(Club Selection, Ball Flight Strategies 选杆技巧, 击球策略)



### Golf Enhancement Courses 高尔夫提升训练课程内容:

WARM UP	热身	打球的热身不可少, 同时避免伤病。
SWING LESSON	长杆	杆头置后, 模拟触球, 内侧发力, 握杆力度, 切击球和劈起球的区别。
SHORT GAME LESSON	短杆	推杆的技巧, 瞄准的步骤, 眼睛正对球, 手腕保持稳定, 推过洞, 推过点, 推过点切杆站位, 切杆小窍门。
PUTTING LESSON	推杆	推杆击球准备, 推杆身体站姿, 掌握推杆技巧, 提高推杆技术。
FITNESS LESSON	体能	侧拉弹力带, 侧抛健身球, 负荷侧跨步, 跪姿开肩, 仰卧起抛球。
COURSE MANAGEMENT	攻略	攻果岭, 观察果岭地形, 球道沙坑, 发球台。

*Note: The schedule is flexible and subject to change at anytime depends on the instructors' availability.*





## Oak Valley Golf Academy



Putting Lesson  
推杆课程



Swing Lesson  
长杆课程



Short Game Lesson  
短杆课程



Course Management  
球场攻略课程



Holiday Inn Express Hotel & Suites  
建议住宿-假日旅馆



Fitness Lesson  
体能课程

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