

CHARLIE DAY

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Awards & Acknowledgements

- ◆ Romford Trophy Winner
- ◆ Paul Casey Award Winner
- ◆ Abridge Club Champion
- ◆ Woolston Manor Club Champion
- ◆ Thornton Cup Winner
- ◆ Essex Boys Runner up

Personal Interests

- ◆ Outside of the working environment I like to maintain an active lifestyle through participating in gym work, running, skiing and football. I enjoy reading, podcasts and am very passionate about learning with a fondness for self improvement and psychology. I also like to travel and explore different cultures and in the past have been fortunate enough to do so through competitive golf

Skills:

- ◆ Proficient in using modern technology for custom fitting and swing analysis
- ◆ In-depth knowledge of the golf swing, equipment, and technology
- ◆ Excellent communication and interpersonal skills
- ◆ Strong understanding of the physical and mental aspects of golf
- ◆ Dedicated to helping clients improve and reach their potential

Personal Profile

A highly motivated and professional individual with extensive experience in golf, mostly in pursuit of a playing career. I am seeking a position as a golf coach, with the aim of utilising my skills experiences, and passion for the sport to help others reach their full potential.

Education

7 GCSE'S A* - C **2006 - 2010**

Shenfield High School

3.3 GPA **2014 - 2016**

Dodge City Community College, Kansas

Employment

Sales - American Golf, Broadgate **2012 - 2013**

- ◆ Custom fitted clients using modern technology and data to enhance consistency in their golf clubs
- ◆ Assisted management with stock checks and general restocking of equipment, clothing, and accessories
- ◆ Guided clients with purchases on new equipment

Coaching - London Golf Performance Academy (Now Grip Golf)

- ◆ Creating structured plans to help with player performance
- ◆ Providing detailed feedback and lesson reviews to clients to help them better retain information and understand the steps they need to take to improve, whether that being technically, physically or psychologically
- ◆ Creating content to help boost brand recognition and sales, both for my own coaching and for the facility through practice memberships

Coaching Experience

During my time studying in America on a golf scholarship, I embraced the opportunity to share my knowledge with young golfers at Dodge City Elementary School. My sessions were designed to suit the needs of the group as a whole, with a strong emphasis on making the game enjoyable and accessible. I incorporated fun, gamebased activities within each lesson to maintain enthusiasm and encourage active participation. Positive reinforcement was used to recognise good behaviour, effort, and engagement, helping to create a supportive environment where the children remained motivated and involved for longer periods of time.

Over the past 3 years, I have worked full time at a leading London-based TrackMan studio, gaining extensive experience in a busy teaching environment and growing my client base from zero to over 70 active clients. Totalling over 2500 hours of lessons. I pride myself on creating an inclusive and empowering coaching environment that builds confidence, competence, and a genuine enjoyment in their golf development. My commitment to technical excellence and evidence-based coaching is demonstrated through achieving TrackMan Level 2 certification and Scott Cowx Certified Instructor status. I am passionate about delivering precise, effective interventions that integrate swing technique, ball flight analysis, and performance psychology to support holistic player development.

Personal Statement:

From my early days of nurturing a passion for competition, my career in golf has blossomed into the realm of coaching. My experiences, both from being coached and from competing at high levels, from infancy have endowed me with a unique perspective on the game. I have been fortunate enough to spend some time with elite coaches such as Mac O'Grady, Scott Cowx & Mark Bull, with a strong mentoring relationship with Matt Belsham whose guidance continues to shape my technical knowledge and coaching philosophy. I'm enthusiastic about sharing this knowledge and helping others reach their full potential, whilst promoting, longevity, inclusivity and the game of golf as a whole.