

GAUTENG CENTRAL ANNUAL AWARDS

HIGH PERFORMANCE COACH



Gavin Groves

Royal Johannesburg Golf Club

Probably the most relevant category to fit into, with more than 5 professional wins last year, numerous amateur wins, including being involved with the GolfRSA tour to the UK where Christo Lamprecht won the British Amateur. 2 professional and 4 amateur wins for clients this year already.

Motivation – Gavin Groves

Dear PGA Members,

I am deeply honoured to be nominated for the High Performance Coach of the PGA and am excited to share my journey and dedication to coaching with you.

My involvement in performance golf began in 2013 as the Head of Strength and Conditioning at the TuksGolf Academy. Here, I had the privilege of working with young professionals such as Brandon Stone and Zander Lombard. Under my guidance, Brandon Stone secured notable victories, including the South African Open and Alfred Dunhill Championship in 2016, which led to him winning the Sunshine Tour Order of Merit. He continued to excel, winning the Scottish Open in 2018 while still working with me.

During this time, I also worked with then amateurs Louis Albertse and Albert Venter, who have since turned professional and achieved multiple wins on the Sunshine Tour. My commitment to long-term athletic development has enabled numerous amateur golfers, including James Hart du Preez, Dylan Naidoo, Zander Lombard, Albert Venter, and Louis Albertse, to transition successfully to the professional ranks.

In the past five years, my work with professionals on the Sunshine Tour, such as Kyle Barker, Rupert Kaminski, Merrick Bremner, Albert Venter, and Brandon Stone, as well as Cassandra Alexander on the Ladies European Tour has resulted in numerous victories.

Since 2017, I have served as the official Strength and Conditioning Consultant for the GolfRSA National Squad, contributing to the development of elite amateur golfers in South Africa. I have managed and co-managed several South African Protea Golf Teams, including the 2018 Eisenhower Team, the 2019 Senior Team at the African Amateur, the 2022 Junior SA Team at the African Amateur, and the 2023 Senior SA Team at the African Amateur.

As a regular participant in the annual GolfRSA UK Tour, I have helped South African golfers achieve remarkable successes, including wins in the Brabazon Trophy, East of Ireland Amateur, British Amateur Stroke-play Qualifier, and British Amateur Championship since 2017. Additionally, I have contributed to golf development in Africa by managing the gym facility at the inaugural 2024 Africa Amateur Championship, providing fitness and performance services to players from across the continent.

My passion for coaching and dedication to high performance are reflected in the successes of the athletes I have worked with. I am committed to continuing this work and using my experiences in performance golf in helping club golfers at Royal Johannesburg improve their golf through health and fitness.

Thank you for considering my nomination. I am grateful for the opportunity to share my vision and dedication with you.

Kind regards,

Gavin Groves