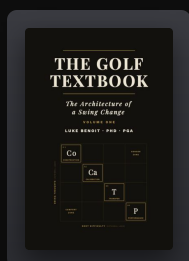


Dr. Luke A. Benoit

PhD, Motor Learning · PGA Certified Professional

Director of Instruction, Interlachen Country Club · Founder, RYP Golf · Author, *The Golf Textbook*



VOLUME ONE

The Golf Textbook

The Architecture of a Swing Change

Dr. Luke A. Benoit is one of golf's most research-active teaching professionals. He holds a doctoral degree in Motor Learning and serves as Director of Instruction at Interlachen Country Club. As founder of RYP Golf, he has spent nearly two decades translating motor learning science into practical coaching systems.

He is the author of *The Golf Textbook* and leads the RYP Golf Teaching Certification, training coaches to implement the four-zone system. His research collaborations include work with faculty at McGill University on neuroplasticity and motor learning.

Dr. Benoit's conviction is simple: durable improvement requires understanding how the brain learns, not just how the swing looks.

RECOGNITION

#1 Teacher in Minnesota — Golf Digest, 2023–24

Best Young Teacher — Golf Digest, 2011–2022

MN PGA Teacher of the Year, 2017

NCAA Coach of the Year, Midwest Region, 2011–13

PhD, Kinesiology — University of Minnesota, 2021

SELECTED ENGAGEMENTS

PGA Show — Open Forum, January 2024

Proponent Group Summit — keynote, 2024

PGA of Iceland — national coach education

PGA of Germany, February 2026

Minnesota PGA Section — six presentations

SELECTED MEDIA

Golf Science Lab — 250,000+ views

Tournament Code

Brain Booster with Karl Morris

Mark Immelman The Business Brew

ENQUIRIES

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thegolftextbook.com

Three sessions.

All three come out of the same work: how the brain reorganises a movement, and what that means for how you run a lesson. Commercial-free and vendor-neutral; aligned to PDR credit criteria.

01 Track C – Teaching & Coaching

Why Swing Changes Fail

The Neuroscience Behind the J-Curve and How to Fix It

A student commits to a real swing change, works hard for weeks, and gets worse. The industry calls it the adjustment period. The research calls it the J-curve. This session presents the neuroscience of swing change through the lens of motor learning research, and the two-axis model for mapping every practice context a golfer encounters.

02 Track C – Teaching & Coaching

The Four-Zone Framework

A Diagnostic System for Structuring Swing Change That Works

The most common mistake in instruction isn't a wrong technical prescription. It's putting the right prescription in the wrong context. Most instruction conflates Construction, Calibration, Transfer and Performance into a single undifferentiated lesson, which is why swing changes take years when they should take months.

03 Track A – Executive Management

From Good Teacher to Certified System

Building a Coaching Practice Around a Replicable Method

The best teaching professionals share a trait that has nothing to do with technical knowledge: they have a system. A documented, replicable system that can be taught to other coaches. That system is their real asset, and for most teaching professionals it is the thing they never built.