



Helen Kurtin
Owner and Director
St. Louis Golf Academy
PGA and LPGA Member
Titleist certified & nationally
renowned golf instructor

Helen A. Kurtin, owner and director of St. Louis Golf Academy, is a member of the PGA of America and The LPGA. She has established herself as one of the top golf instructors in the Midwest and has been named the 2015 Gateway PGA "Teacher of the Year," and GOLF DIGEST's "Best in State Teacher in Missouri" every year since 2013 — and many other top honors.

With 26 years of teaching experience, Helen is passionate about working with golfers of all levels and specializes in Junior LTAD (Long Term Athletic Development). Many of her students are successful amateurs, collegiate players, and AJGA tournament players and award winners. She has helped over 30 competitive junior golfers earn college scholarships.

Helen believes that there is not one way to build a consistent swing motion that will hold up under pressure instead there are many swing "characteristics" and one correct Kinematic and Kinetic Sequence. Those swing characteristics have to "match" or complement each other in order to produce good, solid, consistent contact, a correct sequence and desired ball flight.

Helen's many advanced certifications include the following:

- PGA Certified Professional in Teaching & Coaching
- Titleist Performance Institute (TPI) Certified Level 3 Golf Fitness Instructor
- TPI Certified Level 3 Junior Coach
- Certified GolfPsych Instructor

She has competed on the professional level since 1993 including the Women's Gateway Tour in Texas, Gateway PGA Section tournaments, and LPGA Sectional and National Tournaments.

Helen is a native of Houston, Texas, and now resides in St. Louis. People she admires are The Dalhai Lama, Maya Angelou, Dr. Wayne Dyer, Annika Sorenstam and Lorena Ochoa.

