

John Lewellen: Golf Instructor, Trainer, and Club Fitter

John Lewellen has been a passionate and dedicated figure in the world of golf instruction since 1995. Over the years, he has guided many accomplished junior, collegiate, amateur, and professional golfers to success, sharing his vast knowledge of the game, swing mechanics, and the physiology of the human body. Known for his personalized approach to coaching, John has built a reputation as a coach who not only develops a player's skills but also fosters an understanding of the body's role in performance.

Taking a brief sabbatical from full-time instruction to raise two children, one with special needs, John expanded his expertise during this time, focusing on how to build strength and speed through training. This led to the development of the AMPS (Activation, Movement, Performance Strength) training system, which has become a cornerstone of his coaching philosophy. Through AMPS, John has worked as a trainer for elite junior golfers, LPGA professionals, and PGA players, helping them build the physical foundation needed to elevate their games.

In addition to his work as a coach and trainer, John is also an accomplished club fitter and builder. Under the mentorship of master club builder David Bass, John has honed his skills in club fitting, combining his knowledge of the golf swing and the physiology of the human body to provide golfers with the best equipment tailored to their needs. His understanding of how a properly fitted club can enhance a player's performance has driven him to develop the Junior Golf House.

John spends much of his time coaching on the LPGA Tour, where he is best known for his work with LPGA player Lauren Coughlin, a two-time winner on the LPGA Tour and 2024 Solheim participant. John also works with LPGA professionals Guarleen Kaur, Gina Kim, and Robyn Choi. In addition to his work with professionals, he continues to guide and mentor elite amateur and junior golfers, including Emilia Migliaccio and Macy Pate, helping them develop their skills and reach their full potential.

With a unique blend of teaching experience, training expertise, and a deep understanding of the mechanics of both the swing and the equipment, John Lewellen is a trusted figure in the golf world. His dedication to his players, his innovative approach to training, and his ability to help golfers at every level maximize their potential make him a valuable resource for anyone looking to elevate their game.