

Simon is a recent graduate of Wake Forest University, where he earned a degree in Health and Exercise Science. A passionate advocate for optimizing athletic performance, Simon is founder of Total Performance Golf, a performance and training system dedicated to helping golfers unlock their full potential.

Simon's primary focus is working closely with top professional golfers on the LPGA Tour. He serves as the trainer for LPGA stars Lauren Coughlin and Gurleen Kaur, designing personalized fitness regimens to enhance their on-course performance. In addition to his work with Coughlin and Kaur, Simon provides consulting and performance guidance to other elite players, including Lauren Walsh (LET), Gina Kim (Epson Tour), and Eugenio Chacarra (LIV). Simon is also deeply committed to mentoring and training junior golfers, helping them build strength and improve their game from a young age.

Before transitioning to golf, Simon was a college baseball player and spent a year at Driveline Baseball in Seattle, Washington, refining his expertise in innovative speed and training techniques. His diverse background in athletics, paired with his cutting-edge approach to fitness, nutrition, sleep and performance, allows Simon to bring a unique and highly effective perspective to professional golf training. His holistic approach ensures that his athletes stay strong, healthy, and competitive throughout their careers.