

About Ron Lohman

Hi, I'm Ron Lohman, I've been teaching golf at Stoney Creek for 30+ years. I love teaching and get as excited as my students do as they improve. I use video which is invaluable, by showing them their golf swing frame by frame so they can see what I see. I can compare their swing with a video from earlier showing them their improvement. Plus I can compare their swing to a pro's swing. From time to time I play with some of my students. Not to give lessons but to observe and make mental notes of possible items to talk about at their next lesson and to just to have a fun round of golf with them.



Student Testimonial March 4, 2026 John F.

"I can't thank you enough for revamping my ugly swing. You taught me things I've never heard from any of my previous instructors. You made me feel right at home and I will definitely recommend you to a few friends."

Student Testimonial 05/22/2026 Chris C.

"Ron's lessons really helped shave multiple strokes off my game! His focus on natural mechanics helped me develop that "effortless" shot feeling, giving me more shot control and better ball flight"

Student Testimonial 07/10/2026 Becky D.

"Ron, I have to say you are the best golf teacher I have ever had! You were very patient and kind and relieved my nervousness for a new sport. I walked away, enthusiastic to practice and to learn more. It is apparent you are very passionate about teaching and about golf in general. I appreciate your enthusiasm, it shows!"

I have enjoyed my 30+ years teaching. I've grown a lot in teaching experience and I always have my students best interests at heart. Hope to see you soon to help you enjoy your game more!

Private Golf Lessons



The golf swing and instruction has evolved over the past 100+ years. I teach using methods based on the physics of a golf swing, combined with body movements based on the Greatest Of All Time (GOAT) golfers such as Tiger Woods, to create an effortless and powerful golf swing. There are five main principals of physics that I employ to make the golf swing quite simple. You will finally be able to let the club do the work.

Using these methods actually simplifies the motion of the backswing and allows the downswing to just happen without any conscious thought whatsoever.

*All golfers welcome
specializing in beginners*



Private Golf Lesson Rates (45 min)

TUNE-UP \$65 *

1 lesson - improve a specific part of your game

MINI-SERIES \$190 *

3 lessons - improve a couple of parts of your game

FULL-SERIES \$380 *

6 lessons - work more in depth to improve your game

PRO-SERIES \$625*

10 lessons - improve all aspects of your game

** Add another student for \$25 per lesson*

Private Golf Lesson Contact

Ron Lohman - Stoney Creek Golf Professional

For lessons Text / Call (303) 520-8501

*Stoney Creek Golf Course
13939 W. 96th Av.
Arvada, Colorado 80002*

The physics of golf

The game of Golf is not just a test of skill and strategy, but also a fascinating display of physics in action. Every swing a golfer makes, involves complex interplay of mechanics, motion, and force. Understanding the dynamics of a golf club during a swing can help players improve their game and appreciate the science behind each shot.

Biomechanics plays a pivotal role in a golfer's swing. Key muscle groups involved include the core, legs, and arms. Core strength is essential for stability and power generation during the swing.

The legs provide the necessary foundation and balance, while the arms and wrists are crucial for controlling the club's path and speed. Flexibility, particularly in the hips and shoulders, allows for a wider range of motion, leading to a more effective swing.

100% of a golf swing consists of the following:

- * **80%** correct grip, correct grip pressure, alignment, stance, head position, and body tilt
- * **10%** rotating your right gluteus maximus back around to the right, to top of the backswing
- * **10%** Turning your left gluteus maximus back around to the left to the top of the follow thru

* **Hold your finish to admire your ball flight**

Golf may appear to as a leisurely activity, but beneath its calm exterior lies an intersection of physics and biomechanics. Much like studying physics, understanding the forces and motions involved in a golf swing requires a grasp of key principles such as mechanics, motion, and energy transfer. The perfect golf swing is not just an art, but a science, and by understanding the physics at play, golfers can optimize their swing, improve accuracy, and increase their driving distance.

Sign up for a lesson and discover how simple the golf swing can be. For the first time you will be able to
LET THE CLUB DO THE WORK
while you marvel at how little energy was used to produce great results.

Neural Pathways



Muscle memory refers to the ability of our muscles to perform specific tasks more efficiently after repeated practice. Motor learning occurs when someone learns a new skill, like how to tie their shoes or do a push-up. Contrary to what the term might suggest, muscle memory doesn't reside in the muscles themselves but is rooted in the brain's **neural circuitry**. When we practice a movement repeatedly, our **brain** encodes this information, creating **neural pathways** between the central nervous system and muscle cells that make the action easier to perform over time. This process involves both neurological and physiological adaptations, allowing movements to become more automatic and require less conscious effort. Muscle memory is crucial for a wide range of activities, from everyday tasks like typing to complex athletic maneuvers, like golf, and plays a significant role in both training and rehabilitation.

Think of the neural pathway as a real pathway that stores good golf swings, good putts, good chipping. When you hit a good shot savor the moment by giving it a little positive emotion.

It has happened to me several times in my golfing career when I hit a really good shot and then savored it. Years later at a different course I had the same kind of shot. My mind zoomed back to the previous shot that I had hit successfully. And lo and behold I did it again. Hit it high straight and over the tree on the green.

From now on when you step up to the ball, take a look at your target. Turn your head towards the target and count one thousand one. If you then hit a good shot, savor it, if you hit a bad shot disregard it, kick it off of the path into the woods to be forgotten. After a while, you'll have lots and lots of good shots along your path.