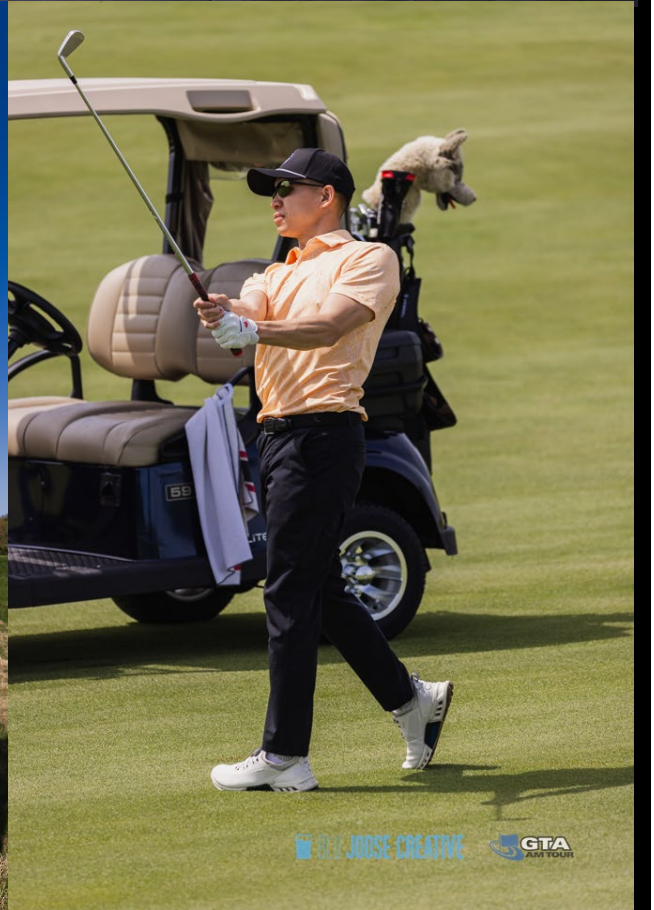




The GTA AM Tour along with Cedar Brae Golf Club welcomes you to The 2025 LPS OPEN





LPS

SWING FASTER

[Avg. 7mph faster]

HIT FURTHER

[Avg. 16 yards more]

PLAY MORE

[Prevent Injuries, Stronger Core and Back]

**In-Person,
Remote, and
Online Sessions
Available**



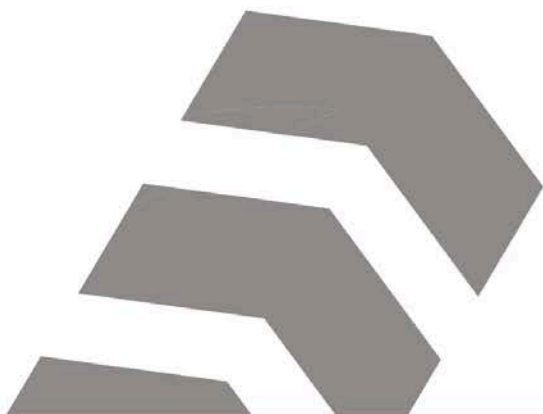
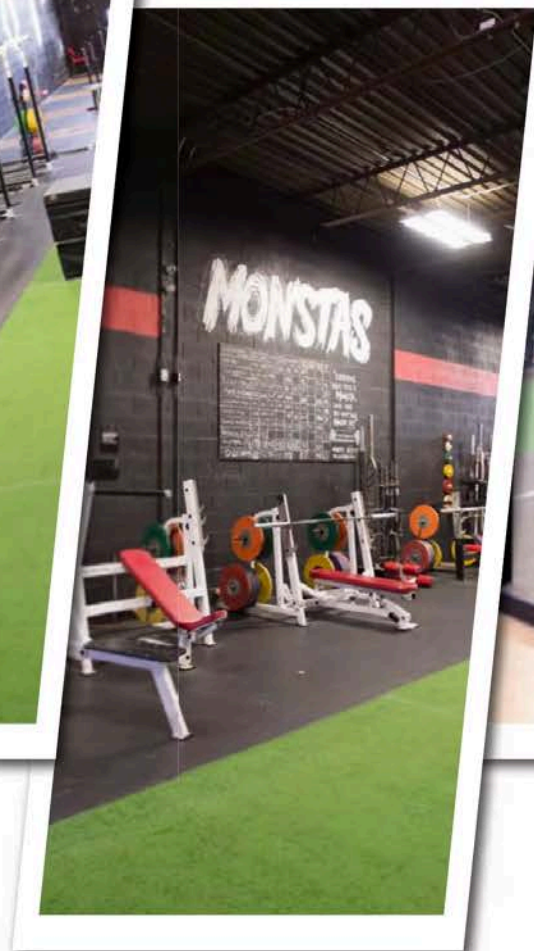
416 360 0460



train@lpsathletic.com



12-125 Martin Ross Avenue, North York M3J 2L9



www.lpsathletic.com



2025 GUEST INFORMATION

Golf Facilities

Golf Facilities include the golf course and all outdoor practice areas.
Golf attire must be worn in these areas.

Men:

- Golf shirts with collars, turtlenecks, mock necks or blade collars are acceptable.
- All Golf attire must be worn tucked in.
- Golf shorts must be Bermuda style (just above the knee).
- Pants must be hemmed.
- Footwear must be golf-specific footwear (sandals included) with soft spikes.
- Hats and visors must be worn with the peak facing forward.

** Men's dress code also applies to Junior and Pre-Junior Boys.

Women:

- Golf shirts must have a collar OR sleeves OR both.
- Racerback golf shirts with collars are acceptable.
- Golf shirts or blouses may be worn not tucked in, if banded.
- Shorts, skirts and skorts must be hemmed. The length of golf shorts, skirts or skorts is expected to be of reasonable length, no shorter than at mid-thigh.
- Dresses for golf are permitted if they are reasonable in length, no shorter than mid-thigh.
- Pants (regular or capri) must be hemmed.
- Leggings are permitted as a layer under shorts, skirts or skorts.
- Footwear must be golf-specific footwear (sandals included) with soft spikes.
- Hats and visors must be worn with the peak facing forward.

** Women's dress code also applies to Junior and Pre-Junior Girls.

UNACCEPTABLE GOLF ATTIRE (MEN & LADIES)

- Shorts falling below the knee (Athletic or otherwise)
- Cropped tops, tank tops, T-shirts
- Cargo pants or shorts with outside expandable pockets
- Cut-offs, short-shorts, tennis shorts or skirts
- Shirts and sweaters with non-golf slogans
- Fleece or knit jogging suits, rugby pants, sweat suits
- Denim of any style are not permitted.
- Headgear worn backwards are not permitted

Clubhouse Dining Areas & Patios

- Tasteful and respectful attire is permitted, including Golf attire as noted for both men and ladies.
- Denim is acceptable; however, it must be neat and presentable with a tailored fit and finish, and may not be ripped, frayed, faded, tattered or distressed. This includes denim skirts and dresses.
- Dress shirts may be untucked if designed to be worn untucked.
- Hats may not be worn in the Bistro or Dining area (except on outside patios).
- Open toed shoes/sandals are permitted in all areas
- Ladies attending the club for non-golf activities are permitted to wear tops without collars or sleeves (summer dresses as an example). Dresses specific for golf are permitted.

UNACCEPTABLE ATTIRE

- Shorts falling below the knee (Athletic or otherwise)
- Cropped tops, tank tops, T-shirts
- Cargo shorts or pants with outside expandable pockets
- Cut-offs, short-shorts, tennis shorts or skirts
- Shirts and sweaters with "large" golf or non-golf logos
- Fleece or knit jogging suits, rugby pants, sweat suits
- Headgear worn backwards are not permitted.

Cellular Phones

The use of cellular phones within the clubhouse is prohibited. All bells and audible tones must be switched to vibrate or silent mode while on the property. If you must make or receive a phone call, the call must be made or taken to the cell phone area or outside of the clubhouse, away from other members and guests. Our cell phone area is located on our ground floor for your convenience. We ask that you please use these areas so as not to detract from members' and guests' enjoyment while on the property. Please keep the duration of calls to a minimum.





**THE LPS OPEN
Cedar Brae Golf Club**

Thursday, August 7, 2025

NOTICE TO COMPETITORS

This information supplements the 2025 Local Rules and Terms of Conditions for the GTA AM Tour. The current issue of the Golf Canada Rules of Golf govern play. **Any rules on the host club scorecard do not apply. Penalty for breach of a Local Rule is the general penalty, unless otherwise noted.**

1. **OUT OF BOUNDS (Rule 18.2):** See GTA AM Tour Hard Card for how Out of Bounds is defined.

HOLE #5: The boundary for Out of Bounds on the right side of hole #5 is defined by the course-side edge of white paint dots.

2. **HOST CLUB DROP ZONES ARE NOT AVAILABLE:** Any Drop Zone available at this event will be indicated by a GTA AM Tour sign.

3. **PENALTY AREAS (Rule 17):** Red and yellow lines define the edge of the penalty area. Where penalty areas are not marked with lines, the change in the height of the grass defines the edge of the penalty area. Where there is no change in the height of the grass, the penalty area is defined by its natural boundaries. Unmarked penalty areas are red penalty areas.

DROP ZONES AVAILABLE:

HOLE #4: If a ball is in the penalty area below the tee on the 4th hole or in the lateral red penalty area to the right side of the 4th green (refer to the tall pole), the player may

- Take relief under Rule 17.1, or
- As an extra option, drop the original ball or another ball in the Drop Zone located on the forward tee deck (at the top of the hill) adding **one penalty stroke**.

HOLE #6: For a ball that enters and comes to rest inside the penalty area on the 6th hole, the player may

- Take relief under Rule 17.1, or
- As an extra option, drop the original ball or another ball in the Drop Zone located on the YELLOW tee deck adding **one penalty stroke**.

HOLE #13: For a ball that enters and comes to rest inside the red penalty area below the tee on the 13th hole, the player may

- Take relief under Rule 17.1, or
- As an extra option, drop the original ball or another ball in the Drop Zone located on the RED tee deck adding **one penalty stroke**.

HOLE #16: For a ball that enters and comes to rest inside the penalty area below the tee on the 16th or the lateral red penalty area to the left side of the 16th hole (refer to the tall pole), the player may

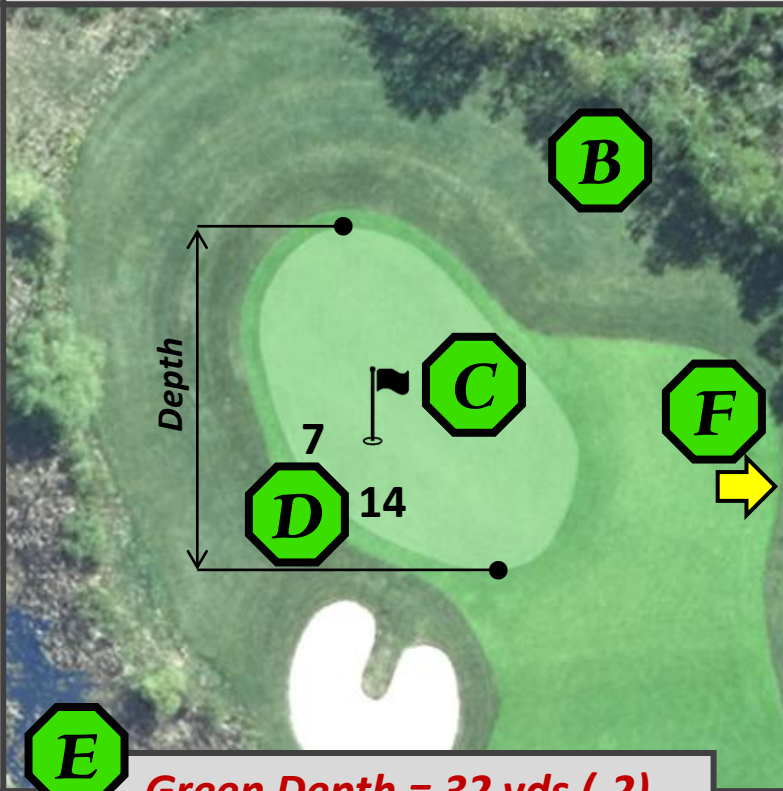
- Take relief under Rule 17.1, or
- As an extra option, drop the original ball or another ball in the Drop Zone located on the YELLOW tee deck adding **one penalty stroke**.

4. **NO PLAY ZONES:** Areas that are ornamental garden beds, turf nurseries (Hole #17) or decorative flowerbeds are No Play Zones that are to be treated as Ground Under Repair. Players must proceed under Rule 16.1f. The Protective Screen to the upper left of #13 green is encircled by a cultivated flower garden and is a No Play Zone.

How To Use This Guide

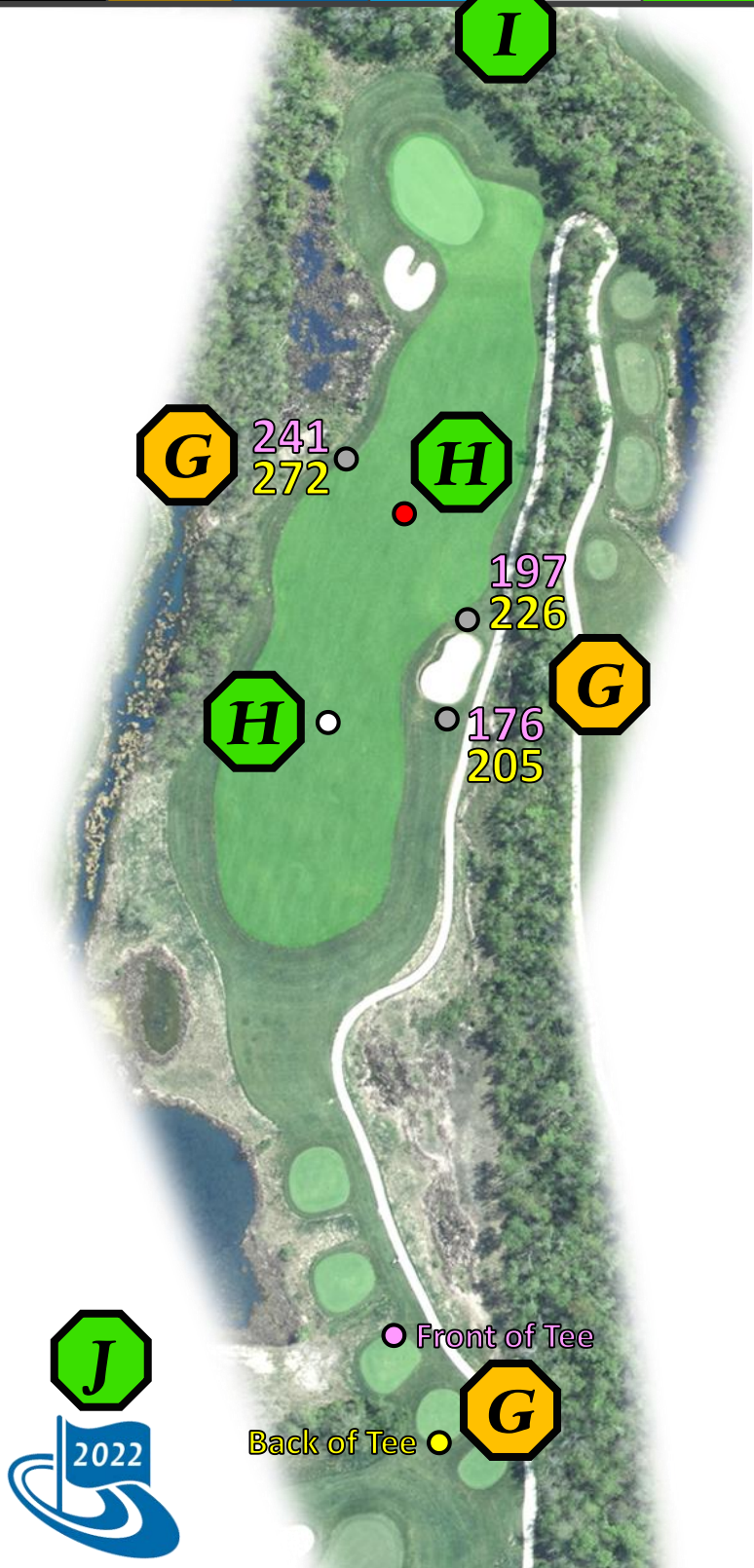
Hole #6 (Par 4)

CH	A	B	ONS	C	R
342	342	331	331	320	320



E Green Depth = 32 yds (-2)

- A. This box provides pro tips and general information about the hole.
- B. Image of the green complex (aligned to the 150-yard marker).
- C. Flag showing the pin location.
- D. Distances from the front and side of the green to the pin location.
- E. Green depth and a +/- distance from the centre of the green to the pin in brackets.
- F. Arrow indicating the direction to the next tee (leave your clubs here when walking).
- G. Distances from spots in the teeing ground ● ● ● to various locations in the landing area ○. The distance text is colour coded to match the teeing ground spots. The actual tee marker positions will vary, but differences can be quickly paced off or estimated.
- H. Standard 100 ●, 150 ○, 200 ●, and 250 ● yard markers.



- I. Hole yardages for each flight.
- J. Flag indicating the year of photography.

Cedar Brae Golf Club

Hole #1 (Par 4)

CH	A	B	ONS	C	R
434	434	420	420	420	420



Green Depth = 42 yds (+7)

Welcome to the 2025 LPS OPEN

The 1st Hole will test even the best players ability to make a Par. Playing at 434 & 420 yards, an accurate drive to the centre of the fairway will leave a good angle to a slightly angled green, albeit with a mid to long iron.

Those brave enough to carry the right bunkers will be left with a shorter club and the chance to start their round with a Birdie!



● Front of Tee
● Back of Tee

LPS



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Cedar Brae Golf Club

Hole #2 (Par 3)

CH	A	B	ONS	C	R
186	186	153	153	153	153



Green Depth = 39 yds (-8)

The 2nd hole is a relatively simple Par 3 where a mid to short iron shot to the middle of the green will guarantee Par.

Although it looks open, a wayward shot left or right can find you with a penalty stroke. The green slopes back to front, separated by a mild ridge that can influence your putt!

If you see Jeremy Choi today, please thank him for sponsoring today's LPS OPEN event!



LPS



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Cedar Brae Golf Club

Hole #3 (Par 4)

CH	A	B	ONS	C	R
440	388	388	388	362	362



Green Depth = 30 yds (-9)

This relatively straight and open Par 4 has been known to leave people perplexed after making a bogey. No matter the club off the tee, the key is controlling your approach to leave yourself with an uphill putt.

If you get above the hole, take extra care on your 1st putt, or you may find yourself yelling at the ball to settle as it runs downhill!



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Cedar Brae Golf Club

Hole #4 (Par 3)

CH	A	B	ONS	C	R
152	152	141	141	141	141



19

Green Depth = 38 yds (0)

The 1st of three elevated and scenic Par 3's requires accurate distance and direction control to secure Par.

Many find the cedar trees on the left, leaving a bogey or worse a distinct possibility; however, finding the green means a very makeable Birdie chance!



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Cedar Brae Golf Club

Hole #5 (Par 5)

CH	A	B	ONS	C	R
529	507	507	507	493	493



Green Depth = 47 yds (-13)

The 1st Par 5 at Cedar Brae is short on paper, but the tee shot plays more uphill than most estimate, taking two great shots to reach this green in two.

Avoid the fairway bunkers left and O.B. right off the tee, and take the stress out of this Par or Birdie opportunity. The ideal lay-up is 90-100 yards away on the left centre, leaving the best angle to this multiple-tiered green.



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Cedar Brae Golf Club

Hole #6 (Par 4)

CH	A	B	ONS	C	R
197	175	136	136	136	136



Green Depth = 34 yds (+4)

If you thought the 4th Hole was a great Par 3, then you will truly appreciate this test of golf! At over 200 yards from the upper tee deck, the view gives a sneak peak of its sister hole, the Par 3 16th.

Control your distance, as putts from the back of this green have been known to find the fairway fronting this green!

Have you seen Jeremy yet?



LPS



LPS

Cedar Brae Golf Club

Hole #7 (Par 5)

CH	A	B	ONS	C	R
538	506	482	482	451	451



Green Depth = 41 yds (-10)

Another short Par 5 that can be reachable in two shots; however, the extremely narrow opening means you need a perfect approach whether its your 2nd or 3rd shot.

The safe play is an iron off the tee to the lower section of the fairway and a lay-up right centre to give the best angle. Don't miss left or right!



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Cedar Brae Golf Club

Hole #8 (Par 4)

CH	A	B	ONS	C	R
388	388	365	365	365	365



Green Depth = 36 yds (-1)



The 8th Hole is one of the better strategic Par 4s on the course. The best play is to lay back to the flat spot about 150 yards away from the green, but you still need to be right centre for a clear approach.

Some attempt to get closer to the green, but the severe right-to-left slope can funnel balls behind the massive Cedar Tree on the left blocking out your approach shot!



- Back of Tee
- Back of Tee

LPS



LPS

Cedar Brae Golf Club

Hole #10 (Par 4)

CH	A	B	ONS	C	R
330	330	317	317	317	317



Green Depth = 31 yds (+8)

A fair Par 4 greets you to start the back nine; however, driver may not be the best play for all players. You must be at least 100 yards away to see the green down a steep hill, but this wide green is often found by aiming at the elevated Birdhouse!

The green slopes right to left, so be careful if putting across the green.



LPS



LPS

Cedar Brae Golf Club

Hole #11 (Par 3)

CH	A	B	ONS	C	R
170	170	170	170	170	170

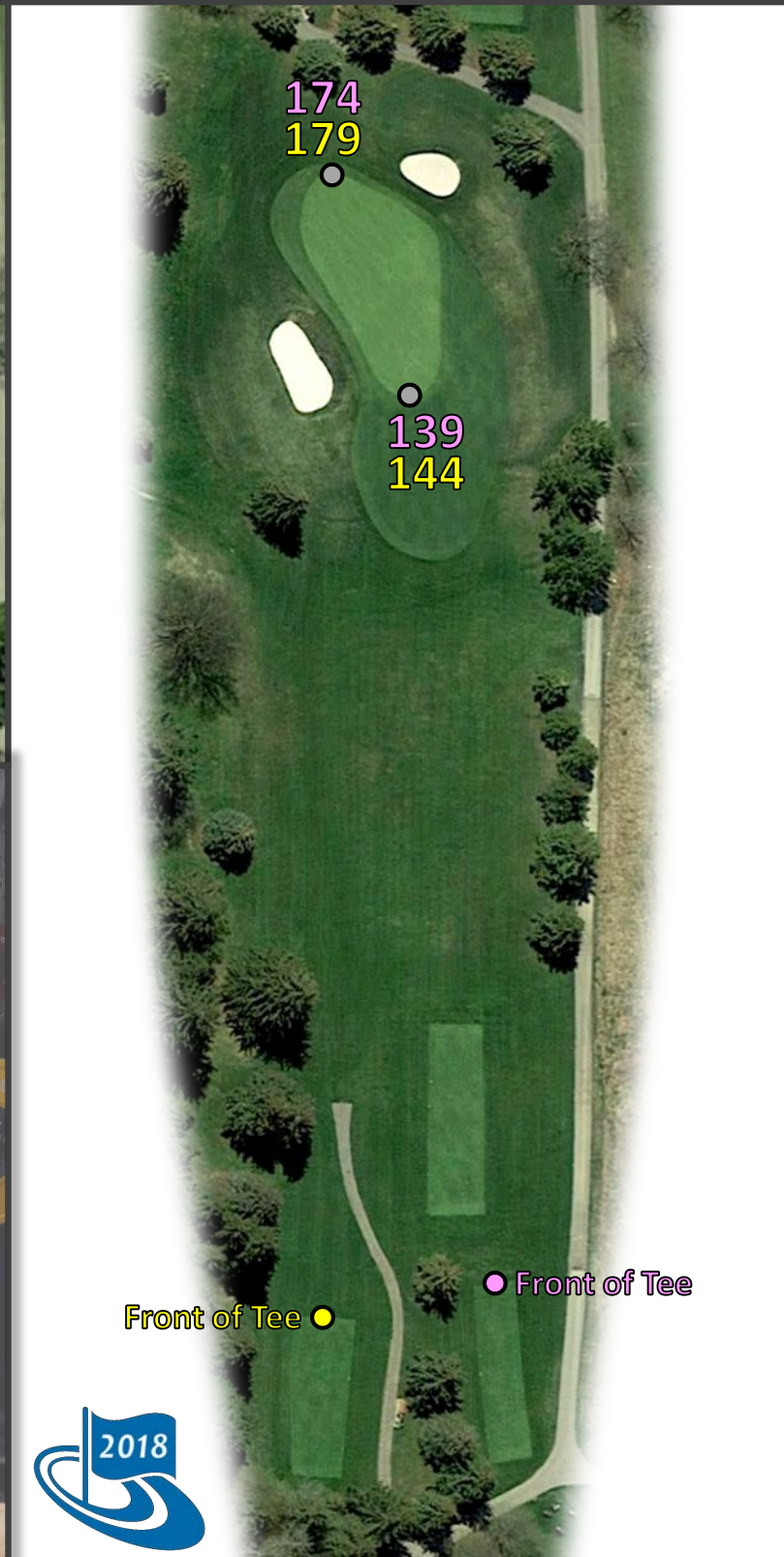


Green Depth = 35 yds (-8)

This mid-iron Par 3 has multiple tiers that allows for both Birdies and Bogeys. Pay attention to the pin position and pick your club accordingly. Unless you are Jordan Spieth, missing left down the hill or right of the pine trees means a sure bogey or worse.

With a ridge splitting this green, you may not see the subtle breaks.

This is the GTA Am Tour Hole In One Competition!



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Cedar Brae Golf Club

Hole #12 (Par 4)

CH	A	B	ONS	C	R
380	380	344	344	344	344



Green Depth = 41 yds (+6)

This hole gives the player a wide landing area, but often causes havoc to even the low-handicapper. With the river left and a steep hill right, anything other than the fairway could mean trouble.

Robbie gives you a break on this green with this relatively flat surface and a chance at a Birdie from almost any position!



● Back of Tee

● Back of Tee



LPS



LPS

Cedar Brae Golf Club

Hole #13 (Par 5)

CH	A	B	ONS	C	R
507	507	490	490	455	455



Green Depth = 34 yds (-6)

This intriguing Par 5 can easily be reached in two by the longer hitter, but the tee shot must end left centre and avoid the trees. Even with a wayward tee shot, a punch out down the fairway will leave a look at the quickest green on the course.

If you miss long, be grateful for a bogey and move to the next tee.

Has anyone seen Jeremy?



- Back of Tee
- Back of Tee
- Back of Tee



LPS



LPS

Cedar Brae Golf Club

Hole #14 (Par 4)

CH	A	B	ONS	C	R
415	415	386	386	386	386



Green Depth = 41 yds (-16)

This slight dogleg left offers one of the most difficult tee shots on the course. You must thread the needle off the tee and find the fairway in order to hit this green in regulation, usually with a mid to long iron. Right is better than left, but anything other than fairway means bogey.

Another fair green here where two putts are likely!



● Back of Tee

● Back of Tee



LPS



LPS

Cedar Brae Golf Club

Hole #15 (Par 4)

CH	A	B	ONS	C	R
314	314	304	304	304	304



Green Depth = 34 yds (+15)

The longest players can drive the 15th Hole, but the risk may not justify the reward, as anything left is surely in trouble. You have some room right, but it's a coin flip whether you get behind a tree or not.

The best play is a long iron/hybrid to the flat and a controlled lofted wedge to this green.



● Front of Tee

● Back of Tee



LPS



LPS

Cedar Brae Golf Club

Hole #16 (Par 3)

CH	A	B	ONS	C	R
159	159	146	146	146	146



Green Depth = 42 yds (-9)

The final Par 3 at Cedar Brae offers an incredible view and a last chance for that elusive Ace. Playing steeply downhill, your main concern is figuring out wind direction and picking the proper club.

This large green has a subtle ridge splitting it, so putts from the proper side can yield a Birdie!



LPS



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Cedar Brae Golf Club

Hole #17 (Par 5)

CH	A	B	ONS	C	R
552	540	499	499	499	499



Green Depth = 30 yds (+4)

The final Par 5 is a 3-shot hole for 99% of players. Make sure to avoid the tall pine guarding the right centre of the fairway and play your 2nd shot over the creek.

The green is small, so the farther the lay-up, the greater your chance of finding the dance floor. Once on the surface, this green usually breaks more than it appears!

Thank you, Mr. Choi, for your continued support of our Tour!



● Back of Tee

● Front of Tee



LPS



LPS

Cedar Brae Golf Club

Hole #18 (Par 4)

CH	A	B	ONS	C	R
435	418	370	370	356	356



Green Depth = 36 yds (-14)

Don't get fooled by this easy-looking Par 4. It offers great strategic decisions and execution from the tee. Often playing into the wind, the angled fairway means the left bunker is a popular resting place. The rough is often very thick down the right, so finding the short grass is a premium here.

The green has multiple tiers, so if you find it in regulation and make Par, pat yourself on the back for a job well done.



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STRENGTH AND CONDITIONING FOR GOLFERS. ARE YOU READY TO DOMINATE?

BENEFITS OF BEING STRONG

Increase Your Confidence

Rise above adversity, cultivate effective leadership skills, establish yourself as a respected figure within and beyond the team, and make impactful and intelligent decisions at every position.

Strength & Conditioning

Experience improved performance and a personalized golf fitness program that builds muscular strength, enhances flexibility, improves club head speed, maximizes your body's ability to adapt, promotes muscle balance, improve your game, and takes your performance to the next level.

Golf Speed & Explosiveness

Training incorporates rotational power exercises, mobility drills, stability patterns and explosive strength training to increase club head velocity, improve driving distance, endurance, and enhance movement efficiency in your golf swing on the course.

Maximize Physical & Mental Resilience

Strong muscles, tendons, and ligaments are essential for golfers to achieve balance and prevent risk of injury, especially in the lower back, where golfers often experience strain from repetitive motion.

Additionally, mental resilience is crucial for maintaining focus, managing pressure, and executing precise shots throughout a round.

WHAT IS IT?

Experience a multi-phased approach to physical training designed to enhance muscular strength, control increased power, and flexibility specific to golf performance. Our personalized programs integrate golf instruction with strength and conditioning to improve your game.

WHO IS IT FOR?

Our High Performance Golf Program is essential for competitive and those who specialize in golf of all ages (10+). Our scientifically-backed system delivers a competitive distance advantage, reduces injury risk, and provides the tools to excel at the highest levels of the game.

WHERE DOES IT HAPPEN?

Our Golf workouts are best experienced in-person at our Toronto (North York) facility, where you'll have access to specialized equipment. However, we offer both online coaching and hybrid options to accommodate individual schedules and preferences.

HOW DOES IT WORK?

Begin your journey with a Remapping assessment. Our team will then design a custom program featuring Golf-specific exercises guided by our certified coaches. This approach increases your range of motion and elevating your overall fitness.

WHEN DOES IT START?

Start your program whenever you're ready. Our athletes train year-round, off-season, or in-season, depending on their goals. Your specialized routine is typically available within 48 hours of your Remapping assessment.

WHY DOES IT EXIST?

We built this program for serious improvement to young athletes who aspire to become a Pro. It combines expert coaches, a supportive environment, and a science-backed system to address weaknesses, injury prevention, and boost performance.



Coming off shoulder injuries late last year, Jeremy has been working to build his strength back. After 7 months of training, it is starting to pay off. Congratulations to LPS executive client Jeremy Choi, securing a win at the [2-Day BMO World Elite Major at National Pines](#) on the [GTA Amateur Tour](#).

"I've been struggling at the beginning of this year. I was never comfortable over the ball. I even forgot how to chip, flop. Nothing was coming together. I felt weak. And I felt like I just didn't want to play anymore.

I'm so glad that I had people around me supporting and encouraging me. Pushing me with some training, practice, coaching, and overall re-evaluation of my game has got me back to hitting it straighter, longer, and more consistent. " – Jeremy Choi

Jeremy is a 31 year old executive client that trains 2-3 times a week at LPS. We're excited to see him come back from his injuries and getting back on top again.

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