



Upper Unionville Golf Club
and the GTA AM Tour welcomes you to the
SWING LAB
CHALLENGE





Our Team



Michele Liew, MS, CAT(C), ATC
Founder & Owner, golf biomechanics and injury specialist
TPI medical level three certified
NeuroKinetic Therapy (NKT) level two practitioner

A biomechanics and injury specialist, Michele uses 3D motion capture to analyze the relationship between your body and swing to maximize your golf potential.

Michele is a certified athletic therapist (University of Connecticut), holds a masters in sports medicine (University of Florida), and completed her residency in sports biomechanics with a research interest in 3D golf biomechanics.

A former competitive golfer, Michele has continued to pursue her studies in sports medicine by studying the relationship between functional movements, injury prevention and performance enhancement in golfers.

Her interest in 3D golf biomechanics led her to working with the University of Florida's NCAA Division I Golf team, NCCGA Team and LPGA players. She speaks fluent English, Mandarin Chinese and Cantonese as well as conversational Korean.



Adam Holt , MSc, CSCS

Owner & Director of Performance

Adam is a playing professional who has competed at the highest levels and trained alongside some of the world's top coaches. His firsthand experience navigating the demands of elite competition gives him a unique perspective on what it takes to perform under pressure.

Now a co-owner of Swing Lab Performance & Therapy, Adam helps athletes unlock their potential by blending his deep knowledge of the game with sport science and technology. His approach focuses on both the mental and physical sides of performance, guiding players toward sustainable success.

He believes the best performance happens just outside your comfort zone. Adam challenges players to train with intent, embrace pressure, and develop the skills needed to execute when it counts.



Kaitlyn Jolivet, BSc, CAT(C)
Golf injury & Performance specialist
TPI Level 1 certification

Our athletic therapist specializes in assessment, rehabilitation and preventative measures for musculoskeletal injuries. Kaitlyn will ensure your muscles, ligaments and joints are pain free to enable you to develop an efficient and effective golf swing.

She uses manual therapy and personalized exercises to correct muscle imbalances and physical restrictions.

Kaitlyn was a member of the Canadian Junior Golf Association (CJGA) and competed in many Drive, Chip and Putt competitions and youth tournaments. She was also a member of the Barrie Elites Volleyball Club and Barrie Select Soccer Club throughout her teenage years.

Kaitlyn combined her passion for sports and human kinetics and earned honours in a Bachelor of Applied Health Sciences in Athletic Therapy degree from Sheridan College Institute of Advanced Learning. She has also worked with a range of elite athletes, ranging from youth level up to some of the stars of the Canadian Football League.



Jesurun Wong, BSc, CAT(C)
Golf injury & performance specialist
TPI Medical Level 2 Certified

A lifelong golf fan and player, Jesurun has a wealth of experience working with leading institutions including the University of Waterloo, Appleby College, Toronto Argonauts and Toronto Metropolitan University.

By combining the power of manual therapy and targeted exercises, he is dedicated to helping people correct imbalances and optimize the efficiency of their movements. With a deep understanding of human anatomy and biomechanics, Jesurun utilizes hands-on techniques to address specific areas of concern.

His personalized approach allows for precise adjustments and alignments, enhancing golf players' overall function to promote a balanced musculoskeletal system.

With Jesurun's guidance, golfers can experience a transformative journey towards maximizing their performance so they can enjoy the game to its fullest.



Dr. Erin Saltzman, D.C. CFMP

Sports Chiropractor, Functional Medicine specialist

TPI Certified

Dr. Erin Saltzman specializes in chiropractic care focused on injury rehabilitation, performance optimization, and long-term health. She works with athletes and active individuals to restore movement, reduce pain, and improve overall function.

She uses a comprehensive, functional approach that combines hands-on therapy and personalized treatment plans to address muscle imbalances, joint restrictions, and movement limitations.

Dr. Saltzman earned her Doctor of Chiropractic degree with Honours from the Canadian Memorial Chiropractic College after completing an Honours Bachelor of Science in Sports & Exercise Science from the University of North Carolina where she was on a full ride tennis scholarship.

Dr. Saltzman's Chiropractic practice follows a comprehensive approach to treatment. Trained utilizing Functional Integrated Therapy (F.I.T[®]), Dr. Saltzman is able to help mainstream patients and athletes of all levels optimize function, improve performance and promote quality of life. This approach includes some of the following treatments; Dry Needling, Medical Electro-Acupuncture, Active Release Technique (A.R.T[®]), Fascial Abrasions Technique (F.A.T[®]), Cupping, Custom Orthotics, Shockwave Therapy, Joint Manipulation, Performance Taping, and Functional Rehabilitation Programs.

The vast majority of Dr. Saltzman's chiropractic practice has been working with C-suite executives, professional athletes and performing artists spanning from ATP/WTA, NHL, MLB, PGA, Olympic Track, to live entertainers and performers. In working with these professionals, Dr. Saltzman developed a passion for helping all athletes & professionals work towards their goals, implementing a blend of practices in order to maximize all her patient outcomes.



Dr. James Keung, DC, RMT, B.Sc
Chiropractor | Registered Massage Therapist
Chiropractor, Registered Massage Therapist

Dr. James Keung is a performance-focused Chiropractor dedicated to helping golfers and active individuals move efficiently, recover effectively, and perform at a higher level. He earned his Doctor of Chiropractic degree with Magna Cum Laude honours from the Canadian Memorial Chiropractic College, following an Honours Degree in Kinesiology from the University of

Waterloo. He also holds a Diploma of Massage Therapy, further strengthening his integrated approach to movement and recovery.

At Swing Lab, Dr. Keung combines comfortable chiropractic techniques with effective soft tissue therapy and individualized rehabilitation to restore joint mechanics, improve mobility, and build resilient movement patterns. His approach bridges the gap between pain relief and performance enhancement, addressing not only symptoms, but the underlying mechanical and biomechanical contributors that impact swing efficiency and physical capacity.

Committed to evidence-based care and continual professional development, Dr. Keung delivers treatment strategies tailored to the demands of golf and high-performance lifestyles. His focus is helping clients return to play stronger, more durable, and confident in their bodies, whether recovering from injury or striving to optimize their game.

Outside the clinic, Dr. Keung enjoys golf, music, chess, and exploring the culinary arts. He is also actively involved in the Markham and Richmond Hill communities, frequently participating and performing in local events and shows. His presence both inside and outside the clinic reflects his commitment to community, connection, and lifelong growth. Dr. Keung speaks fluent English and Cantonese as well as conversational Mandarin Chinese.



Alex Panigas
Director of Club Fitting

Alex has been in the golf industry working on player improvement for the better part of a decade. With roles at The Golf Lab, Tour Experience Golf/Club champion and various green grass facilities, Alex has a passion for watching players develop and become the best they can be.

With experience in understanding the dynamic movement of the players swing and their golf club, Alex specializes in understanding how to maximize the most out of a club fitting experience. Alex's skills come to life in the fitting bay, where he's able to help players analyze and appreciate their strengths while matching them with their ideal clubs.

If you have any questions in relation to how you can get the most out of your equipment, booking a session with Alex will help provide clarity on the progression of your game.



Caleb Zhang

Golf injury & performance specialist

Caleb is a Certified Athletic Therapist Candidate specializing in the assessment, rehabilitation, and prevention of musculoskeletal injuries, with a strong focus on golfers and golf-specific fitness populations. He works with players to restore pain-free movement and build the physical qualities needed for a more efficient, repeatable swing.

Using manual therapy and individualized strength & conditioning-based exercise programming, Caleb targets key physical limitations that influence swing mechanics, such as mobility restrictions, stability deficits, and force transfer inefficiencies. His approach is designed to improve both movement quality and on-course performance.

Caleb completed his Bachelor of Applied Health Sciences in Athletic Therapy at Sheridan College, developing a strong foundation in clinical rehabilitation and performance-based training. Through experience in private orthopedic care, including Acumen Health, as well as high-performance environments like Appleby College, he has worked with a wide range of athletes from youth competitors to performance-driven adults.

With a strong interest in strength & conditioning and golf performance training, Caleb works closely with golfers and performance-focused athletes to build more resilient bodies and maximize transfer from gym to swing.



SWING LAB CHALLENGE

Upper Unionville Golf Club

Tuesday, June 23, 2026

NOTICE TO COMPETITORS

This information supplements the 2026 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.

HOLES #1 & #12 INTERNAL OUT OF BOUNDS: During play of hole #1 or #12, A ball coming to rest on or beyond the adjacent fairway to the left of the hole is Out of Bounds.

HOLES #1 & #2: Out of Bounds on the right side is defined by a white line or dots between the protective netting posts. The protective netting and posts are boundary objects from which free relief is not permitted.

HOLES #8: Out of Bounds behind the green is defined by the course side of the wooden fence posts. The wooden fence is a boundary object.

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.

HOLE #7: The long grass/uncut areas to the left and right of hole #7 are red penalty areas and are defined by a red line or in the absence of a line, the change in the height of the grass.

4. **OBSTRUCTIONS AND GROUND UNDER REPAIR (Rule 16.1 applies):** Any areas of ground under repair will be marked or noted.

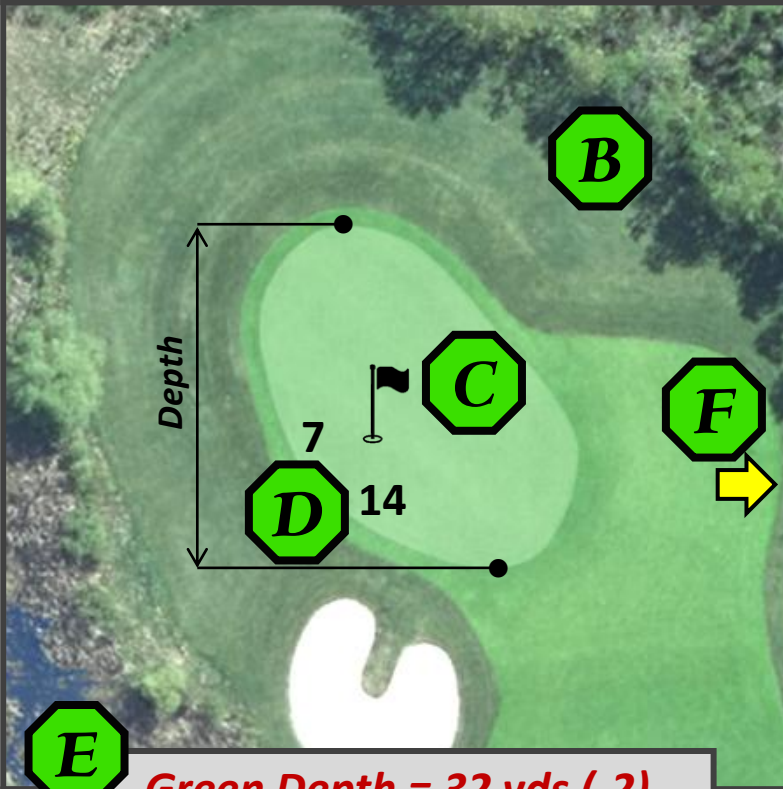
NO PLAY ZONES: Areas that are ornamental garden beds, turf nurseries or decorative flowerbeds are No Play Zones that are to be treated as Ground Under Repair. Players must proceed under Rule 16.1f.

WARNING: Competitors are advised that the property next to Fairway #1 and #2 is used for outdoor recreational activities involving CHILDREN. While netting and other devices have been employed, EXTREME COUTION is required. Any golf balls hit into this area may result in injuries to children and others for which the competitor would be liable.

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.

Upper Unionville Golf Club

Hole #1 (Par 5)

CH	A	B	ONS	C	R
521	521	521	521	521	521



Green Depth = 30 yds (-1)

Your round at Upper Unionville begins with a great dog-leg left Par 5. Bombers can take their drive over the rough on the left side, but the safe play is right down the middle.

Unless you cut off a huge amount, you face a straight-away lay-up to wedge distance for your 3rd.

A tricky green to start, but with a back Pin, leave yourself below the hole! Par is a good score here.



Upper Unionville Golf Club

Hole #2 (Par 4)

CH	A	B	ONS	C	R
360	360	338	338	338	338



Green Depth = 30 yds (0)

Hole #2 will force you to manage your game and formulate a strategy off the tee, as it can be played many ways. For bombers, take a fairway wood from the tee and come in with a good yardage to a green that is shielded by water.

For others, your angle into the green as a second shot and approach must be precise, as the green slopes back to the front and is slick if you find yourself above the hole.



Upper Unionville Golf Club

Hole #3 (Par 3)

CH	A	B	ONS	C	R
194	194	165	165	127	127



Green Depth = 32 yds (+2)

Hole #3 is a deceptively difficult Par 3 that at first glance looks fairly simple. The tee decks are positioned to aim you right of the green, so be careful here. The large green is well guarded by bunkers, and susceptible to head into the wind on most days.

Making three or better is a job well done, but 4 might be a more common score on this day!



Upper Unionville Golf Club

Hole #4 (Par 4)

CH	A	B	ONS	C	R
417	392	392	392	352	352



Green Depth = 33 yds (-4)

#4 is a strong Par 4 with bunkers strategically placed in landing areas, and Out of Bounds lurking down the entire right side.

If you are going to stray off the tee, then make sure to miss left.

Placing your tee shot in the fairway is key to hitting this green in regulation. The green is sloped back to front and is fairly slick, so make sure to be below the hole.



Upper Unionville Golf Club

Hole #5 (Par 5)

CH	A	B	ONS	C	R
522	522	500	500	485	485



Green Depth = 33 yds (-8)

Hole #5 is a second-shot hole, as the trees narrow the closer you get to the green. This makes going for this Par 5 in two a daunting prospect.

If you hit it long, you can take it over the rough on the right side but beware of the out-of-bounds border on the right side.

The fairway narrows by the green, but you can run the ball on if needed. With the pin tucked over the bunker on the left, a precise approach is required to make Birdie!



● Back of Tee
● Back of Tee

Upper Unionville Golf Club

Hole #6 (Par 3)

CH	A	B	ONS	C	R
169	169	140	140	140	140



Green Depth = 28 yds (-2)

Hole #6 is a great Par 3 that will test your short game, as well as your club selection. With the right side almost completely shielded by water, make sure you have the right club on the tee.

Bogey or worse can sneak onto your scorecard very quickly on this clever and deceptive hole.



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Upper Unionville Golf Club

Hole #7 (Par 4)

CH	A	B	ONS	C	R
419	394	394	394	325	325



Green Depth = 32 yds (+2)

Hole #7 is the number two handicap hole for a reason. The tee shot feels like you are hitting through a chute and plays into the wind most of the time. Hazards abound. With out of bounds on the right and a river that runs down the left, make sure you hit the fairway here.

Escaping with Par here will gain on the field, but a Birdie could put some money in your Pocket!

#skinsbaby



● Back of Tee

● Back of Tee

Upper Unionville Golf Club

Hole #8 (Par 3)

CH	A	B	ONS	C	R
150	150	139	139	139	139



Green Depth = 30 yds (-8)

Hole #8 is another solid Par 3 with plenty to make you nervous.

Almost completely protected by water, and often playing into the wind, it will make you think twice about flag hunting. The green is narrow and undulating, so pick your club wisely. If you find the surface, Birdies can be made!



Upper Unionville Golf Club

Hole #9 (Par 4)

CH	A	B	ONS	C	R
368	368	348	348	279	279



Green Depth = 34 yds (+8)

#9 is the ball striker's hole. With water all the way down the right, plus a bunker on the left, it is critical that you place the ball in the right spot from the tee.

The green slopes towards the water, so be careful not to flirt with the right side of the green or you'll be dropping one from the fairway.

Many good rounds will die on this hole, so make sure to play smart so you're not one of them!



● Back of Tee

● Back of Tee

Upper Unionville Golf Club

Hole #10 (Par 5)

CH	A	B	ONS	C	R
532	505	505	505	505	505



Green Depth = 22 yds (-4)

The back nine begins with a straight-away Par 5 that can be a two-shot hole if you drive it well enough off the tee. Choose your club wisely on the approach, as a creek runs in front of the green.

Play this hole as a 3-shotter for an easy Par, as getting too aggressive can turn a potential eagle into a double bogey quickly!



● Back of Tee

● Back of Tee

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Upper Unionville Golf Club

Hole #11 (Par 4)

CH	A	B	ONS	C	R
379	379	353	353	353	353



Green Depth = 33 yds (+7)

Hole #11 is a sharp dogleg right where ball placement is key. Off the tee you have a true risk/reward decision to make. If you gamble and play over the trees on the right, you'll have a short pitch onto the green.

For those who play this hole cautiously straightaway, your approach will require a full iron shot. A well-protected green will test you here as well.

Pars are well earned on this hole!



Upper Unionville Golf Club

Hole #13 (Par 4)

CH	A	B	ONS	C	R
353	353	326	326	326	326



Green Depth = 30 yds (+2)

Another good Par 4 where driver is not necessarily the best option.

With water just 90 yards from the green, it is best to play with a fairway or hybrid to a comfortable yardage.

A narrow, undulating green will force a good shot on your approach, and with a pin tucked in front, you cannot afford to come up short.



Upper Unionville Golf Club

Hole #14 (Par 3)

CH	A	B	ONS	C	R
166	166	166	166	166	166



Green Depth = 26 yds (+1)

This is the GTA Am Tour Hole In One Competition!

Playing slightly uphill, this Par 3 also plays into the wind most of the time and it's wise to take an extra club.

The green is protected heavily by bunkers, and with tricky breaks throughout, you can expect some 3-putts or worse!



Upper Unionville Golf Club

Hole #16 (Par 3)

CH	A	B	ONS	C	R
140	140	120	120	120	120



Green Depth = 28 yds (-5)

Many rounds have come unravelled at #16. Despite playing as the shortest hole, this Signature Hole at Upper Unionville is both beautiful and deadly for obvious reasons.

The wind tends to swirl here, so be sure to take care when selecting your club. A Birdie on an island green can put any player in a good mood, while a bogey can bring an equivalent low feeling of distaste.

A GIR is always a good thing at #16!



Upper Unionville Golf Club

Hole #17 (Par 4)

CH	A	B	ONS	C	R
423	396	396	396	334	334



Green Depth = 33 yds (-2)

Risk/reward greets you again at your penultimate hole!

Longer players will want to aim over the bunkers right, but most will want to aim left to avoid trouble. This is a big green, so make sure you have the right yardage on your approach.

With the Pin located in front, coming up short could require a delicate touch to save Par!



Upper Unionville Golf Club

Hole #18 (Par 5)

CH	A	B	ONS	C	R
526	499	499	499	499	499



Green Depth = 29 yds (-10)

A great Par 5 finishing hole. This is a hole where you can blast away from the tee. If you can, favour the left side, as it sets up for a more versatile second shot.

Be sure to stay left on your lay-up, as water guards the right side. A long green awaits your approach, so double-check your yardage.

A view of the clubhouse and valley holes from the eighteenth green is an excellent way to finish up and reflect on your round at Upper Unionville!



● Back of Tee
● Back of Tee

SWING LAB

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Make your golf game more consistent through body-swing connection and injury prevention.

INJURY RECOVERY + PREVENTION

We specialize in injury management and rehabilitation to help you with a safe return to golf as quickly as possible and to prevent further injuries.

PERFORMANCE

We bridge the gap between body-swing connection by improving your biomechanics for a more efficient swing.

CLUB-FITTING

We specialize in assessing & identifying any gaps in your equipment to best fit your swing and your game.



SWING LAB

PERFORMANCE & THERAPY

CONFIDENCE IN YOUR GAME
EST. 2018

PERFORMANCE ACADEMY

Our Performance Academy is designed to educate golfers on the mechanics of the body to help maximize performance while preventing injuries for longevity and efficiency in the game.

Our 7000sqft facility features 40ft chipping + putting green, a strength + conditioning gym, 3 simulators, and a welcoming medical area to support all of your golf needs.

Learn more about who we are & how we can help.

SCAN ME



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