



The Ibis Practice Facility

A Gold Medal Lifestyle

A small army of 20 PGA and LPGA staff runs the golf operations. “There have been so many improvements at Ibis in the last decade that the club has gone from strength to strength. Ibis is my home, and I couldn’t be prouder of its facilities on and off the course.”

— MARTIN HALL, DIRECTOR OF INSTRUCTION AT IBIS



The Legend Course

With over 1,800 homes scattered among 33 lushly landscaped neighborhoods, Ibis is the size of a small town. With size comes advantages: the private community’s three golf courses, The Legend, The Heritage, and The Tradition, were created by Jack Nicklaus Sr., Jack Nicklaus Jr., and Steve Nicklaus. Each has nuances. The Legend Course has smaller green complexes requiring accurate approach shots, the Heritage Course requires an expert tee ball, while the Tradition Course is all about the green. Upwards of 75,000 golf balls are recovered from the lakes of its courses each year.

WEST PALM BEACH, FLORIDA: Competing in the Olympic Games is the pinnacle of achievement for amateur athletes. A little-known fact, the stadium in ancient Greece (that could accommodate 40,000+ spectators) sat empty for most of its history. As a result, farmers planted wheat on the field between competitions.

In modern times, the United States of America athletes have won a combination of 2,985 bronze, silver, and gold medals.

“All of our peers offer quality outdoor programming and facilities,” expressed Jay Berger, director of athletics at Club at Ibis, and former three-time Olympic coach for USA men’s tennis. “But, where else than here can you have Olympians coach and teach you proper form and technique? You would be hard-pressed to find a more experienced tennis or strength conditioning team anywhere. On our three championship golf courses, 16 tennis courts, seven pickleball courts, and three bocce courts, you are likely to rub shoulders with Martin Hall [who recently filmed his 400th televised golf instructional tip], Andy Brandi [an NCAA tennis coach for the past 45 years who has won 92% of his matches], and Alberto Ignacio Palmetta [a former 2018 Olympic boxer].”

"I have designs in 45 countries and Ibis is the only private community that can boast three Nicklaus family courses. Each has a slightly different feel and stands on its own. My goal is to make a player use their mind ahead of muscles, control emotions sufficiently, and think through options before drawing a club from the bag. My advice, which has served me well over the years, is don't try shots beyond your capability and play the set of tees that matches your handicap." — JACK NICKLAUS

"The TopTracer practice facility at Ibis is massive, with different targets and tees. I wish I had something like this when I was growing up. Getting instant feedback is important to improving your game." — ANNIKA SORENSTAM

FUNCTIONAL TRAINING

As a certified TPI (Titleist Performance Institute) Level One Golf Trainer, Nadine Moody, director of fitness at Club at Ibis, has seen her fair share of exercise fads. "We focus on muscles that you use daily," said Moody. "A proper mix of stretching, cardio, nutrition, balance, and yes, strength training is key to maximizing benefits. You don't have to be a gym rat for success, but it's important to consistently change your routine to keep your body 'guessing' on what is coming next and avoid 'cookie cutter' workouts.

"One aspect I focus on is balance. Try this test. Place your hands to your side, lift one leg, and close your eyes. The typical amateur golfer will struggle to maintain balance for more than 10 seconds. According to TPI research, many of the best players in the world can balance for 20 seconds before teetering over. Proper balance allows you to maintain proper posture during your swing, to increase performance and accuracy."



Nadine instructing a member utilizing a GolfForever Swing Trainer, designed to reinforce proper balance, strength and separation for golf.

CROSS FIT TO AN EXTREME

Five years ago, "Beto" Palmetta relocated from Argentina to South Florida. As a former Olympian in the 2016 games, he is well-versed in the mechanics of the body.

"It's a misconception to think boxing for a couple of minutes in the ring is easy. No way. Stamina and technique are critical to wait for the moment when you have the opportunity to explode against your opponent," said Beto. "Most sports, in particular golf and tennis, require body rotation to maximize performance. Boxing can be an important component of your exercise routine. It's a sport that teaches proper rotation and how to apply force from the ground up with your lower body. As a side benefit, it taxes your core and provides a much more intensive cardio workout than you might suspect." ■

For more information, please visit ClubAtIbis.com.



The Club at Ibis tennis facilities is a past recipient of *Tennis Magazine's* "Private Facility of the Year."

