



Dear Sir/Madam

ISHNIDH SINGH VIRDI - A STAR IN THE MAKING

Having successfully taken Tour Players to 11 Open Tour victories & Ryder Cup success, I am in no doubt that Ishnidh Virdi will soon realise his dream to win on the International Tour. In his quest to pursue his goal through the US Collegiate, I would like to add my endorsement to his application. Ishnidh is one of the finest students that I have worked with, his skill set and performance are outstanding, his passion for the sport, dedication, statistical application and incredible capacity to stay calm under pressure are rare and remarkable for someone so young (16). Blessed with a natural sporting athleticism, he has delivered 30+ Wins in both Junior & Amateur Competitions and in 2025 – 2026, Ishnidh has achieved extraordinary success:

- 4 Wins & 12 Top 3 Finishes including two International Junior events, a 1st in Malaysia & a 3rd in Singapore
- Best ranking 604th in the World Amateur Golf Ranking (WAGR), down from Amateur starting position of 4900 in April 2025
- Ranked 2nd on the India Golf Union (IGU) Order of Merit
- 3 back-to-back Podium Finishes in IGU National Juniors

I have been working with Ishnidh for 3.5 years and during this time, his handicap has dropped from 4 to +4. We have achieved this by identifying and correcting weaknesses in his game, introducing the shaping of shots - the Fade, Draw and playing low into the wind etc, studying technique and applying a much greater strategic mindset for course management & developing mental strength.

In 2024, Ishnidh attended a weeklong Intensive Course at my Academy here in the UK before I caddied for him in the Scottish US Kids Event at the East Links, Glen Golf Club in North Berwick. The whole experience was transformative and it enabled me to observe his entire game and mental capacity. Weather conditions on a Links course in Scotland are extremely challenging, even for the most seasoned Elite player and it was a completely different climatic experience to what Ishnidh was used to. This added a new dimension to his game - the importance of course strategy and developing mental strength. He was just 14 years old and he finished 8th. His performance not only demonstrated his maturity, cool head and all-round talent, he showed how quickly he was able to implement new skills, learned only the week before and under such a pressured environment.

Technically, Ishnidh has a near perfect swing that has proved to be repeatable and consistent under pressure. He controls his golf ball by shaping his shots on demand and he has always had the ability to transition by squatting and rotating, a key ingredient for success. Ishnidh also has a deep understanding of technique and touch in all aspects of the short game. This precision has enabled him to deliver strong performances with a level head and wise decision making.

Our approach to Ishnidh's development has involved 5 components:

- Live sessions via Video Link each month. Ishnidh's long term Coach, Bamby Randhawa interacts with me to oversee any changes as and if required.
- Ishnidh records every competitive and practice round in detail - scores, fairways hit, greens in regulation, putts per round, up-and-down percentages and course-specific notes for analysis and coaching requirements.
- Between lessons, Ishnidh studies technique with the "Paul Foston – My Golf Masterclass" App (my entire coaching programme) to understand the minutiae for every shot, developing mental strength and course strategy.
- 25+ Hours of dedicated Range practice each week, recording swing videos and launch monitor data for remote analysis.
- 3 Hours of physical training per week with a program set for Ishnidh by UK's World Commonwealth Silver Medallist, Paul Slythe.

I am very excited for Ishnidh, it is only a matter of time before he steps onto the podium on the World Stage and I do not know anyone more deserving. He is a fine young man with an amazing work ethic who recognizes the importance of academic education at the same time. He is an exemplary ambassador for his generation and our sport and I have no hesitation in recommending him for the highest collegiate division, he will deliver for sure.

Paul Foston

PGA Professional - Advanced Fellow

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