

2013 Teacher of the Year
Don Frost, PGA
General Manager at Clustered Spires Golf Club

Donald (Don) J. Frost was born on May 13, 1965 to Harry and Barbara Frost of Frederick, Maryland. Don was the only son of three siblings and much of his early childhood was spent playing various sports. His first exposure to golf was at the age of five when his father took him for his first golf lesson with PGA Professional and 2008 MAPGA Bill Strausbaugh Award winner Quin Sullivan. By the age of 13, Don was hooked and so began his life in golf.

At the age of 9, Don started his first golf job picking range balls from a stream at the local VFW Country Club. Improving his game and taking lessons from Mr. Sullivan as well as MAPGA Teacher of the Year Rick Krebs, Don gave himself the opportunity to play in three Maryland State High School Golf Championships. Following High School, Don entered Frederick Community College and became a star on the golf team, playing in two Junior College National Championships. He then transferred to the University of North Carolina-Wilmington where he played on the Division I golf team for two seasons. Don would return to Maryland and attend the University of Maryland to earn a bachelor's degree in Business Management.

In 1989, Don made the decision to play golf professionally. He joined the Space Coast Mini-Tour in Florida and played that circuit for the next three years. Through his Florida connections Don secured his first Assistant Professional position with Aberdeen Country Club in Boynton Beach in 1992. Being in South Florida, Don was introduced to Hall of Fame golf instructor Bob Toski and Golf Digest's Top 50 Instructor Martin Hall. After taking lessons from both Mr. Toski and Mr. Hall, Don discovered his true passion for teaching the game. Mr. Toski has been Don's mentor for 22 years and has invited Don to instruct with him for top tour players like LPGA player Birdie Kim and PGA Tour Players Tom Putzer, Tom Shaw and Mike Spozza to name a few.

Following Aberdeen, Don spent two seasons at Blowing Rock Country Club in North Carolina and one season at the Country Club of Florida in Boynton Beach before returning home to Maryland. Clustered Spires Golf Club in Don's hometown of Frederick hired him to be their Head Golf Professional in March of 1996. Little did they know what an impact Don would make on the growth of activity at their club.

Over the course of almost 17 years at Clustered Spires, Don has made an impact on rounds played, junior golf camps and individual as well as group instruction. When Don joined the staff in 1996, the number of rounds played was averaging about 30,000 for the year; private instruction was at 200 lessons (zero were from clinic format); and only 42 juniors attended summer camp. Since 1998, an average of 40,000 rounds are played at Clustered Spires; the junior camps field over 150 juniors; and about 800 private lessons and 200 group lessons are given each year.

Don's "always keep improving" attitude has helped him achieve certification with the Titleist Performance Institute (T.P.I.) and has also led him to create "The Vault" at Clustered Spires. The Vault is a state-of-the-art instructional room that offers 3-D swing instruction, T.P.I. body analysis, and mental golf evaluations. Through this technological advancement and experience, Don's name has become synonymous with teaching in the Frederick area. He has partnered with sport medicine doctors, chiropractors, optometrists, bio-mechanists and physical therapists in the Greater Frederick area to help deliver a complete improvement package to his students. In the area of group instruction, Don hosts "The Don Frost Clinic" which is geared toward beginning golfers and offers both lesson tee and on-course instruction. Don has instructed over 4,000 students through these clinics in his 17 years.

As one of Maryland's top PGA instructors, Don has been fortunate to work with several accomplished golfers in the area. Mr. Donnie Hammond who is also a native of Frederick, Maryland, plays on the Champions Tour and has been a student of Don's since 2007. The two worked together for three years and during this time, Don earned his official PGA Tour teaching badge and credentials which allow him to help Mr. Hammond on the driving range at PGA Tour events. Don has also been a long time teacher for Chris Baloga and Ray Sheedy, two of Maryland's top amateur golfers. Chris Baloga is the head golf coach at Loyola University Maryland and is the reigning Washington Metropolitan Mid-Amateur Champion. Ray Sheedy is the reigning Maryland State

Mid-Amateur Champion and is credited for leading his golf team at the University of North Carolina –Charlotte to a third place finish in the 2007 NCAA National Championship.

Outside of working with Tour and top amateur golfers, Don has also inspired and coached Maureen Barolet, his Head Professional at Clustered Spires. Maureen came to Don in 2001 at the age of 47 to learn a game that she had never played. After intense practice and determination, Maureen passed her Playing Ability Test and earned her membership in both the LPGA and the PGA.

Don's list of students is diverse and ranges from fellow golf professionals to collegiate stand-outs to amateur stars. In addition, his list includes students from the Maryland School for the Deaf and underprivileged youth who attend his summer junior programs. Teaming up with the Frederick County School system, Don hosts the Frederick County High School District Championship at Clustered Spires and has created a summer program specifically for high school-aged girls who want to learn golf. This program alone has increased girls participation in Frederick County by 25%.

Along with his commitment to junior golf, Don has devoted even more time to improving the golf experiences of his Senior customers. At Clustered Spires, Seniors receive a discounted rate and have the option to play a shorter set of tees. Furthermore, Don and his team of instructors have developed a program specifically for Seniors that targets flexibility and vision improvement. Working with a local physical therapist and optometrist, Don and his team have received much praise from the Senior students for improving their quality of life.

In 2012 Don was inducted into the Frederick County Maryland Sports Hall of Fame. Sharing in this special occasion was Valery, his wife of seven years, and his three children Samantha (16), Madison (13) and Ginny (3).