



# TRAIN TO COMPETE (LEVEL 5)

Train to compete is designed to fine tune the individual game of each player with the aim of success on course and participation in high level tournaments. Physical and golf skill testing is completed in the first class of each session to provide a baseline for tracking progress and give us the ability to formulate a more personalized program plan for each athlete.

This program focuses on continued practice and refinement of technical skills, competitive and mental proficiency and developing diligent work habits for our athletes to achieve their individual peak performance. The physical fitness component continues to heighten their athletic performance and physical sessions improve individual functional movement and strength.

Technical lessons, on-course lessons, supervised practice sessions are all included to optimize each player's learning experience and fix individual issues. **MYTPI.com**, **MYTRACKMAN.com** and **SHOTBYSHOT.com** are used to help track progress, prescribe specific plans of attack, benchmark and archive each individual players data.

\* Train to Compete meets 2 time a week and includes 2 supervised practice/ 9-hole rounds and two 18-hole per session.

<b>4 Weeks</b>	<b>8 Weeks</b>	<b>12 Weeks</b>
<b>\$550</b>	<b>\$1,050</b>	<b>\$1,500</b>

TEAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Ages 4-5						*10:00am -11:00am	
Ages 6-8						*11:15am -12:15pm	
Ages 9-11	*4:30pm -6:00pm		*4:30pm -6:00pm			*Supervised Practice / 9 Holes 2:00 pm	
Ages 12-17	*6:15pm -7:45pm	*4:30pm -6:00pm *6:15pm -7:45pm	*6:15pm -7:45pm	*4:30pm -6:00pm *6:15pm -7:45pm		*Supervised Practice / 9 Holes 2:00pm	
ACE PRO	*8:00pm -9:30pm	*8:00pm -9:30pm	*8:00pm -9:30pm	*8:00pm -9:30pm	Per Schedule	Per Schedule	Per schedule

**CALENDAR – 1 Session = 4 Weeks / 1 Term = 3 Sessions / Sign up is first come first serve**

Fall Term 2016: September 12<sup>th</sup> – December 2<sup>nd</sup> (1/2 Session December 5<sup>th</sup>-16<sup>th</sup>)

Winter Term 2016: January 9<sup>th</sup> – April 7<sup>th</sup>

Spring Term 2017: April 10<sup>th</sup> – June 30<sup>th</sup>

