

Northern Nevada Golf Association

Darla Smyth, NNGA ~ Chair

in Coordination with Senior Women's Golf League

Ginger Salcedo, Executive Director SWGL ~ Co-Chair



Presents Golf Psychology

with Lisa Wedmark, Sports Psychology with 20 years' experience

Monday, April 9, 2018 AND/OR Monday, April 23, 2018

COST: \$55 each class **PLACE:** Peppermill

INCLUDES: Presentation & Lunch 10:30 am - 1:30 pm

Prepare for better golf in 2018



Get your brain working for your game and not against it

Learn 'bottom up' strategies to control your performance

Use your pre-shot routine to increase focus throughout your round

Make your practice more effective

Learn strategies to recover from a bad shot or mistake

Make small shifts to be more positive & gain benefits on and off the course

Learn strategies to deal with a negative player or partner

Create your own 'happy place' and learn how to get there

Use the power of perception to affect performance

Name:	Please sign me up for:			Amount Paid
Phone:	Monday, April 9, 2018	\$55	\$	
Email:	Monday, April 23, 2018	\$55	\$	

Make check payable to SWGL and return your registration by April 2, 2018 to:

Ginger Salcedo 3225 Socrates Drive Reno, NV 89512 775-324-6913

No refunds after April 2, 2018