

NEW CLIENT ASSESSMENT & PRESCRIPTION

Initial Assessment & Prescription, 90min, \$119

A thorough consultation designed to assess where your game is currently at, and what you would like to do. Specifically tailored to junior golfers with testing incorporating golf skills and physical literacy. Technology usage may include video camera, launch monitor and 3D analysis system, as well as skills testing and goal setting. This sets the foundation upon which your individual training programme will be formulated and where you sit on the long term athlete development pathway.

CASUAL LESSON MENU

45min lesson, \$75

Directing you on the path to the long term development of your game. Focus on physical literacy, golf skills, and having fun. Technology may be used but the session will evolve based on your goals and current level of skill.

60min lesson, \$95

Directing you on the path to the long term development of your game. Focus on physical literacy, golf skills, and having fun. Technology may be used but the session will evolve based on your goals and current level of skill.

CREDIT PACKAGES MENU

Credit packages are basically pre-purchased blocks of time that are assigned to your lesson account as credit. The bigger the package, the more you save. Be pro-active and book a series of lessons ahead in time, or feel free to sit back & book a lesson when you want it – you have full access to your coaches online diary 24/7 and can book lessons, view your credit balance and/or past/future booking history.

| | Individual | 2 person share | 3 person share | 4 person share |
|----------|------------|----------------|----------------|----------------|
| 4 hours | \$ 361 | \$ 199 ea. | \$ 144 ea. | \$ 117 ea. |
| 8 hours | \$ 703 | \$ 387 ea. | \$ 281 ea. | \$ 228 ea. |
| 16 hours | \$ 1368 | \$ 752 ea. | \$ 547 ea. | \$ 445 ea. |
| 32 hours | \$ 2584 | \$ 1421 ea. | \$ 1034 ea. | \$ 840 ea. |

SCHOOL TERM GROUP CLASS PROGRAM

We strive to instill a love for the game of golf in your child by developing their physical literacy; turning them into an athlete first and golfer second. We provide quality coaching in small group environments encompassing a holistic approach to evolve a child's athletic capability and golfing skills. Golfers are grouped in classes relating to their level of physical and golfing skill rather than by age. We have found this to give kids a more enjoyable golfing experience as it allows us to coach them more effectively.

As each child enters the programme they are run through a series of tests to ascertain their golfing and physical skill levels. They then receive a hat based on their golfing skills and a bracelet based on their physical skills. This is similar to a martial arts type of system where you are essentially graded according to your ability. Children are then placed on the relevant programme pathway with skill benchmarks identified in order to progress up to the next level. This provides a structured system whereby at any stage of a child's development a snapshot can be taken of where they are and what they need to do to get to where they want to be.

A one off \$100 annual registration fee is shared which covers testing days, hats and bracelets. Interested students can first have a 60min 1on1 trial class at 50% off! This opportunity gives the coach a change to assess the child's physical/golfing ability to then be able to place your child in an appropriate group, but also gives you the parent a chance to see if your child likes the coaches style, personality & obviously enjoys the game.

Fundamentals

(learning phase 1)

| Ages | Focus | Duration | Class size | Cost |
|------|--|----------|------------|--------------|
| 4-7 | Participation. Developing fundamental movement skills and an introduction into early golf specific skills. | 60 min | 4 max | \$175 p/term |

Play

(learning phase 2)

| Ages | Focus | Duration | Class size | Cost |
|------|---|----------|------------|--------------|
| 7-11 | Development. Developing fundamental sports skills and advanced physical literacy. | 60 min | 4 max | \$189 p/term |

Train

(learning phase 3)

| Ages | Focus | Duration | Class size | Cost |
|-------|---|----------|------------|--------------|
| 11-15 | Performance. Advanced golf skill development & physical literacy whilst allowing for individual growth spurt variances. | 60 min | 4 max | \$203 p/term |

Elite

(learning phase 4)

| Ages | Focus | Duration | Class size | Cost |
|------|---|----------|------------|--------------|
| 15+ | High Performance. Main focus is acquiring the all encompassing skills required to pursue a career in golf | 2 hour | 4 max | \$55 p/s p/c |

SPECIALISED LEARNING MENU

90min on course playing lesson experience \$175

The playing of the game over a few holes designed to assess and improve on course performance. Decision making, pre shot routines consistency and shot selection are but a few of the elements looked at. This shows us the strengths and areas for development of your game and assists us in formulating your individual training programme.

90min Club fitting experience \$149

A thorough assessment and evaluation of your clubs. Using the FlightScope Xi Tour launch monitor to assess key variables of your equipment make up to see whether the clubs match your swing for now and where you want it to be. Through comprehensive testing and getting a feel of your individual preferences we can be best placed to recommend the tools that will optimise your performance.

3D Biomechanical Analysis (AMM 8 sensor system) 2.0 hrs \$219

3-D motion analysis provides a quantitative evaluation of co-ordination and timing, swing dynamics, injury risk, dynamic postural control and range of motion, and swing consistency. From this, physical capabilities can be identified so that appropriate technical direction and intervention strategies can be implemented, helping players develop an efficient technique that places the body at minimal risk of injury. Postural awareness, flexibility exercises, biofeedback, and golf-specific exercise drills are introduced to aid technical development and the learning of new "feels" associated with swing improvements. This functional movement analysis of your golf swing is also integrated with a launch monitor to measure and correlate club delivery and ball flight information.

SAM PuttLab Analysis & Improvement Session 90 mins \$159

For most golfers 43% of the shots during a round are putts. Through ultrasound sensory technology SAM PuttLab analyzes the 28 most important parameters of your putting stroke. Using this system with your coach will improve your technical proficiency by establishing the root cause of your problems. By giving you enhanced feedback on your movement and a better understanding of your tendencies you will be well on the way to improved performance on the greens.

Half Day Programme \$499

Experience a half days quality coaching encompassing over 4 hours of improving your game, one on one. We will assess all components relevant to your game that will identify areas of required improvement. Includes lunch and drinks, provided the golfer is prepared for a long and intense session! This holistic programme includes

- ✓ Swing improvement through 3D motion analysis and launch monitor integration
- ✓ Equipment suitability testing through club fitting
- ✓ Analysis and improvement of your putting and short game skills
- ✓ An on course assessment, evaluating your pre shot routine, course management skills & overall state of your game
- ✓ Supervised practice time in working to improve identified areas of skill through compliance with recommendations

Players will leave with a thorough understanding of their games and will receive individually specific swing drills and exercises to further improve.

Yardages Measurement with FlightScope Xi Tour Launch Monitor 60 minutes \$125

Measure your clubs carry distances to help you make better informed decisions on course when you play. Using the latest in launch monitor technology we will measure your distances with all your clubs. This session will give you useful information to take on course and use to lower your scores as well as provide some information on your swing technique.

Train Like a Tour Player Programme \$15,000

This programme is simply the gold standard in coaching. Bringing you high performance coaching that is commensurate 'on tour' this programme encompasses a year long improvement process designed to improve your game and train in the same way as the playing professionals do. This programme includes

- ✓ A full set of custom fitted Titleist clubs (from driver through to wedges) that is yours to own
- ✓ A holistic approach to improvement covering all aspects of golf performance including technical, tactical, mental and physical components
- ✓ An awareness of the characteristics of elite level golfers and where you need to 'fill' the gaps
- ✓ Sessions with a physiotherapist to assess your body and bridge the gap between your body-swing link
- ✓ On course play and practice

