



ELITE GOLF P E R F O R M A N C E

2020/2021 Elite Golf Performance Training Programs

Boot Camp (Basic Training) - The Elite Golf Performance Boot Camp is a way to go from sitting on the couch, to being course ready within one month. Instead of casually hitting balls and training without a plan, we will schedule the entire month and have weekly performance reviews to make sure that everyone is being held accountable through the process.

In addition to learning the physical skills necessary to complete your mission, you will also begin to be introduced to both the mental (mindset + strategy) and physical conditioning requirements that will be needed to match your newly developed skill.

This option works well with new golfers and golfers looking to turbo charge their development.

Boot Camp Includes:

- **Four three-hour private coaching experiences that include long, mid, and short game**
- **Weekly detailed practice/drill plans provided for reinforcement**
- **Access to both Trackman 4 and Smart2Move Force Plate data**

Cost: \$750 (per month)

Buds Camp (Special Ops)

- **Four three-hour private coaching experiences that include long, mid, and short game**
- **Weekly detailed practice/drill plans provided for reinforcement**
- **Two nine-hole small group on-course coaching experiences**
- **Access to both Trackman 4 and Smart2Move Force Plate data**

Cost: \$1000 (per month)

Full Operator Mode

- **Four three-hour private coaching experiences that include long, mid, and short game**
- **Weekly detailed practice/drill plans provided for reinforcement**
- **Monthly Trackman Combine reports to monitor progress**
- **College recruiting help**
- **Tournament Preparation**
- **Two 18-hole private on-course coaching experiences**

Cost: \$1250 per month (3-month minimum)

