



MEASURED GOLF

Measured Golf Performance Pod Learning Format

What is a performance pod?

A performance pod is a small group of four individuals that share a similar goal and embrace the learning journey together. Performance pods are aimed at fusing both fitness and golf instruction together to allow the athlete to train better motion within both the golf club as well as the athlete's body. Simply put, by training both the human body and the movement of the club, we are better able to own our pattern and perform at higher levels.

What is the goal of introducing performance pods at Measured Golf?

The primary goal of introducing performance pods at Measured Golf is to put together the total package for the athlete and expedite the learning process by taking a more holistic approach to developing golf specific athletes. In addition to seeing performance gains sooner, we also know that forming positive habits is key and by working within a small group, it tends to lead to more accountability for the individual to show up and put the work in.

What is the format of the performance pods?

The performance pods will meet weekly at a pre-determined time for two-hours per session. Performance Pods will consist of four athletes and will be split into pairs, with two athletes working with either Aram or Michael at a time.

One hour of the session will be devoted to strength/movement training with Aram and the other hour will be spent working on golf specific skills with Michael. Athletes will have full access to Trackman 4, Smart2Move 3D Force Plates, SportsBox AI 3D Motion Capture, and more.

Current Performance Pods Available

**Mondays: 1:00PM | Tuesdays: 6:00PM | Wednesday: 7:00PM
Thursday: 8:00AM | Saturday: 7:00AM**