



Junior Golf Performance School of Golf

The School of Golf will provide a single location for the junior golfer to receive a complete game plan that incorporates:

- Technical Instruction, Fitness – Strength & Conditioning and Mental Training
- Indoor Golf Lab utilizing TrackMan4, Swing Catalyst, and E6 Simulator
- Groundbreaking video and swing analysis

Components of the Camp

- **Golf Performance:** Learn full swing, short game and specialty shots utilizing our Indoor Golf Lab with the best technology in the world.
- **Strength & Conditioning:** Learn proper strength / core training techniques in a safe and controlled environment. Improve dynamic stability, mobility and balance, specifically designed for the golfer.
- **Mental Training:** Learn how to gain an edge in golf in a fun and relaxed setting. Practice Pre-Shot routines, Focus and How to keep your cool.

Staff / Instructors

- **Golf Performance:** Tim Wright, Director of Golf Performance. Tim is PGA Certified in Teaching and Coaching and is also a Stack and Tilt Authorized Network Instructor with over 8 years teaching experience.
- **Strength & Conditioning:** Josh Scott CSCS, Director of Strength and Conditioning
- **Mental Training:** Adrienne Langelier, MA LPC, Director of Sports Psychology.

Terms

- **Limited to 4 junior golfers**
- Individualized instruction in a small group with your peers
- Two (2) Week and Three (3) Week terms available. Tuesday, Wednesday and Thursday each week.

Dates

- Term 1: June 7 to June 16 2 Weeks 4pm -6pm Ages: 8-10 years
- Term 2: June 21 to July 7 3 weeks 4pm-6pm Ages: 11 -13 years
- Term 3: July 12 to July 28 3 weeks 4pm -6pm Ages: 8-10 years
- Term 4: Aug 2 to Aug 11 2 weeks 4pm-6pm Ages: 11 – 13 years

Cost

- Terms 1 & 4 **Limited to 4 Junior Golfers**
8 hours Golf Instruction, 2 Hours Strength & Conditioning, 2 Hours Mental Training \$499.00
- Terms 2 & 3: **Limited to 4 Junior Golfers**
12 Hours Golf Instruction, 3 Hours Strength & Conditioning, 3 Hours Mental Training \$749.00

To Register / Questions

- Contact 1P410 Sports at 832-791-5954. You may also email Tim Wright, Director of Golf Performance at Tim@1p410sports.com.
- Visit our website, www.1p410Sports.com for detailed information regarding each Menu of Service

