

San Antonio Golf Performance Program Design

Date:

Student: Full Name

Priority Outcome: Consistent greens in regulation for optimal scoring with the putter - mid to upper 70s would make the player happy.

Current Stats: Fairways 80% Green In Regulation: +/- 15% Putting: 2.0 putts per hole

Current Scoring: mid 80s to mid 90s

Original Program Design: Specific Program 3 sessions with a focus on wedges and gapping, >125yds

Professional Assessment:

Very diligent work ethic along with athletic ability throughout movement sequence. Speed and strength is good. Sequence is a little off with a noticeable "steering" with hands, wrists and arms at impact.

Came with some inefficient assumptions with regard to arms and hands through impact. Given a 5 on the impact scale (1 = dramatic ascension, 10 = dramatic descension). There is an "up" and "out" move into impact - more "lifting" than down and through. This causes a 2-way miss or even worse; the shank. A little apprehensive with "letting it go". Working on driving with the legs first from the P4 with an elongated finish to P8 - using the ultimate drill sequence.

The question is in regard to achieving the desired outcome of scores being in the mid to upper 70s where should the performance program focus in order to gain some confidence for the player? Player believes improved iron play with help ball striking abilities that will alleviate pressure on the putter.

Mindset: Perfectionist leading to frustration

This is good and bad. In order to work through the "chunks" and perfect the "chunks" the player needs to let the other Ps develop on their own throughout the "chunking" learning sequence. The player tends to attempt to think all things instead of one thing, which should be a feel, an image or a sound. Suggested reading: Any of the player books from Vision 54:

<https://www.vision54.com/books>

Drills for developing a more focused and efficient mindset will be taught using a series of exercises that range from no shoe shots, 1 legged shots, opposite swings and "goofy" activities on the practice tee.

On Course Performance: Based on statistics and insight shared via comments in training space. Have not scheduled a playing lesson with student.

Opinion and Assumptions on scoring performance: Player may be trying to take the practice tee perfection mindset swing to the golf course. This is virtually impossible since there is so much outside influence and atmosphere interfering with the flow of play.

We hear it all the time from Tour players, “focus on my process”, “one shot at a time”, this cannot be emphasized enough for the amateur player. Most amateurs are focused on the swing instead of the shot. This takes time, obviously, but can be developed with time and patience with a focus on self discipline throughout the round instead of the score outcome.

In other words, a few rounds spent with a simple focus on process, routine and breathing. Sounds simple but can have no effect on the improvement of scores in the immediate time frame.

Time Commitment:

Bootcamp 30 Day Program: 3 private sessions per week with 9 holes per week.

Sessions will focus on- mirror work to help with feel vs. real concepts, aggressive short game sessions, “chunking” drills with dramatic effect on P4 - P6 - P8. Playing lessons would be focused on process, mindset and breathing. Plus weekly group fitness sessions and Yin Yoga.

Costs: \$1,400 (\$75/session, \$125/9 hole playing lesson + \$15 per session fee + green fees for player and instructor)

Group golf fitness class \$15 per session, must score a 15 on Functional Movement Screen. Wednesdays at 7pm.

Yin Yoga \$15 per session Thursdays at 615pm

90 Days: Not as intense as the 30 Day Bootcamp... Unlimited private sessions and 9 hole playing lessons scheduled at your convenience.

We would start with short irons for the first 3 weeks focusing on impact - square clubface. Minimizing wrist and forearm action. Increase ground force along with the 4 tilts. Moving on to longer irons with a precise movement sequence that would focus on tempo and speed drills that would help the player “let go”.

As we move through building your swing’s foundation we would want to become more passive with our technique during shot selection with an emphasis on visualization to create the appropriate movement sequence.

Group golf fitness and yoga classes included with \$15 per session fee paid to MBS Fitness.

We would want to have marked milestones that are both objective and subjective to the player: scoring, mindset and confidence

Costs: \$2,000 one-time payment. Some flexibility in scheduling along the way with travel expectations from both player and instructor. Possible extension to the time commitment if player and instructor have circumstances beyond their control.

6 Months: Unlimited private sessions and 9 hole playing lessons scheduled at player convenience.

With a longer time commitment we have the flexibility to focus on the major issues holding back your ball striking ability. We would start with short irons for the first 6 weeks focusing on impact - square clubface. Minimizing wrist and forearm action. Increase ground force along with the 4 tilts. Moving on to longer irons with a precise movement sequence that would focus on tempo and visualization drills that would help the player "let go".

Wedge and scoring drills would be incorporated throughout the program. You would have access to "OPEN PRACTICE" from noon to 4pm most week days. This is basically a supervised practice session with a focus on accountability for "the move" being enhanced. Brandi Jo travels for golf and student tournaments some weeks may not have Open Practice.

As we move through building your swing's foundation we would want to become more passive with our technique during shot selection with an emphasis on visualization to create the appropriate movement sequence.

Commitment to ONE 18 hole play day per month to simulate tournament scoring conditions. These scores will be used to measure our progress.

Group golf fitness and yoga classes included with \$15 per session fee paid to MBS Fitness.

Costs: \$3,000 one-time payment. Some flexibility in scheduling along the way with travel expectations from both player and instructor. Possible extension to the time commitment if player and instructor have circumstances beyond their control.

1 Year: This is simply an extension of the 6 month program. Usually within 6 months the player and instructor have discovered what the default issue really is and then just focuses on that "chunk".

Unlimited private sessions and 9 hole playing lessons scheduled at player convenience.

With a longer time commitment we have the flexibility to focus on the major issues holding back your iron play. We would start with short irons for the first 10 weeks focusing on impact - square clubface. Minimizing wrist and forearm action. Increase ground force along with the 4 tilts. Moving on to longer irons with a precise movement sequence that would focus on tempo and speed drills that would help the player "let go".

Wedge and scoring drills would be incorporated throughout the program.

You would have access to “OPEN PRACTICE” every week day from noon to 4pm. This is basically a supervised practice session with a focus on accountability for “the move” being enhanced.

As we move through building your swing’s foundation we would want to become more passive with our technique during shot selection with an emphasis on visualization to create the appropriate movement sequence.

Commitment to ONE 18 hole play day per month to simulate tournament scoring conditions. These scores will be used to measure our progress.

Group golf fitness and yoga classes included with \$15 per session fee paid to MBS Fitness.

As an active member of San Antonio Golf Performance, you would be invited to play with other students in scheduled playdays at courses around the Hill Country. Some of the courses, we’ve been able to enjoy for a reduced guest fee are Summit Rock, Escodida, Barton Creek, Lake Cliff, Lost Pines, TPC San Antonio...

Costs: \$5,000 one-time payment. Some flexibility in scheduling along the way with travel expectations from both player and instructor. Possible extension to the time commitment if player and instructor have circumstances beyond their control.

ALL PROGRAMS GIVE THE PLAYER ACCESS TO [GOLF PERFORMANCE ONLINE](#) - Specific Drills for Specific Shots and Playability.

In conclusion, improvement depends on two distinct elements: PATIENCE AND TIME. One you can control one and the other you can’t. I can’t give you more time but I can motivate you to focus on what specific movement sequences. With a focus on slow, smooth movements improvement can be accelerated beyond the desired outcome IF there is significant mindset development taken at the same time. My belief is that if you want something to change for the better, you must change for the better.

This program is designed to be flexible and to be evaluated on a weekly basis with straightforward feedback from the player and instructor.

These programs are designed to give you a PhD in your own golf swing.

Any questions or comments are always welcome.