



Salem Ridge
GOLF & ACADEMY

PURE CONTACT TRAINING PROGRAM

DRASTICALLY IMPROVE YOUR BALL STRIKING ABILITY

PROGRAM DETAILS

- 1 – Skill Assessment (SA)
- 6 – Golf Skill Acquisition Sessions
- 6 – Full Day Practice Passes

Pure Contact Training Program Price \$800 + HST



Pure Contact Training Program

The Pure Contact program is designed for the golfer who wants to significantly improve their ball striking ability. The proficient and consistent ability to control the distance and trajectory the golf ball travels requires an efficient command of both the body and golf club. This program is all about learning how to improve the mind-body-club connection to produce consistently pure golf shots!

Program Breakdown:

- 1 – Skill Assessment (SA) – Initial Testing and Evaluation Process – 2-Hours in Duration
- 6 – Golf Skill Acquisition Sessions – 1-Hour in Duration/Session
- 6 – Full Day Practice Passes – Practice Makes Permanent

Learning Outcomes:

1. Improved control of golf swing sequencing and motor pattern
2. Practical understanding and demonstration of workable grip and posture
3. Application of functional impact
4. Conceptual understanding of distance control and improved dispersion pattern
5. Improved practice techniques and habits to sustain and maintain improved skill level

Price: \$800.00 + Tax

Note:

The *Pure Contact Training Program* builds upon the information gathered from the Skill Assessment (SA) and makes use of sophisticated golf technologies: TrackMan 4 and K-Vest Human Motion Learning System. With both of these systems providing key data that helps create the guidelines for the game improvement process. The PGA of Canada Professional administering the program will explain the technology and the information it provides during the golf skill acquisition sessions. Training aids in combination with drills and exercises will be employed, and, an online lesson tracking and coaching application system will be used to ensure retention and help with progress throughout the learning process.