



3-Day Full Swing Schedule of Events

Monday / Friday Day 1	9:00 A.M. - 9:15 A.M.	Welcome
	9:15 - 9:45 A.M.	Warm-up / Video
	9:45 - 10:15 A.M.	Full Swing Dynamics
	10:15 - 11:15 A.M.	Video Analysis
	11:15 A.M. - 12:15 P.M.	Mastering the Basics
	12:15 - 1:00 P.M.	LUNCH
	1:00 - 2:45 P.M.	Impact Zone
	2:45 - 3:00 P.M.	Recap
	3:00 - 3:15 P.M.	Transition
	3:15 - ?	Students Play Golf
	Tuesday / Saturday Day 2	8:30 - 9:00 A.M.
9:00 - 9:15 A.M.		Stretching
9:15 - 10:15 A.M.		Mastering the Basics Review / Impact Zone
10:15 - 11:15 A.M.		Pivot
11:15 - 12:15 P.M.		Dynamics of the Swing - Ball Striking
12:15 - 1:00 P.M.		LUNCH
1:00 - 2:00 P.M.		Driving with Authority
2:00 - 2:45 P.M.		Pre-Shot Routine
2:45 - 3:00 P.M.		Recap
3:15 - 4:15 P.M.		On-Course Instruction
4:15 - ??		Students play golf
Wednesday / Sunday Day 3	9:00 - 9:15 A.M.	Stretching
	9:15 - 9:45 A.M.	How to Practice
	9:45 - 10:45 A.M.	Pivot (Advanced)
	10:45 - 12:15 P.M.	Dynamics of the Swing - Recapture Video
	12:15 - 1:00 P.M.	LUNCH
	1:00 - 2:30 P.M.	2nd Video Analysis - Written Game Plan
	2:30 - 3:00 P.M.	Closing
	3:00 - 3:15 P.M.	Transition
	3:15 - ?	Students Play Golf