



# WOMEN'S ELITE TRAINING

Training is designed for competitive women's golfers who are dedicated to making improvements. Participants will take part in **7 weekly individual lessons** and **7 group practices** designed to improve all areas of their game. Practices will mirror what colleges are doing to prepare their players for competition. Sessions will be designed based off of deliberate practice theories and will be highly structured, measurable, and challenging.

**PRACTICE DATES:**  
EVERY THURSDAY  
5:30-7:00 PM  
**MAY 14, 21, 28, JUNE 4, 11, 18, 25**

**WEEKLY INDIVIDUAL  
LESSONS:**  
SCHEDULED WITH INSTRUCTOR

**COST PER MEMBER**  
MINIMUM OF 3, MAXIMUM OF 6

**\$900**