



San Pedro Academy

Annual Coaching Plan

The San Pedro Academy Annual Coaching Plan is a comprehensive training program for Players committed to serious improvement.

The Program provides a 1-hour Private Session with an additional hour of Structured Practice once per week at priority times (adjustable for family and personal scheduling), and limited to 12 Players annually.

The Program extends well past the practice tee in providing guidance and counseling from an experienced team of golf, sports psychology, and fitness professionals, along a group of world class consultants.

BENEFITS

1) Provides the Player with training for:

- Full Swing Technique & Skill Building
- Short Game Technique & Skill Building
- Putting Technique & Skill Building
- Course Strategy
- Mental Coaching
- Emotional Management

2) Provides the Player with access to tournament services including:

- Tournament Selection & Scheduling
- Tournament Preparation
- Benchmark Testing
- Course-specific Strategy
- Parent Caddy Training

3) Provides the Player with access to advanced training programs including:

- DECADE™ Course Strategy
- VISION54 Mental Training
- Titleist Performance Institute Junior Development
- BioSwing Dynamics Full Swing Training
- Wright Balance Biomechanical Analysis
- Biometric Sports Certified Combine™ Training

4) Provides the Player & Parent with access to the latest analytic technology including:

- Trackman™ 4 Pro Dual Radar Launch Monitors
- Foresight™ GC Quad Launch & Club Analysis
- Flightscope Xi Pro
- MySwing 3D Analysis
- Swing Catalyst™ Ground Force & Pressure Analysis
- Science & Motion™ PuttLab 5.1 3D Analysis

5) Provides the Player & Parent with access to complete fitness programming:

- Biometric Sports F2 Project Distance Training
- Titleist Performance Institute Functional Movement Assessment
- Strength & Conditioning programs tailored to the Player's unique biomechanical structure & function, which helps avoid future injury.

ANNUAL COACHING PLAN

	BASE PROGRAM		COST
1	Initial Evaluation	Club Benchmarking & Biometric Evaluation	Included
2	Annual Plan II	Four 2-Hr Sessions Monthly Individual Private Session & Structured Practice (48 Sessions Annually)	\$400/Mo w Annual Commitment
3	Annual Plan I	Two 2-Hr Sessions Monthly Individual Private Session & Structured Practice (24 Sessions Annually)	\$250/Mo w Annual Commitment
4	Additional Sessions	Additional 2-Hr Sessions for Annual Plans	Add \$100/Session