

# Possible Summer Programs

Program 1: Basic Training Session

2 Hrs - \$175.00 Per Person

3 Hrs - \$225.00 Per Person

Maximum of 4 People

What you get:

1. Complete evaluation of your body which allows us to match up your body type, lever length, strength, flexibility and other physical features to the fundamentals of your golf swing. We guarantee that we will find those fundamentals and the swing that will fit you best. Guaranteed a better ball flight and a more repeating swing.
2. Each student will receive a DVD of the entire lesson.
3. A V-1 internet lesson is sent to your e-mail and your phone.
4. You get a club fitting evaluation from our master club fitter.

Program 2: The Junior improvement Training sessions for boys and girls

6 Hrs

Cost: \$800.00

Maximum of 8 Juniors

What you get:

1. How to prepare for college golf from Dr. Jim Suttie one of the most successful college coaches ever.
2. How to practice.
3. How to get better in tournament play.
4. What coaches are looking for.

### Program 3: The Adult/Senior Coaching Program

For: Those golfers who want to see a significant improvement and go to the next level with their game. Or, finding the game they had.

Cost: \$3,000.00

1 person for 16 weeks and 2 coaching session per week 1 Hr. sessions

Covers all phases of the game

Short game

Long game

Putting

Mental Game

Club Fitting

Decision Making

1. Physical body and conditioning for golf.
2. Complete Biomechanical evaluation of your swing using appropriate tests to determine what the golfer can do physically and we will design a swing that you can repeat.
3. You will play golf twice in front of your coach and see how to perform on the course. All of your shots on the course will be videotaped and send to you on your e-mail.
4. Practice Program will be designed for you.
  - a. Includes-
    - i. 16 Lessons
    - ii. 32 coaching sessions
    - iii. 2 Physical evaluations
    - iv. Continual video feedback
    - v. Trackman Results
    - vi. Mental Golf Test
    - vii. Club Fitting
    - viii. Practice Program Drills
    - ix. 2 On course lessons

#### Program 4: Junior Improvement Program Next Level Golf

For: Junior Golfers of all levels or ones looking to play college golf

16 Weeks Starts when the students are out of school.

4 students per week

Cost: \$150.00 a person per week

1. Meet as a group 1 time a week
2. Dr. Suttie watches you play 9 holes
3. Sit down sessions of how to get a scholarship and what schools to look at that fit your talent level
4. Dr. Suttie's credentials
  - a. 4 years at Eastern Kentucky University was coach of the year twice
  - b. Brevard Community College- Coach- National Championship team
  - c. Northwestern University 5 years
  - d. Florida Gulf Coast University 9 years as coach. 42 Tournament wins.
5. What the students receive:
  - a. Swing Evaluation
  - b. Short Game Evaluation
  - c. What tournaments to play in
  - d. What coaches are looking for

#### Program 5: Pain Free Golf

For: Special Populations of golfers with physical problems

Cost: 1 Hr. - \$200.00

3 Hr. - \$500.00

Golfers that have physical problems can now get better through Dr. Suttie's specialized program for physically challenged students. Through years of Biomechanical research, Dr. Suttie has developed a teaching program that fits each golfer's physical needs. He has worked with golfers with bad knees, bad backs, bad hips, bad shoulders, elbows, hands and wrists. He shows you the best way for you to play the game you love, without putting more pressure on that sensitive, painful area.

Play pain – Free golf again with Dr. Jim Suttie's new program.

## Program 6: The Short Game Training Session

For: Any Student of any level

Cost: 3 Hrs \$225.00 Per Person

Maximum of 6 people

What do you get?:

1. Fundamentals of chipping
2. The chip putt
3. Fundamentals of pitching
4. Hot to spin the ball
5. Picking the right club
6. Lobbing technique
7. 100, 75 yard shots. The scoring zone.
8. Trajectory Control
9. Bunkers
  - a. Long Bunkers
  - b. Short Bunkers
  - c. Medium Bunkers
  - d. How to practice
  - e. Short Game Manual

Program 7: The Player's school: The scoring game

For: The advanced player, Club Professional, College Player, Mini Tour Player, or Tour Player.

Time: All Day 3 Hrs on the Range Afternoon on the course

Cost: \$450.00 Plus Green Fees

Maximum # of people- 4

What you get:

1. Physical Evaluation
2. Mental Golf Test
3. Video Analysis
4. Internet Lesson + DVD
5. Biomechanical analysis of your body and how your strength and weaknesses integrate to find your best repeating swing.
6. 18- Holes – Videotaped on course
7. Short Game and putting tests given.
8. Practice technique and drills.

Program 8: The beginners Training Session

For: Beginners Only

Maximum Number of Students: 5

Time: 3 Hrs.

Cost: \$150.00 per person

What you Get:

1. Basics of the swing – Fundamentals only
2. Guaranteed improvement
3. Teaching Manual
4. Internet Video of your swing at end of lesson.

### Program 9: The Putting Only Training Session

Time: 3 Hrs.

Cost: \$225.00 per person

Max. Number of Students – 6

What you get:

1. Putter fitting
2. Sam Putt Analysis
3. Video analysis – 6 angles including ground shots
4. Reading greens correctly
5. Picking a putter to fit your stroke
6. Practice technique and drills
7. Launch monitor results
8. Internet lesson + DVD

### Program 10: All Comers Clinic

Time: 1 Hr

When: Once a week

Cost: \$75.00

Max Number of Students: Unlimited

What you get:

1. Quick tips on what you need to work on to get better.
2. 4 Camera video analysis, 4 angles
3. All the balls you can hit in 1 hr.
4. Basic fundamentals of the swing.

Program 11: Power School

Time: 2 Hrs.

Cost: \$175.00 Per Person

Maximum Number of Students: 4

What you get:

Using state of the art launch monitor technology (Trackman) Dr. Jim Suttie looks at the performance of your driver and over the course of the lesson guarantees an extra 15 to 20 yards off the tee. All the student has to bring is his or her driver and Dr. Suttie will get the student hitting further than they ever thought possible.