

TRAIN LIKE A SEATTLEU GOLFER



Improve your golf game!
Swing Video Analysis
Course Management & Stats
Talk College Golf & Recruiting
Fitness & Mental training

Work directly with NCAA Division I Coaches

Coaches will introduce the training philosophies and principles used to help teams compete in NCAA Regional and National Championships over 10 times.

ONE Day Training Camp 8+ Hours of instruction

- Lunch/on campus/wedge range/snacks and drinks

Availability: **Open to all High School aged players (8 Spots)**

Saturday, February 24, 2024



Cost: \$349





****Schedule is Subject to small changes****

Train Like a Champion

The objectives of this camp are to:

- Help the friends of our program improve their golf games by providing the same world class instruction we provide to our student athletes.
- Help you gain an understanding into the NCAA recruiting process.
- Provide quality feedback regarding practicing to improve.



Once you participate in this camp you will have a concrete understanding of how to play golf like any other sport, with a focus on target and strategy and a better understanding of swing mechanics. The main goal of the camp is to provide an understanding of how to gain the most from your practice, your time, and your resources. Challenging, Rewarding and Measurable practice methods!

Training Camp Schedule of events

8+ hours of instruction

Check-in starts @ 7:30am

Start Time:

Report to the Redhawk Athletic Center at Seattle University

Group Workout /Putting Drill

7:45am-8:30am

Head up to SU Park Wedge Range

8:00am-11:00am

Lunch @ SeattleU

11:00-12pm

Redhawk Instruction center:

Instruction from coaches (Understanding the fundamentals of quality practice)

12:15pm to 3:00pm

*30 Minute stations (Trackman, Putting)

Question and answer session with players & Parents on **RECRUITING!**

3:00pm-4pm

Report back to Redhawk Center

Thank you for attending!!!

Location: Redhawk Athletic Center-Seattle University 550 14th ave., Seattle, WA 98122

