

# GOLF SPECIALIST PROGRAM

## GOLD

UNLIMITED SESSIONS

\$90 P/W

Unlimited strength squad sessions  
Monday - Friday  
+  
Saturday Golf specific strength sessions  
+  
Comprehensive movement screening  
+  
Saturday growth & development  
workshop  
+  
Individualised planning & programming  
+  
Interactive online sessions  
+  
1:1 technical feedback and coaching  
+  
Online coaching, resources & support  
+  
Golf pro/strength coach lesson  
collaboration

## SILVER

4 SESSIONS

\$70 P/W

1 strength squad sessions  
Monday - Friday  
+  
Saturday Golf specific strength sessions  
+  
Comprehensive movement screening  
+  
Saturday growth & development  
workshop  
+  
Individualised programming  
+  
Interactive online sessions  
+  
1:1 technical feedback and coaching  
+  
Online coaching, resources & support

## BRONZE

3 SESSIONS

\$50 P/W

Saturday golf specific strength  
sessions  
+  
Physical movement screenings  
+  
Saturday growth & development  
workshop  
+  
Individualised programming  
+  
Interactive online sessions  
+  
1:1 technical feedback & coaching  
+  
Online coaching, resources & support

**NEXA**





## **MONDAY - FRIDAY SESSIONS - High Performance Squad Session**

- Undertake your individualised program under the guidance of our coaches alongside other HP athletes.

## **SATURDAY SPECIALIST SESSIONS**

- Undertake your individualised program alongside other HP Golfers.

## **SATURDAY GOLF AND DEVELOPMENT WORKSHOP**

- High Performance Habit building including planning, statistic reviews, scenario & strategy work.

## **INTERACTIVE ONLINE WORKSHOPS**

- Building mental performance strategies for use on course.
- Discuss upcoming tournaments.

## **COMPREHENSIVE ASSESSMENT SCREENING**

- Reveal valuable information regarding an athletes strengths, imbalances & vulnerabilities.

## **INDIVIDUALISED PROGRAMMING**

- Each athlete is programmed individually inline with high priority areas identified during their movement screening.

## **OPEN ACCESS TO FEEDBACK & COACHING**

- Our experienced coaching team are accessible to guide you at each critical step of your development.

## **COLLABORATION**

- Utilisation of technology to connect your coaching & service provider team, centralising & sharing important information in real time.