

2013/2014 Winter Game Improvement Programs by Laura Patrick

Coaching fees are based on sessions being held at 2nd Swing in Minnetonka (Nov-Feb). Facility rental will be the students responsibility for lessons taken at another facility or after February. Packages must be completed by the start of the 2014 golf season.

	Personal Coaching Package	Player Development Package	Winter Tune-up Package
Total Hours of Coaching	10	6	3
One-hour Golf Skills Coaching Sessions	6	5	3
2 Hour In-depth Golf Evaluation with TPI Screening with Corrective Exercises	✓		
2 Hour Zone Performance Training Program including workbook materials	✓		
Mental Golf Profile Report	✓		
Intro to Emotional Management, Visualization and Relaxation Techniques	✓	✓	
Goal Setting and Club Evaluation	✓	✓	✓
Package Value			
Coaching Fees (Adult/Junior)	\$700	\$375	\$225
Payment Plan	2 payments \$350	2 payments \$187.50	
Split package with a friend	\$475/person*	\$200/person*	\$125/person*
<p>Junior Golfers/Students Receive a 10% Discount off the cost of any package</p> <p>*When splitting the package with a friend, the skills coaching sessions will consist of a 30 minute session for each person. For the Personal Coaching Package, each player will receive a one-on-one TPI assessment with individual exercises and one hour of private Zone Performance Training. Each player will also receive their own Mental Golf Profile and Zone Performance Training Materials.</p>			

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HeartMath® Zone Performance Training or Stress Relief Programs

\$200 includes 2 hours of coaching, program workbook, and "Inside Edge" or "Managing Emotions: Golf's Next Frontier" booklet. Coaching Sessions can be conducted in person or via phone.

As a Licensed HeartMath 1:1 Provider, I will help you learn tools for life - simple, practical and reliable tools proven to help you quickly rebalance heart, body, and emotions. You can experience more flow and less stress and become who you really are by replacing the patterns and habits of who you are not.

Zone Performance Program

Elevate your game whether it is a competitive sport or a personal challenge. By controlling your physiological response to stress and anxiety you can learn how to quickly reach and sustain the zone of high performance. Through this program you will gain an understanding of the relationship between emotions, stress and performance. This focused and practical program combines personalized coaching and a detailed practice plan to meet your performance objectives. What you will learn:

- The relationship between emotions, stress, and performance.
- How to disengage from the negative impact stress has on your play and how to use foundational HeartMath tools to transform stress.
- Techniques to restore nervous system health, increase energy levels and improve your overall sense of well being.
- How to access a winning attitude on demand.
- How to improve mental clarity, make better decisions under fire and improve communication both on and off the field.

Stress Relief Program

In today's stressful world finding something that works to relieve stress and limit the impact stress has on your body is like finding a goldmine. This program shows you how your physiology can respond differently to stress and teaches you how to manage your reactions to stressful situations. Through your new, healthier response to stress, you will create a positive impact on your body and mind. This focused and practical program combines personalized coaching and a detailed practice plan to meet your personal objectives. What you will gain:

- The ability to recognize and disengage from the negative impact stress has on your body and mind.
- The relationship between emotions, stress and mind-body health
- Restored nervous system health and increased energy levels.
- Transform stress on demand, 24/7--any time, any where.
- Improved mental clarity and problem solving skills.

* Additional programs including the corporate training program, "Strategies for Coherent Performance" and the life changing "Voyage to Heart Intelligence" are available upon request. Please call for more information.

Sign up for a program and receive a 10% discount on the emWave2 or the Inner Balance Trainer for IOS.

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A la Carte Services and Descriptions

Single Lesson \$80

55-minute coaching sessions working on fundamentals and game improvement.

90-minute Game Evaluation \$150

Includes High Speed Video Swing Analysis, Short Game Analysis, Basic TPI Physical Screening, simple relaxation technique for improving your game, and a game plan for future lessons.

Like us on Facebook and receive a \$20 discount towards this evaluation

TPI Physical Screening with Corrective Exercises \$125

Identify the strengths and weaknesses of your body's mobility and stability and how it affects the way you swing the club. Golfers often find that the things they struggle with in their golf swing originate from a physical challenge. Stretching exercises and/or drills will be provided.

Mental Golf Profile Report \$65

Your personal Mental Golf Profile provides detailed descriptions of your mental golf tendencies and customized strategies for these areas of your game - golf temperament, pre-round preparation, mental tendencies when playing shots, course management, working with your instructor, mental tendencies toward golf fitness.

You CAN take me with you when you go!

Heading on a golf vacation – make it your own personal golf school! Winter somewhere warm – I'll come see you! Includes range and on-course instruction. Plus, you have the opportunity to hang out with your golf coach! Available Sept-March \$300/day + any travel and facility expenses. For additional participants add \$50/person/day. 2-day minimum for travel outside a 100 mile radius of Minneapolis. Based on availability. Must be set up at least three weeks in advance.

ParTee 19 – ParTee Like a Golf Star with Laura Patrick, LPGA Teaching Professional

Many of you have attended to themed parties – well what could be better than a golf themed party with a golf professional? Gather a few of your friends or co-workers and let's talk golf! Make it a potluck, grill out, serve appetizers, have a few drinks – you choose the location and set up the party however you'd like and we'll provide the golf fun!

ParTee 19 – “ParTee Like a Golf Star” Packages: \$35/person (6-7 people), \$30/person (8-12 people)
For groups smaller than 6 or larger than 12, please contact Laura directly for a quote.

For locations over 30 miles from Delano, MN a fee of \$.40/mile will be charged in addition to the per person fee. For groups of 7 or more, this rate can be negotiated based on distance driven. Most metro cities West of 35W are within the 30 mile radius.

Business/Corporate Golf Packages

Setting up a client meeting, rewarding your best employees, or hosting a corporate event?

Make your event even more memorable for your employees and/or clients by adding value to their experience. Laura will customize a package based on your needs and your budget. Options include golf clinics, golf schools, and playing lessons. Celebrate an employees success or convert a potential client with the gift of better golf. Contact Laura for a quote.