



ATLET *HS & JR HIGH GOLF*

TRAINING PROGRAM

- ***TRAINING SCHEDULE:***
 - *TUE. (6:00PM – 7:00PM) – Total Body, Rotational, Swing Speed*
 - *SAT (9:00AM – 10:00AM) – Total Body, Rotational, Swing Speed*
 - *Swing Speed Overload / Underload Training*
 - *Swing Mechanics Video Analysis*
 - *TPI Range of Motion / Rotational Strength*
 - *Atlet "Train, Sweat, Reign" Performance T-Shirt*
- ***Athletes Should Bring their Drivers to Workouts****

LOCATION

ATLET SPORTS TRAINING FACILITY

COST

\$315 / ATHLETE (\$157.50 x 2MO CREDIT CARD)

REGISTRATION

ATLETSports.COM/CAMPS



TPI GOLF SWING SPEED TRAINING

WINTER SWING SPEED TRAINING . JR HIGH & HIGH SCHOOL GOLF

TUE. / THU. DEC. 3RD – JAN. 18TH (Off Dec. 24th)

******Athletes Should Bring their Drivers to Workouts******



CERTIFIED

REGISTER @ [ATLETSports.COM/CAMPS](https://atletsports.com/camps)



TPI Golf Screening



Rotational Power Training



Swing Speed Tracking