

# TuksGolf Club & Academies

## 2023 Young Adults (TTC)

### The CEG LTC Package includes the following:

Coaching	2 x 30 Minute Lessons Per Week 4 x 9 Holes Course Management
Strength & Fitness	Physical Performance Testing Term 1, 2 and 3 2 x Squad Training Sessions per week
Golf Psychology	1 x Focusband & Feedback Session 1 x Team Meeting (with entire coaching golf team)
Golf Testing	1 x Club Fitting
Memberships	TuksGolf Range Membership HPC Sport Science Gym TuksSport Club Membership
Uniforms	TBC
Training Aids	Available at Kiosk

### Additional Charges:

Additional Sessions can be purchased at R4000 (10 x 30 Minute Sessions)

### Optional:

- Golf Club Membership – Irene CC
- Titleist & Footjoy Equipment

**TuksGolf**

**hpc**  
University of Pretoria

  
UNIVERSITEIT SAN PRETORIA  
UNIVERSITY OF PRETORIA  
YUNIBESITHI YA PRETORIA

**TuksSport**