

This programme is the key to taking you from an amateur golfer to a professional. We focus on all the developmental phases of your golf game to help you become the best golfer you can be!

**We achieve this balance by offering the essential aspects of your golf game:**

- Swing principles and technique
- Sport psychology
- Short & long game coaching
- Golf specific strength & conditioning
- Course management
- Tournament Preparation

#### • **LL PACKAGE** **Learn To Compete Package**

- Coaching
  - 30 x 30 min individual lessons
  - 4 x 9 Hole Course Management
- Golf specific strength and conditioning
  - 10 x 1 hour training sessions
- Sport Psychology
  - 1 x team meeting
  - 1 x Focusband Session
- TuksGolf Range Membership
- TuksSport Club Membership
- TuksGolf Clothing
- CoachNow App

**Cost:** R34 350  
**Deposit** R9 150  
**9 Monthly Payments of** R2 800

#### **Train To Compete Package**

- Coaching
  - 2 x 30 min individual lessons per week
  - 4 x 9 Hole Course Management
- Golf specific strength and conditioning
  - 2 x 45 min sessions per week (2:1)
- Sport Psychology
  - 1 x team meeting
  - 1 x Focusband Session
- TuksGolf Range Membership
- TuksSport Club Membership
- TuksGolf Clothing
- CoachNow App
- HPC Gym Membership
- Club Fitting

**Cost:** R56 350  
**Deposit** R11 350  
**9 Monthly Payments of** R5 000

**Programme runs in conjunction with public schools. Optional services available.**



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