

Sarah Dant Golf Training Sessions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Purposeful Practice Women 9:00 to 11:00 am</p>	<p>Training Program Men 8:00 to 10:00 am</p>	<p>Purposeful Practice Women 9:00 to 11:00 am</p>	<p>Boot Camp Full Swing 12:30 to 1:30 pm</p>	<p>Boot Camp Advanced Men/Women 8:30 to 9:30 am</p>	<p>Half Day Intensives 12:00 to 5:00 pm Check online calendar for available sessions</p>
<p>Purposeful Practice Women 11:00 to 1:00 pm</p>	<p>Boot Camp Full Swing 11:00 to 12:00 pm</p>	<p>Purposeful Practice Advanced Women 11:00 to 1:00 pm</p>	<p>Solo Coaching Sessions 1:30 -3:30 pm</p>	<p>Boot Camp Short Game 9:30 to 10:30 am</p>	
<p>Boot Camp Short Game 1:30 – 2:30 pm</p>	<p>Purposeful Practice 9 Holers and Newer Golfers 1:00 to 2:30 pm</p>	<p>Boot Camp Putting 3:00 to 4:00 pm</p>	<p>On Course Coaching 3:30 to 5:30 pm</p>	<p>On Course Coaching 10:30 to 12:30 pm</p>	<p>Sundays Solo Coaching will be available</p>
<p>On Course Coaching 2:30 to 4:30 pm</p>	<p>Solo Coaching Sessions 3:00 to 5:00 pm</p>	<p>Boot Camp Short Game On Course 4:15 to 5:30 pm</p>	<p>On Course Coaching 3:30 to 5:30 pm</p>	<p>Boot Camp Short Game 12:30 to 1:30 pm</p>	
		<p>AimPoint Green Reading 1x per month 3:00 to 4:00 pm</p>	<p>Thursday schedule will not be available every week. Check with Sarah for weekly availability.</p>	<p>Boot Camp Short Game 12:30 to 1:30 pm</p> <p>Play with the Pro 1:30 to 5:30 pm</p>	

What is *The Scoring Method* Program?

The Scoring Method is a coaching system that guarantees results. In order for you to see the full benefits of this program you may need to participate in a variety of training sessions including an assessment and planning session, on course coaching, purposeful practice sessions and possibly boot camp sessions. Your program may also include solo coaching sessions if needed. A successful training program will target your individual needs and help you reach your goals with a customized program.

Credits and Training Session Prices

Boot Camp Classes	\$60 (1 credit) or \$80 drop in rate
Purposeful Practice	\$60 (1 credit) or \$80 drop in rate
On Course Coaching	\$120 (2 credits) or \$150 drop in rate
Play with the Pro	\$180 (3 credits) or \$200 drop in rate
Solo Coaching	30 mins (1 credit) or 60 mins (2 credits)

Boot Camp classes - 1 hour skill development session with 4 people. Classes focus on technique and motor skill development in one specific area. This is a great class for anyone who needs a clearer understanding of how to control ball flight and wants to increase consistency and confidence. Boot camp classes include repetition and supervised practice. *\$60 (1 credit) or \$80 drop in rate*

Purposeful Practice - 2 hour training session with up to 8 people. In this class you will train your skills under a little pressure, participate in game like training techniques and practice with intention. This session will help you overcome the mental/emotional interference you experience on the golf course. If you are ready to see your skills transfer to the golf course when it counts, then this class is perfect for you.
\$60 (1 credit) or \$80 drop in rate

On Course Coaching - 2 hour session with 4 people on the golf course. Pick your foursome or Sarah will pair you in a group with others who play to your ability. A playing session is a great opportunity to discuss your on course decision making process, observe your short game execution and current ball control skills. Students will also have a opportunity to ask any questions that may come up during a round of golf. On course coaching sessions provide you with an excellent learning environment and opportunity to improve your game while learning how to shoot lower scores. Instead of taking another lesson on the range, try this session on the golf course. *\$120 (1 credit) or \$150 drop in rate*

Play with the Pro - let's play golf together! This is a 4 hour session with 3 people and Sarah. During this session we will evaluate your game and put together a plan of action that will help you reach your goals. I will also have the opportunity to coach you on the course and see where your strengths and weaknesses are while you are under pressure. This is an awesome session for anyone who can't commit to a regular program but needs to check in and receive a game plan for future improvements. Or maybe you are just looking for a really fun day on the golf course with your coach!
\$180 (3 credits) or \$200 drop in rate

Solo Coaching - this is a great session for times when you need a little more attention on your swing adjustments or skill development. There will be up to 2 people allowed in each session. During your time slot you will also have the opportunity to work with the Flightscope to figure out how far you hit your clubs. \$60 (30 mins) or \$120 (60 mins)

Purchase Options for Group Training Programs

There are 2 options on how to participate in *The Scoring Method* Program. Pricing is based on a credit system, where credits may be used for a variety of training sessions during your program. Sarah will help customize your program after your first session. Individual program options are also available.

Option 1: Monthly Program

This program has a minimum commitment level of 3 months. Why 3 months? Because you can't improve your skills and have them transfer to the golf course without consistency in your training. If you are serious about improving, you need to make the commitment. You will also receive additional bonuses if you commit to 5 or more months. All programs may be put on hold during holiday weeks.

Monthly program includes:

- 4 credits for the month (\$240) OR
- 8 credits for the month (\$480) - see additional bonuses
- Discounted fees for training sessions
- Option to add additional sessions at the same rate
- On course 9 hole assessment
- Improvement plan (\$60 value)
- Workbook and scorecards (\$50 value)
- Guaranteed spot in classes

Commit to 5 months or more OR the 8 credit program and receive these additional bonuses!

- All benefits listed above
- Play with the Pro session (\$180 value)
- Yardage chart and club gapping with Flightscope (\$120 value)
- Solo coaching session (\$60 value)
- Stat tracking system

Option 2: Credit Program

This package must be used within 16 weeks of your start date with the exception of holiday weeks. Includes 10 credits for \$600.

Option 3: New Student Program for \$800

Individual training program includes:

- 5 individual sessions or 10 credits for group training
- Scoring Method Workbook (\$50 value)
- Individual planning session and improvement plan

