

2017 Golf Conditioning Winter Clinic



**Winter Sweat Equity
Yields
Spring Swing Success**

**Hosted by:
The Prairie School**

**In partnership with:
Ives Grove Golf Course**

Instructors:

Pete Eitel: Head Pro, Ives Grove Golf Course
Class A PGA Professional since 1995

Carrie Massey: Head Coach US Girls Golf and Golf
Performance Enhancement Instructor

Clinic Course Descriptions:

Eagle: The **Eagle** bundles **Birdie & Press** into one program at an attractive price. **Eagle** provides twice as much strength and conditioning for the golfer who seeks to start the 2017 golf season strong. Golf technique (see **Birdie** below) by Pete Eitel and Total Golf Fitness (see **Press** below) by Carrie Massey.

9 Monday sessions & 8 Wednesday sessions.

Price: \$225

Birdie: This clinic focuses on the fundamentals of golf. Pete Eitel will help you improve your golf technique in the following areas:

- Full swing mechanics
- Set up and grip
- Short game
- Featuring a swing analysis in Ives Grove simulator!
- Plus Total Golf Fitness with Carrie Massey

9 Monday sessions.

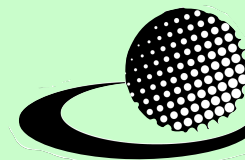
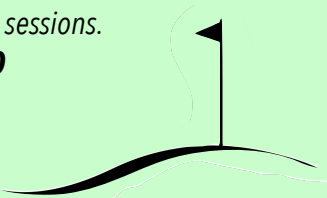
Price: \$155

Press: This is a proven Total Golf Fitness program designed to improve consistency, increase yardage and maintain peak physical condition by improving cardiovascular endurance, increasing flexibility, core stability and strength for golfers at every level.

- Free Motion Equipment & Circuit Training
- TRX, Flex Bands & Functional Training
- Balance Boards & Stretching and more!

8 Wednesday sessions.

Price: \$110



Winter golf clinics are open to adults and students in grades 8-12.

Eagle: Monday & Wednesday

\$225 ** Best value!

Birdie: Monday only

\$155

Press: Wednesday only

\$110

- Same price for students and adults.
- Minimum class size for Eagle or Birdie: 8
- Minimum class size for Press: 5
- Mid-term registrations accepted (fee prorated).

Monday Schedule, 6:30 PM - 8 PM:

** Dates revised to the MLK Jr. Day all school closure.*

January 9, * 16, 23, 30

** MLK Jr. Day, school/JAC closed on 1/16/17*

February 6, 20, 27

March 6, 13, * 20 * **Final session at Ives Grove**

Wednesday Schedule, 6:30 PM - 7:30 PM:

January 11, 18, 25

February 1, 8, 22

March 1, 8

For more information or to register online,
visit the **Fitness Center** page on
The Prairie School website

(www.prairieschool.com/athletics-2/fitness/)

or

contact **Carrie Massey** at:

(262) 880-3387 or flex-ability@sbcglobal.net