

Confidential



## GOLF COACHING - Learn to Play

Dear Player

Welcome to the Learn to Play program with Rondebosch Golf Club. Below you will find all you need to know about how the program will run, what you need to bring along with contact numbers.

The sessions will run weekly at the same time and same day every week for 5 weeks. These sessions will take place at The River Club Driving Range, where Lisa Mackenzie of the Southern African Golf Institute will take you through a program and teach you the basics of the game. Session 6 will be a 9 hole introductory game at The River Club, Mashie course, the Second Playing lesson will take place at Rondebosch Golf Club. In both these sessions Lisa will run through how to apply what you have learnt and will also give you a run down on the Rules and Etiquette of play. The last 4 rounds of golf take place at Rondebosch Golf Club where one of the members (if possible) will assist you. We will try to recommend that as a group you all play as a group so the playing lessons will be planned around available times for both player and at the club.

### PROGRAM OUTLINE

#### Course Content

- Week 1 - Introduction and basics along with putt
- Week 2 - chipping and understanding the use of clubs around the green
- Week 3 - Full swing, first movement, grip and posture
- Week 4 - Full swing, weight transfer and Video Analysis
- Week 5 - Full swing, learning the downswing, power and Video Analysis - Putting it all together
- Week 6 - PLAYING LESSON 1 - 9 holes on the Mashie Course - +- 90mins
- Week 7 - PLAYING LESSON 2 - 6-9 Holes at Rondebosch Golf Club +- 3hours
- Final weeks: 4 rounds of golf at Rondebosch (supervised where possible by a club member)

Time between weeks 5 and 7 may vary depending on availability of course, practice time etc.

Once the above program is completed then you will be taken under the wings of the Lady Member at Rondebosch who will assist, where they can, in getting you out and playing.

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You then play 4 rounds of golf with a lady member or with your 4 ball. This can be done over a few weeks.

The program we have worked on is as follow:

- 5 x 60 min Sessions
- 2 Playing lessons (1xmashie and 1xfull golf course)
- DAYS - A schedule to be drawn up of which day in the month you would like to do it.
- 4 rounds of Golf at Ronderbosch

#### WHAT IS INCLUDED IN THE ABOVE?

The above program includes the following:

- Instruction & Professional Fee - 1xProfessionals - Lisa Mackenzie, +- 9 hours of coaching
- Equipment - for coaching sessions and for games if needed
- Balls - 50balls per session
- Venue hire
- 6 Rounds of Golf

#### TOTAL COST: R1650

If you have any questions regarding the above please feel free to contact me. Looking forward to getting the ladies into the swing of it.

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