



The Mindset & Strategy Workshops

Description:

Designed for players who want to improve their mental game. A 90-minute mindset & strategy workshop will consist of 45-60 minutes of group work on a specific topic or skill emphasizing the mental aspects of golf that are important before, during and between rounds. The remaining time is used for competitive group practice and individual practice where players have a chance to ask specific questions and further tailor the topic of the day to their game. This is a great class for those wanting a group environment along with supervised practice.

Classes: Thursday 5:45 -7:15 pm and Saturday 10:30-12 pm & 2-3:30 pm

Costs: \$70/class/individual

Packages Available.

For more information, please contact Charles Todaro at ctodaro@email.jfku.edu.