



SPEED TRAINING CLINIC FOR MEN, WOMEN OR JUNIORS

Creekmoor Members,

I'm excited to share that I will be hosting a Speed Clinic for our membership. If you're interested in adding 10, 15, even 20 yards of distance to your game, then this is the perfect clinic for you. Research shows that extra yards off the tee leads to lower scores, and a significant improvement in your handicap.

I've teamed up with Rypstick to offer a four week speed clinic. Here's how it works, train with me once a week for four weeks. I'll take you through the warm up, check your baseline, and demonstrate the training protocols (60 minutes). You will perform two additional training sessions (15 minutes) on your own prior to meeting again the following week.

If you're ready to get your swing up to speed email me to sign up!

To schedule your time, please work directly with Nate. We will cater each session to your availability.

Cost and what's included:

- One Rypstick (\$199)
- Four Weeks of Speed Training with Nate
- Total Cost: \$350 per person

Best,
Nate Sargent, PGA
Director of Instruction
The Golf Club at Creekmoor
The Plane Truth Certified Instructor
Wright Balance Certified Instructor
PING Top 100 Fitter | Power Fitter