

# American Tour Golf Schools

Grad Schools for Golfers



# Sample Two Week Program Daily Schedule

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## WEEK ONE

Day	Time	Activity
<b>MONDAY - DAY 1</b>	8:00 a - 10:00 a	Introduction to ATGS and our teaching philosophy, Video analysis of existing swing (Swing Solutions), correct posture and balance, the importance of warm up exercises.
	10:00 a - 12:30 p	Chipping
	12:30 p - 2:00 p	Lunch
	2:00 p - 4:00 p	Posture and balance, warm up, putting
	4:00 p - 6:00 p	Instruction for proper setup, spine angle, proper balance and how to finish the golf swing
<b>TUESDAY - DAY 2</b>	8:00 a - 10:00 p	Posture and balance, warm up, Position 2, Position 2 to Position 8
	10:00 a - 12:30 p	Chipping and Putting; Putting Monitor
	12:30 p - 2:00 p	Lunch
	2:00 p - 4:00 p	Posture and balance, warm up, Position 2, Position 2 to Position 8
	4:00 p - 6:00 p	Chipping and Putting
<b>WEDNESDAY - DAY 3</b>	8:00 a - 10:00 p	Posture and balance, warm up, Position 2, Position 2 to Position 8, Position 2 to Position 9 and 10.
	10:00 a - 12:30 p	Chipping and Putting
	12:30 p - 2:00 p	Lunch
	2:00 p - 4:00 p	Posture and balance, warm up, Position 2 to Position 8, Position 2 to Position 9 & 10, hit balls Position 2 to Position 8
	4:00 p - 6:00 p	Video plane and laser
<b>THURSDAY - DAY 4</b>	8:00 a - 10:00 p	Posture and balance, warm up, video plane and laser; Swing Solutions, Video Analyzer
	10:00 a - 12:30 p	Position 2 to Position 8, Position 2 to Position 9 and 10
	12:30 p - 2:00 p	Lunch
	2:00 p - 6:00 p	Posture and balance, warm up, Position 2 to Position 8, Video plane and laser, wedge, driver and range
	<b>FRIDAY - DAY 5</b>	8:00 a - 10:00 p
10:00 a - 12:30 p		Wedge, driver and range
12:30 p - 2:00 p		Lunch
2:00 p - 4:00 p		Posture and balance, warm up, Position 2 to Position 8, Position 2 to Position 9 & 10, video plane and laser, Swing Motion Trainer
4:00 p - 6:00 p		Wedge, driver and range
<b>SATURDAY - DAY 6</b>	Unsupervised	Review problem areas and reinforce training techniques as recommended by your ATGS instructor.
<b>SUNDAY - DAY 7</b>		Time off to recharge your batteries



**WEEK TWO**

<b>Day</b>	<b>Time</b>	<b>Activity</b>
<b>MONDAY - DAY 8</b>	8:00 a - 10:00 a	Posture and balance, warm up, Position 2, Position 2 to Position 8, Position 2 to Position 8, 9 and 10. Video plane and laser; back swing Video Monitor
	10:00a - 11:00 p	Wedge, driver and range, Ball Flight Monitor & Club Fitting
	11:00 p - 12:30 p	Bunker and fairway bunker drills
	12:30 p - 2:00 p	Lunch
	2:00 p - 6:00 p	Finish, Position 2 to Position 8, video plane and laser, Chipping, Putting, Putting Monitor
<b>TUESDAY - DAY 9</b>	8:00 a - 12:30 p	Posture and balance, warm up, Position 2 to Position 8, Position 2 to Position 9 & 10. Video plane and laser, Wedge, driver and range, wedge chart, Ball Flight Monitor and club confirmation.
	10:00 a - 12:30 p	Lunch
	2:00 p - Until	Play and/or work on weakness; Swing Motion Trainer
<b>WEDNESDAY-DAY 10</b>	8:00 a - 12:30 p	Posture and Balance, wedge chart, chipping, putting
	12:30 p - 2:00 p	Lunch
	2:00 p - Until	Play and/or work on weakness, Ball Flight Monitor & club confirmation and golf ball confirmation
<b>THURSDAY - DAY 11</b>	8:00 a - 12:30 p	Posture and Balance, range, chipping, putting, Storybook Video production
	12:30 p - 2:00 p	Lunch
	2:00 p - Until	Play and/ or work on weakness
<b>FRIDAY - DAY 12</b>	8:00 a - Until	Warm up, play 18 holes with instructor, lunch, work on weakness
<b>SATURDAY - DAY 13</b>	Noon Checkout	Exit Interview, review/pick up your ATGS Video Storybook, Drop off apartment keys and gate pass

Please note that we have an excellent indoor facility so we can move indoors during inclement weather. American Tour Golf Schools shows this as a sample schedule for the two week school. The schedule for the 4, 6 and 8 week school will be the same as the 2-week school for the first 2 weeks. The final weeks of each school will be used for playing, course management and fine tuning of all elements of the game. Our school is highly individualized so schedules can and will change daily.