

PUTTING

SHORT GAME

FULL SWING

FITNESS

MENTAL

PLAYING

EQUIPMENT



In keeping with our vision of *operating the finest teaching program for a club community in the U.S.A.*, the Colleton River Golf Academy has complemented its teaching program with the addition of a new Titleist Performance Institute Golf Fitness Instructor Program and a state of the art TrackMan launch monitor system. The TPI experience will enhance the Fitness building block of the Academy, while the TrackMan launch monitor system will complement the Equipment building block of the Academy. Please see the articles below for more information.

The Golf Academy offers very unique and special programs with the goal of *creating a fun and productive learning experience for the Members and their Guests*. By taking advantage of the Academy and the seven building blocks (and seven Certified Instructors), you will learn how to “*Manage Your Golf Game*.” Our CRGA Certified Instructors are available for private and group lessons, all of which can be booked online at ForeTees or by calling the Nicklaus or Dye Golf Shops. For more information on our Instructors or teaching program, go to the “Golf Academy” link on the Members’ website. I hope your playing experience here at Colleton River is “Simply . . . exceptional” and I’ll see you on the range!

From the Fitness Building Block of the CRGA: Titleist Performance Institute

*What is your Golf Fitness Handicap?*



You know your golf handicap, but do you know your golf fitness handicap? A golf fitness handicap is based on your golf fitness along with your golf swing. The TPI process involves an 11-point physical screen that will determine the golfer’s mobility, stability, and balance as they relate to the golf swing. Following the physical screen there is a 1-hour video swing analysis confirming the evaluation results. Once completed, you will get a full report of the results with an explanation of how the physical limitations and swing are affecting your golf game. After these steps are complete, you will be assigned a customized 18-session golf specific training program designed to improve those physical limitations and your swing. Following the 18-session workout, which is usually completed in a 3-6 month period, you will be re-tested to determine your new golf fitness handicap. If you are interested in finding out what your golf fitness handicap is, or improving your overall golf game, contact David La Pour or Matt Lucchesi, pick up a brochure in the Fitness Center, or go to the Academy’s website [www.colletonriverclub.com](http://www.colletonriverclub.com).

From the Equipment Building Block of the CRGA: TrackMan






















If information is power, then we’ve got it in spades at Colleton River. Initially used by club manufacturers and the PGA Tour, the Doppler TrackMan Pro measures the full trajectory of any shot, ranging from short pitches to 400-yard drives, and measures the landing position with an accuracy of 1 foot at 100 yards. The technology delivers precise data without using any modeling (guessing), displaying the actual 3D trajectory in real time. Some of the features that the TrackMan will be able to incorporate are:

- Professional club fitting
- Golf set mapping (distances for each club)
- Combine type skills tests for game improvement
- Closest to the pin and other related competitions



**TrackMan™ Pro Data:**

Below are just a few of the many data points that TrackMan collects:

	Club Speed		Ball Speed		Smash Factor		Total Side
	Attack Angle		Vert. Launch Angle		Maximum Height		Landing Angle
	Club Path		Horiz. Launch Angle		Carry		Flight Time
	Vert. Swing Plane		Launch Spin		Side		
	Horiz. Swing Plane		Spin Axis		Total		
	Dynamic Loft						
	Spin Loft						
	Face Angle						

If you are interested in getting clubs fitted or working out with the TrackMan, talk to one of the Academy Instructors and make an appointment that will change the way you look at golf!

*Green Readers Unite!*

April 14<sup>th</sup> the CRGA hosted a Green Reading Clinic at the Dye putting green and the results were unanimous: Play more break!



**CRGA's Matt Stewart & David La Pour with Colleton Green Readers at the Dye.**

CRGA's Director of Instruction, David La Pour, talked about reading two breaks at the Dye, the "ball break" and the "hole break." The Nicklaus greens usually only require reading the "hole break." The next Green Reading Clinic is scheduled for October 27<sup>th</sup>.

*CRGA Student Spotlight*

The Colleton River Golf Academy would like to congratulate Susan Key as our spotlight student. Mrs. Key started golf a few years ago and has been a regular at the Lady



**Susan Key**

Linksters Clinics on Thursday mornings. As with many golfers, her goal of getting out and playing nine or eighteen holes ("respectably") is becoming a reality because of her hard work and determination. We applaud her dedication and perseverance and wish her continued success!

**CRGA SNEAK PEAK**

- ◇ Weekly CRGA Clinics every Thursday, 5:00 pm, & Friday, 11:00 am, at the Nicklaus range
- ◇ Junior Golf Clinic every Thursday, 4:00 pm, at the Nicklaus range (through August)
- ◇ July 3<sup>rd</sup> CRGA Practice Day, 1:00 pm to 4:00 pm, Nicklaus range
- ◇ September 4<sup>th</sup> CRGA Practice Day, 1:00 pm to 4:00 pm, Nicklaus range
- ◇ September 29<sup>th</sup> CRGA Short Game Golf School, 9:00 am to 4:00 pm, Nicklaus range
- ◇ September 30<sup>th</sup> Lady Linksters Opening Clinic, 9:30 am, Nicklaus range
- ◇ October 13<sup>th</sup> CRGA Special Clinic, "Playing Lesson with the Pro" 9:00 am to 12:00 pm, TBA
- ◇ October 27<sup>th</sup> CRGA Special Clinic, "Green Reading" 9:00 am to 12:00 pm, Nicklaus putting green

Please note that CRGA golf schools, clinics, and seminars usually require seven day advanced registration. Lesson fees: \$65 to \$100 per hour depending on instructor and certification.