



## Coaching programmes with Alex Nicolson PGA

### Are you the golfer you want to be?

Do you long to become a better player or feel you aren't fulfilling your golfing potential, but your attempts to improve have stalled or petered out? Why was that, and what can you do to change it?

***"This is the year I will improve my golf!"*** An admirable New Year's resolution, but vague. What are your specific goals? Are they related to handicap, scoring, swing, ball flight, impact, accuracy, a specific game area...are they realistic?

How are you going to go about achieving your goals - do you have a strategy? *"I'll practise!"*...but what will you practise? How much of what you're working on is directly aligned with your goals and is moving you towards them in an efficient and effective way?

How will you ensure that you remain on the right track, don't stray from your goals, remain motivated, and negotiate the inevitable peaks, troughs and apparent brick walls along the road to better golf?

Without answers to these questions in place from the outset, efforts to improve are likely to yield little meaningful improvement by the end of the year.

### You need help.

Improvement is a difficult thing to achieve alone. You wouldn't expect to go from mediocre to maestro on violin or piano without guidance, and even something as seemingly straightforward as improving your fitness takes discipline, motivation, commitment and direction if you are to make meaningful progress, which is where a personal trainer comes in...

My coaching programmes offer personal training for your golf. Assessment and goal sessions help you to answer the important questions above, discard what's holding you back and plan strategies and a monthly programme for effective improvement. The more commitment you are able to make to a programme, the more assistance you'll get between sessions to help you stay motivated and on track.

With a monthly programme in place and me as your golf mentor, maintaining your commitment and motivation becomes much easier, not least because you will see *continued and meaningful progress towards your goals*. Supporting tools, resources, reviews and assessments using our Trackman 4 launch monitor and SAM putt lab analysis help you, and me, to keep track of your progress and ensure your efforts remain well directed.

With your motivation channelled by a clear plan and regular feedback, you can really make strides towards becoming the golfer you want to be.

Coaching Package Content	Ad hoc	Sustainable skill 1	Sustainable skill 2	Sustainable skill 3	Learning mastery
Monthly fee		<b>£85</b>	<b>£170</b>	<b>£250</b>	<b>£500</b>
<i>(WGC members rate)</i>		<i>£75</i>	<i>£150</i>	<i>£220</i>	<i>£425</i>
Hours of face to face coaching per month	Ad hoc	1hr	2hrs	3hrs	6hrs
Game assessment (incl. Video/Trackman analysis)	✓	✓	✓	✓	✓
Goals/strategy session and document adding focus to efforts *	-	✓	✓	✓	✓
Online improvement tool (goals, journal, stats, coach comms)	-	✓	✓	✓	✓
2-way video sharing inter-lesson using Hudl app	-	✓	✓	✓	✓
Quality practice feedback toolkit (self-coaching)	-	✓	✓	✓	✓
Essential practice aid - The task tool	-	✓	✓	✓	✓
Bespoke practice session plans and games *	-		✓	✓	✓
Learning resources to ingrain concepts	-		✓	✓	✓
Unlimited email/text/skype access in between lessons	-			✓	✓
Priority access to coach	-				✓
Indoor performance studio access for warm up	-	✓	✓	✓	✓
Trackman/SAM puttlab practice * (hrs p.m., booking required)	£40 p/hr	½ hr	1 hr	1 hr	2hrs.
Equipment strategy and checks	£40 p/hr		✓	✓	✓
Club repairs and alterations (discount)			10%	25%	FOC
Annual full bag regrip	(£140-£180)			50%	FOC
Club purchases discount ( <i>excl. sale items</i> )			3%	5%	7.5%

\*Subject to availability