

WHAT YOU NEED TO BRING

- Tennis shoes & golf shoes
- Standard golf attire
- Long sleeve outerwear in winter months
- Sunblock
- Sunglasses
- Hat
- Golf Clubs
- Lots of positive energy
- Exposure to the movements within the 60-Day Program

WEATHER

Scottsdale weather at a glance

MONTH	AVERAGE TEMPERATURE				PERCENT SUNSHINE	AVERAGE RAINFALL INCHES	AVERAGE DAYLIGHT	
	MAXIMUM		MINIMUM				SUNRISE	SUNSET
	F°	C°	F°	C°				
January	69.0	21.0	40.0	4.0	78%	1.08	7:32	5:43
February	75.0	24.0	44.0	7.0	80%	1.20	7:12	6:12
March	78.0	26.0	51.0	11.0	84%	1.04	6:38	6:36
April	86.0	30.0	55.0	13.0	89%	0.29	5:57	6:59
May	95.0	35.0	64.0	18.0	93%	0.14	5:27	7:21
June	103.0	40.0	72.0	22.0	94%	0.03	5:17	7:39
July	105.0	41.0	81.0	27.0	85%	1.06	5:29	7:38
August	103.0	39.0	83.0	28.0	85%	1.36	5:50	7:14
September	100.0	38.0	78.0	26.0	89%	0.68	6:11	6:34
October	89.0	32.0	62.0	17.0	88%	0.64	6:32	5:54
November	78.0	26.0	48.0	9.0	78%	0.69	6:59	5:25
December	68.0	20.0	39.0	24.0	86%	1.10	7:24	5:21



DAY 1 SCHEDULE

8:00 - 8:30	Welcome, Introduction, Lights Snacks for Breakfast
8:30 - 9:00	Mental Training Discussion & Exercise
9:00 - 9:30	Stretching Movements Routine Performance (REGRESSION/PROGRESSION)
9:30 - 10:00	Greatness Introduction - Greatest Golfer & Athlete Movements & Wall Discussion
10:00 - 11:30	Full Swing Movements Routine Performance (BODY, HANDS & ARMS, PRESSURE)
11:30 - 12:00	Throwing Club in Ground
12:00 - 1:00	Lunch (PROVIDED - MCCORMICK RANCH RESTAURANT)
1:00 - 2:00	Pressure & Impact Movement Routines Performance & Discussion
2:00 - 2:30	Energy Training - Pre-Shot, In-Shot, Post-Shot Routines
2:30 - 4:00	Range Session - Wedge, 7-Iron, Driver - Full Swing Analysis
4:00 - 4:30	Full Swing Questions & Answers - Review Range Session Note Taking
4:30 - 5:00	Mental Training Discussion & Exercise

* Several short breaks & snacks provided throughout the training experience *



DAY 2 SCHEDULE

8:00 - 8:30	Day 1 Discussion, Questions & Answers, Lights Snacks for Breakfast
8:30 - 8:45	Mental Training Exercise
8:45 - 9:15	Stretching Movements Routine Performance & Laydown
9:15 - 9:45	Greatest Player & Athlete Short Game Movements Introduction/Discussion
9:45 - 10:30	Short Game Movements Routine Performance
10:30 - 12:00	Short Game Station Training, Drills, & Analysis - CHIPPING, PITCHING, FLOP, BUNKER
12:00 - 1:00	Lunch (PROVIDED - MCCORMICK RANCH RESTAURANT)
1:00 - 1:15	Greatest Player & Athlete Putting Movements Introduction/Discussion
1:15 - 1:45	Putting Movements Routine Performance
1:45 - 2:30	Putting Station Training, Drills & Analysis
2:30 - 3:15	Speed & Strength Movements Routine Performance
3:15 - 4:30	Shape, Trajectory & Uneven Lies Discussions & Routine
4:30 - 5:00	Concluding Questions & Answers
5:00 - 5:30	Mental Training Discussion & Exercise
5:30	Conclusion & Gift

* Several short breaks & snacks provided throughout the training experience *

