Stars & Stripes Golf Coaching Club - Clinic Schedule

August 2020

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Full Swing - The "Top" **3**	**4** 2:30 - 3:30	**5** 9:30-10:30	**6** 4:30-5:30 6:00-7:00	**7** 9:30 -10:30	**8** 11:00 - 12:00 Supervised Practice	**9**
Posture - Finding "Neutral" and Spine Rotation **10**	**11** 2:30 - 3:30	**12** 9:30-10:30	**13** 4:30-5:30 6:00-7:00	**14** 9:30 -10:30	**15** 11:00 - 12:00 Supervised Practice	**16** 2:00 - 3:00 Supervised Practice
Chipping - How to Make Consistent Contact **17**	**18** 2:30 - 3:30	**19** 9:30-10:30	**20** 4:30-5:30 6:00-7:00	**21** 9:30 -10:30	**22** 11:00 - 12:00 Supervised Practice	**23**
Putting - Grips and Stroke **24**	**25** 2:30 - 3:30	**26** 9:30-10:30	**27** 4:30-5:30 6:00-7:00	**28** 9:30 -10:30	**29** 11:00 - 12:00 Supervised Practice	**30** 2:00 - 3:00 Supervised Practice
31						

September 2020

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Full Swing - The Transition	**1** 2:30 - 3:30	**2** 9:30-10:30	**3** 4:30-5:30 6:00-7:00	**4** 9:30 -10:30	**5** 11:00 - 12:00 Supervised Practice	**6**
Pitching - Use the Clock to Hit it CLOSE! **7**	**8** 2:30 - 3:30	**9** 9:30-10:30	**10** 4:30-5:30 6:00-7:00	**11** 9:30 -10:30	**12** 11:00 - 12:00 Supervised Practice	**13** 2:00 - 3:00 Supervised Practice
Bunker Play - Greenside Technique **14**	**15** 2:30 - 3:30	**16** 9:30-10:30	**17** 4:30-5:30 6:00-7:00	**18** 9:30 -10:30	**19** 11:00 - 12:00 Supervised Practice	**20**
Course Conditions - Uneven Lies **21**	**22** 2:30 - 3:30	**23** 9:30-10:30	**24** 4:30-5:30 6:00-7:00	**25** 9:30 -10:30	**26** 11:00 - 12:00 Supervised Practice	**27** 2:00 - 3:00 Supervised Practice
Putting - Making the Putt! **28**	**29** 2:30 - 3:30	**30** 9:30-10:30				

October 2020

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Putting - Making the Putt!			**1** 4:30-5:30	**2** 9:30 -10:30	**3** 11:00 - 12:00 Supervised Practice	**4**
Full Swing - Turning for Power **5**	**6** 2:30 - 3:30	**7** 9:30-10:30	**8** 4:30-5:30	**9** 9:30 -10:30	**10** 11:00 - 12:00 Supervised Practice	**11** 2:00 - 3:00 Supervised Practice
Chipping - Club Selection **12**	**13** 2:30 - 3:30	**14** 9:30-10:30	**15** 4:30-5:30	**16** 9:30 -10:30	**17** 11:00 - 12:00 Supervised Practice	**18**
Bag Mapping - What Clubs do I Need? **19**	**20** 2:30 - 3:30	**21** 9:30-10:30	**22** 4:30-5:30	**23** 9:30 -10:30	**24** 11:00 - 12:00 Supervised Practice	**25** 2:00 - 3:00 Supervised Practice
Ask the Pro Your questions, my answers **26**	**27** 2:30 - 3:30	**28** 9:30-10:30	**29** 4:30-5:30	**30** 9:30 -10:30	**31** 11:00 - 12:00 Supervised Practice	**1**

November 2020

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Full Swing - How do I finish? **2**	**3** 2:30 - 3:30	**4** 9:30-10:30	**5** 4:30-5:30	**6** 9:30 -10:30	**7** 11:00 - 12:00 Supervised Practice	**8** 2:00 - 3:00 Supervised Practice
Putting - Reading Break **9**	**10** 2:30 - 3:30	**11** 9:30-10:30	**12** 4:30-5:30	**13** 9:30 -10:30	**14** 11:00 - 12:00 Supervised Practice	**15**
Drills for Winter Success **16**	**17** 2:30 - 3:30	**18** 9:30-10:30	**19** 4:30-5:30	**20** 9:30 -10:30	**21** 11:00 - 12:00 Supervised Practice	**22** 2:00 - 3:00 Supervised Practice
23	**24**	**25**	**26** **Happy Thanksgiving!**	**27**	**28** 11:00 - 12:00 Supervised Practice	**29**
30						

December 2020

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swingman - Increasing your Clubhead Speed	**1** 2:30 - 3:30	**2** 9:30-10:30	**3** 4:30-5:30 6:00-7:00	**4** 9:30 -10:30	**5**	**6**
7 **Swingman - Group Training**	**8** 11:00 - 12:00	**9**	**10**	**11** 11:00 - 12:00	**12**	**13**
14 **Swingman - Group Training**	**15** 11:00 - 12:00	**16**	**17**	**18** 11:00 - 12:00	**19**	**20**
21	**22**	**23**	**24**	**25** **Christmas**	**26**	**27**
28	**29**	**30**	**31**			

January 2021

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 **New Year's Day**	**2**	**3**
Flexibility - Preparing your Muscles for Golf **4**	**5** 2:30 - 3:30	**6** 9:30-10:30	**7** 4:30-5:30 6:00-7:00	**8** 9:30 -10:30	**9**	**10**
11 **Swingman - Group Training**	**12** 11:00 - 12:00	**13**	**14**	**15** 11:00 - 12:00	**16**	**17**
18 **Swingman - Group Training**	**19** 11:00 - 12:00	**20**	**21**	**22** 11:00 - 12:00	**23**	**24**
25	**26**	**27**	**28**	**29**	**30**	**31**

February 2021

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength - Training your Golf Muscles **1**	**2** 2:30 - 3:30	**3** 9:30-10:30	**4** 4:30-5:30 6:00-7:00	**5** 9:30 -10:30	**6**	**7**
8 **Swingman - Group Training**	**9** 11:00 - 12:00	**10**	**11**	**12** 11:00 - 12:00	**13**	**14**
15 **Swingman - Group Training**	**16** 11:00 - 12:00	**17**	**18**	**19** 11:00 - 12:00	**20**	**21**
Season Prep - Setting goals **22**	**23** 2:30 - 3:30	**24** 9:30-10:30	**25** 4:30-5:30 6:00-7:00	**26** 9:30 -10:30	**27**	**28**

To Be Updated...

March 2021

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	**2** 2:30 - 3:30	**3** 9:30-10:30	**4** 4:30-5:30 6:00-7:00	**5** 9:30 -10:30	**6** 11:00 - 12:00 Supervised Practice	**7**
8	**9** 2:30 - 3:30	**10** 9:30-10:30	**11** 4:30-5:30 6:00-7:00	**12** 9:30 -10:30	**13** 11:00 - 12:00 Supervised Practice	**14** 2:00 - 3:00 Supervised Practice
15	**16** 2:30 - 3:30	**17** 9:30-10:30	**18** 4:30-5:30 6:00-7:00	**19** 9:30 -10:30	**20** 11:00 - 12:00 Supervised Practice	**21**
22	**23** 2:30 - 3:30	**24** 9:30-10:30	**25** 4:30-5:30 6:00-7:00	**26** 9:30 -10:30	**27** 11:00 - 12:00 Supervised Practice	**28** 2:00 - 3:00 Supervised Practice
29	**30**	**31**				

April 2021

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	2:30 - 3:30	9:30-10:30	**1** 4:30-5:30 6:00-7:00	**2** 9:30 -10:30	**3** 11:00 - 12:00 Supervised Practice	**4** **Easter**
5	**6** 2:30 - 3:30	**7** 9:30-10:30	**8** 4:30-5:30 6:00-7:00	**9** 9:30 -10:30	**10** 11:00 - 12:00 Supervised Practice	**11** 2:00 - 3:00 Supervised Practice
12	**13** 2:30 - 3:30	**14** 9:30-10:30	**15** 4:30-5:30 6:00-7:00	**16** 9:30 -10:30	**17** 11:00 - 12:00 Supervised Practice	**18**
19	**20** 2:30 - 3:30	**21** 9:30-10:30	**22** 4:30-5:30 6:00-7:00	**23** 9:30 -10:30	**24** 11:00 - 12:00 Supervised Practice	**25** 2:00 - 3:00 Supervised Practice
26	**27**	**28**	**29**	**30**		

May 2021

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	2:30 - 3:30	9:30-10:30	4:30-5:30 6:00-7:00	9:30 -10:30	**1** 11:00 - 12:00 Supervised Practice	**2**
3	**4** 2:30 - 3:30	**5** 9:30-10:30	**6** 4:30-5:30 6:00-7:00	**7** 9:30 -10:30	**8** 11:00 - 12:00 Supervised Practice	**9** 2:00 - 3:00 Supervised Practice
10	**11** 2:30 - 3:30	**12** 9:30-10:30	**13** 4:30-5:30 6:00-7:00	**14** 9:30 -10:30	**15** 11:00 - 12:00 Supervised Practice	**16**
17	**18** 2:30 - 3:30	**19** 9:30-10:30	**20** 4:30-5:30 6:00-7:00	**21** 9:30 -10:30	**22** 11:00 - 12:00 Supervised Practice	**23** 2:00 - 3:00 Supervised Practice
24	**25**	**26**	**27**	**28**	**29**	**30**

June 2021

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	**1** 2:30 - 3:30	**2** 9:30-10:30	**3** 4:30-5:30 6:00-7:00	**4** 9:30 -10:30	**5** 11:00 - 12:00 Supervised Practice	**6** 2:00 - 3:00 Supervised Practice
7	**8** 2:30 - 3:30	**9** 9:30-10:30	**10** 4:30-5:30 6:00-7:00	**11** 9:30 -10:30	**12** 11:00 - 12:00 Supervised Practice	**13**
14	**15** 2:30 - 3:30	**16** 9:30-10:30	**17** 4:30-5:30 6:00-7:00	**18** 9:30 -10:30	**19** 11:00 - 12:00 Supervised Practice	**20** 2:00 - 3:00 Supervised Practice
21	**22** 2:30 - 3:30	**23** 9:30-10:30	**24** 4:30-5:30 6:00-7:00	**25** 9:30 -10:30	**26** 11:00 - 12:00 Supervised Practice	**27**
28	**29** 2:30 - 3:30	**30** 9:30-10:30				

July 2021

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 4:30-5:30 6:00-7:00	**2** 9:30 -10:30	**3** 11:00 - 12:00 Supervised Practice	**4** 2:00 - 3:00 Supervised Practice
5	**6** 2:30 - 3:30	**7** 9:30-10:30	**8** 4:30-5:30 6:00-7:00	**9** 9:30 -10:30	**10** 11:00 - 12:00 Supervised Practice	**11**
12	**13** 2:30 - 3:30	**14** 9:30-10:30	**15** 4:30-5:30 6:00-7:00	**16** 9:30 -10:30	**17** 11:00 - 12:00 Supervised Practice	**18** 2:00 - 3:00 Supervised Practice
19	**20** 2:30 - 3:30	**21** 9:30-10:30	**22** 4:30-5:30 6:00-7:00	**23** 9:30 -10:30	**24** 11:00 - 12:00 Supervised Practice	**25**
26	**27**	**28**	**29**	**30**	**31**	