

# Stars & Stripes Golf Coaching Club -

# March 2021

## Schedule of Clinics & Practices

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> <b>Open Topic</b>	<b>2</b> 2:30 - 3:30	<b>3</b> 10:00 - 11:00	<b>4</b> 4:30-5:30	<b>5</b> 9:30 -10:30	<b>6</b> 11:00 - 12:00 Supervised Practice	<b>7</b>
<b>8</b> <b>Open Topic</b>	<b>9</b> 2:30 - 3:30	<b>10</b> 10:00 - 11:00	<b>11</b> 4:30-5:30	<b>12</b> 9:30 -10:30	<b>13</b> 11:00 - 12:00 Supervised Practice	<b>14</b> 2:00 - 3:00 Supervised Practice
<b>15</b> <b>Fundamentals</b> <b>Pre-shot Routine</b>	<b>16</b> 2:30 - 3:30	<b>17</b> 10:00 - 11:00	<b>18</b> 4:30-5:30 6:00-7:00	<b>19</b> 9:30 -10:30	<b>20</b> 11:00 - 12:00 Supervised Practice	<b>21</b>
<b>22</b> <b>Putting -</b> <b>Grips &amp; Stroke</b>	<b>23</b> 2:30 - 3:30	<b>24</b> 10:00 - 11:00	<b>25</b> 4:30-5:30 6:00-7:00	<b>26</b> 9:30 -10:30	<b>27</b> 11:00 - 12:00 Supervised Practice	<b>28</b> 2:00 - 3:00 Supervised Practice
<b>29</b> <b>The Backswing -</b> <b>Takeaway &amp; Top</b>	<b>30</b> 2:30 - 3:30	<b>31</b> 10:00 - 11:00				

# April 2021

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>The Backswing -</b> <b>Takeaway &amp; Top</b>			<b>1</b> 4:30-5:30 6:00-7:00	<b>2</b> 9:30 -10:30	<b>3</b> 11:00 - 12:00 Supervised Practice	<b>4</b> <b>Easter</b>
<b>5</b> <b>Supervised Practice</b>	<b>6</b> <b>Spring Break</b>	<b>7</b> <b>Spring Break</b>	<b>8</b> 4:30-5:30 6:00-7:00	<b>9</b> 9:30 -10:30	<b>10</b> 11:00 - 12:00 Supervised Practice	<b>11</b> 2:00 - 3:00 Supervised Practice
<b>12</b> <b>Chipping -</b> <b>Setup &amp; Technique</b>	<b>13</b> 2:30 - 3:30	<b>14</b> 10:00 - 11:00	<b>15</b> 4:30-5:30 6:00-7:00	<b>16</b> 9:30 -10:30	<b>17</b> 11:00 - 12:00 Supervised Practice	<b>18</b>
<b>19</b> <b>Putting -</b> <b>Controlling Distance</b>	<b>20</b> 2:30 - 3:30	<b>21</b> 10:00 - 11:00	<b>22</b> 4:30-5:30 6:00-7:00	<b>23</b> 9:30 -10:30	<b>24</b> 11:00 - 12:00 Supervised Practice	<b>25</b> 2:00 - 3:00 Supervised Practice
<b>26</b> <b>The Downswing -</b> <b>Impact &amp; Followthrough</b>	<b>27</b> 2:30 - 3:30	<b>28</b> 10:00 - 11:00	<b>29</b> 4:30-5:30 6:00-7:00	<b>30</b> 9:30 -10:30		

## May 2021

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 11:00 - 12:00 Supervised Practice	2
3 <b>Full Swing - What is Path?</b>	4 2:30 - 3:30	5 10:00 - 11:00	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 <b>Chipping - Club Selection &amp; Distance</b>	11 2:30 - 3:30	12 10:00 - 11:00	13 4:30-5:30 6:00-7:00	14 9:30 -10:30	15 11:00 - 12:00 Supervised Practice	16
17 <b>Full Swing - The Weight Shift</b>	18 2:30 - 3:30	19 10:00 - 11:00	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 <b>Bunker Shots - Greenside</b>	25 2:30 - 3:30	26 10:00 - 11:00	27 4:30-5:30 6:00-7:00	28 9:30 -10:30	29	30

## June 2021

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Memorial Day</b> 31 <b>Pitching - Set up &amp; Technique</b>	1 2:30 - 3:30	2 10:00 - 11:00	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 <b>Full Swing - What is Plane?</b>	8 2:30 - 3:30	9 10:00 - 11:00	10 4:30-5:30 6:00-7:00	11 9:30 -10:30	12 11:00 - 12:00 Supervised Practice	13
14 <b>US Open Week Specialty Shots - Hitting from Rough</b>	15 2:30 - 3:30	16 10:00 - 11:00	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 <b>Putting - Reading Break</b>	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 <b>Specialty Shots - Uneven Lies Ball Above/Below Feet</b>	29 2:30 - 3:30	30 9:30-10:30				

## July 2021

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Specialty Shots -</b> <b>Uneven Lies -</b> <b>Ball Above/Below Feet</b>			<b>1</b> 4:30-5:30 6:00-7:00	<b>2</b> 9:30 -10:30	<b>3</b>	<b>4</b> <b>Independence</b> <b>Day</b>
<b>5</b> <b>Short Game -</b> <b>Chipping vs. Pitching</b>	<b>6</b> 2:30 - 3:30	<b>7</b> 9:30-10:30	<b>8</b> 4:30-5:30 6:00-7:00	<b>9</b> 9:30 -10:30	<b>10</b> 11:00 - 12:00 Supervised Practice	<b>11</b>
<b>12</b> <b>Specialty Shots -</b> <b>Uneven Lies</b> <b>Uphill &amp; Downhill</b>	<b>13</b> 2:30 - 3:30	<b>14</b> 9:30-10:30	<b>15</b> 4:30-5:30 6:00-7:00	<b>16</b> 9:30 -10:30	<b>17</b> 11:00 - 12:00 Supervised Practice	<b>18</b> 2:00 - 3:00 Supervised Practice
<b>19</b> <b>Member's Choice -</b> <b>(suggestions needed)</b>	<b>20</b> 2:30 - 3:30	<b>21</b> 9:30-10:30	<b>22</b> 4:30-5:30 6:00-7:00	<b>23</b> 9:30 -10:30	<b>24</b> 11:00 - 12:00 Supervised Practice	<b>25</b>
<b>26</b> <b>Putting -</b> <b>Blast Motion Sensor</b>	<b>27</b> 2:30 - 3:30	<b>28</b> 9:30-10:30	<b>29</b> 4:30-5:30 6:00-7:00	<b>30</b> 9:30 -10:30	<b>31</b> 11:00 - 12:00 Supervised Practice	<b>1</b> 2:00 - 3:00 Supervised Practice

## August 2021

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>2</b> <b>Specialty Shots -</b> <b>Shaping your ballflight</b>	<b>3</b> 2:30 - 3:30	<b>4</b> 9:30-10:30	<b>5</b> 4:30-5:30 6:00-7:00	<b>6</b> 9:30 -10:30	<b>7</b> 11:00 - 12:00 Supervised Practice	<b>8</b>
<b>9</b> <b>Short Game -</b> <b>The "Clock" Swings</b>	<b>10</b> 2:30 - 3:30	<b>11</b> 9:30-10:30	<b>12</b> 4:30-5:30 6:00-7:00	<b>13</b> 9:30 -10:30	<b>14</b> 11:00 - 12:00 Supervised Practice	<b>15</b> 2:00 - 3:00 Supervised Practice
<b>16</b> <b>Common Flaws -</b> <b>Early Extension</b>	<b>17</b> 2:30 - 3:30	<b>18</b> 9:30-10:30	<b>19</b> 4:30-5:30 6:00-7:00	<b>20</b> 9:30 -10:30	<b>21</b> 11:00 - 12:00 Supervised Practice	<b>22</b>
<b>23</b> <b>Course</b> <b>Management</b>	<b>24</b> 2:30 - 3:30	<b>25</b> 10:00 - 11:00	<b>26</b> 4:30-5:30 6:00-7:00	<b>27</b> 9:30 -10:30	<b>28</b> 11:00 - 12:00 Supervised Practice	<b>29</b> 2:00 - 3:00 Supervised Practice
<b>30</b> <b>Full Swing -</b> <b>Turning for Power</b>	<b>31</b> 2:30 - 3:30					

## September 2021

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Full Swing - Turning for Power</b>		<b>1</b> 10:00 - 11:00	<b>2</b> 4:30-5:30 6:00-7:00	<b>3</b> 9:30 -10:30	<b>4</b> 11:00 - 12:00 Supervised Practice	<b>5</b>
<b>Labor Day 6 Rules of Golf - Taking Proper Relief</b>	<b>7</b> 2:30 - 3:30	<b>8</b> 10:00 - 11:00	<b>9</b> 4:30-5:30 6:00-7:00	<b>10</b> 9:30 -10:30	<b>11</b> 11:00 - 12:00 Supervised Practice	<b>12</b> 2:00 - 3:00 Supervised Practice
<b>13 Putting - How to Practice</b>	<b>14</b> 2:30 - 3:30	<b>15</b> 10:00 - 11:00	<b>16</b> 4:30-5:30 6:00-7:00	<b>17</b> 9:30 -10:30	<b>18</b> 11:00 - 12:00 Supervised Practice	<b>19</b>
<b>20 Posture - How to find NEUTRAL</b>	<b>21</b> 2:30 - 3:30	<b>22</b> 10:00 - 11:00	<b>23</b> 4:30-5:30 6:00-7:00	<b>24</b> 9:30 -10:30	<b>25</b> 11:00 - 12:00 Supervised Practice	<b>26</b> 2:00 - 3:00 Supervised Practice
<b>27 Short Game - Flop Shot &amp; Hybrid Chip</b>	<b>28</b> 2:30 - 3:30	<b>29</b> 10:00 - 11:00	<b>30</b> 4:30-5:30 6:00-7:00			

## October 2021

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Short Game - Flop Shot &amp; Hybrid Chip</b>				<b>1</b> 9:30 -10:30	<b>2</b> 11:00 - 12:00 Supervised Practice	<b>3</b>
<b>4 Member's Choice - (suggestions needed)</b>	<b>5</b> 2:30 - 3:30	<b>6</b> 10:00 - 11:00	<b>7</b> 4:30-5:30 5:45-6:45	<b>8</b> 9:30 -10:30	<b>9</b> 11:00 - 12:00 Supervised Practice	<b>10</b> 2:00 - 3:00 Supervised Practice
<b>11 Bunker Shots - Fairway</b>	<b>12</b> 2:30 - 3:30	<b>13</b> 10:00 - 11:00	<b>14</b> 4:30-5:30 5:30-6:30	<b>15</b> 9:30 -10:30	<b>16</b> 11:00 - 12:00 Supervised Practice	<b>17</b>
<b>18 Full Swing - Dynamic Balance</b>	<b>19</b> 2:30 - 3:30	<b>20</b> 10:00 - 11:00	<b>21</b> 4:30-5:30	<b>22</b> 9:30 -10:30	<b>23</b> 11:00 - 12:00 Supervised Practice	<b>24</b> 2:00 - 3:00 Supervised Practice
<b>25 Preparing to Play - Stretch &amp; Range Time</b>	<b>26</b> 2:30 - 3:30	<b>27</b> 10:00 - 11:00	<b>28</b> 4:30-5:30	<b>29</b> 9:30 -10:30	<b>30</b> 11:00 - 12:00 Supervised Practice	<b>31</b>

## November 2021

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>Member's Choice - (suggestions needed)</b>	2:30 - 3:30	10:00 - 11:00	4:30-5:30	9:30 -10:30	11:00 - 12:00 <small>Supervised Practice</small>	2:00 - 3:00 <small>Supervised Practice</small>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Putting - Member Challenge</b>	2:30 - 3:30	10:00 - 11:00	4:00-5:00	9:30 -10:30	11:00 - 12:00 <small>Supervised Practice</small>	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>Drills for Winter Success</b>	2:30 - 3:30	10:00 - 11:00	4:00-5:00	9:30 -10:30	11:00 - 12:00 <small>Supervised Practice</small>	2:00 - 3:00 <small>Supervised Practice</small>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
			<b>Happy Thanksgiving!</b>		11:00 - 12:00 <small>Supervised Practice</small>	
<b>29</b>	<b>30</b>					