

# Stars & Stripes Golf Coaching Club -

March 2024

## Schedule of Clinics & Practices

|   |                                 | Tuesday             | Wednesday                    | Thursday          | Friday | Supervised Practice                 |                   |
|---|---------------------------------|---------------------|------------------------------|-------------------|--------|-------------------------------------|-------------------|
|   |                                 |                     |                              |                   |        | Saturday                            | Sunday            |
|   |                                 |                     |                              |                   | 1      | 2                                   | 3                 |
| <b>WEEKLY TOPIC</b>                               | <b>CLUB NEEDED</b>              |                     |                              |                   |        |                                     |                   |
| 4<br>Welcome Back Week<br>Ask the Pro...          | 5<br>10:00 - 11:00<br>ANY       | 6<br>10:00 - 11:00  | 7<br>4:30-5:30<br>6:00-7:00  | 8<br>9:30 -10:30  |        | 9<br>11:00 - 12:00<br>12:30 - 1:30  | 10<br>2:00 - 3:00 |
| 11<br>Getting Started -<br>Posture/Grip/Alignment | 12<br>10:00 - 11:00<br>MID IRON | 13<br>10:00 - 11:00 | 14<br>4:30-5:30<br>6:00-7:00 | 15<br>9:30 -10:30 |        | 16                                  | 17                |
| 18<br>Chipping -<br>Set up & Technique            | 19<br>10:00 - 11:00<br>WEDGE    | 20<br>10:00 - 11:00 | 21<br>4:30-5:30<br>6:00-7:00 | 22<br>9:30 -10:30 |        | 23<br>11:00 - 12:00<br>12:30 - 1:30 | 24<br>2:00 - 3:00 |
| 25<br>The Backswing -<br>Takeaway & Top           | 26<br>10:00 - 11:00<br>MID IRON | 27<br>10:00 - 11:00 | 28<br>4:30-5:30<br>6:00-7:00 | 29<br>9:30 -10:30 |        | 30                                  | 31<br>Easter      |

April 2024

|   |                                 | Tuesday             | Wednesday                    | Thursday          | Friday | Supervised Practice                 |                   |
|---|---------------------------------|---------------------|------------------------------|-------------------|--------|-------------------------------------|-------------------|
|   |                                 |                     |                              |                   |        | Saturday                            | Sunday            |
|   |                                 |                     |                              |                   |        |                                     |                   |
| 1<br>Supervised Practice                        | 2<br>Spring Break<br>ANY        | 3<br>Spring Break   | 4<br>4:30-5:30<br>6:00-7:00  | 5<br>9:30 -10:30  |        | 6<br>11:00 - 12:00<br>12:30 - 1:30  | 7<br>2:00 - 3:00  |
| 8<br>Putting -<br>Grips & Stroke                | 9<br>10:00 - 11:00<br>PUTTER    | 10<br>10:00 - 11:00 | 11<br>4:30-5:30<br>6:00-7:00 | 12<br>9:30 -10:30 |        | 13                                  | 14                |
| 15<br>The Transition -<br>Changing Directions   | 16<br>10:00 - 11:00<br>MID IRON | 17<br>10:00 - 11:00 | 18<br>4:30-5:30<br>6:00-7:00 | 19<br>9:30 -10:30 |        | 20<br>11:00 - 12:00<br>12:30 - 1:30 | 21<br>2:00 - 3:00 |
| 22<br>Pitching -<br>No Hinge vs. Hinge          | 23<br>10:00 - 11:00<br>LW OR SW | 24<br>10:00 - 11:00 | 25<br>4:30-5:30<br>6:00-7:00 | 26<br>9:30 -10:30 |        | 27                                  | 28                |
| 29<br>The Downswing -<br>Impact & Followthrough | 30<br>10:00 - 11:00<br>MID IRON |                     |                              |                   |        |                                     |                   |

## May 2024

|   | Tuesday   | Wednesday                  | Thursday                            | Friday                   | Supervised Practice                        |                                  |
|---|---|----------------------------|-------------------------------------|--------------------------|--|----------------------------------|
|   |   |                            |                                     |                          | Saturday                                   | Sunday                           |
| <b>The Downswing -<br/>Impact &amp; Followthrough</b>                 | <b>MID IRON</b>                                 | <b>1</b><br>10:00 - 11:00  | <b>2</b><br>4:30-5:30<br>6:00-7:00  | <b>3</b><br>9:30 -10:30  | <b>4</b><br>11:00 - 12:00<br>12:30 - 1:30  | <b>5</b><br>2:00 - 3:00          |
| <b>6</b><br><b>Putting -<br/>Controlling Distance</b>                 | <b>7</b><br>10:00 - 11:00<br><b>PUTTER</b>      | <b>8</b><br>10:00 - 11:00  | <b>9</b><br>4:30-5:30<br>6:00-7:00  | <b>10</b><br>9:30 -10:30 | <b>11</b>                                  | <b>12</b><br><b>Mother's Day</b> |
| <b>13</b><br><b>Chipping -<br/>Club Selection &amp; Distance</b>      | <b>14</b><br>10:00 - 11:00<br><b>SW, 8 IRON</b> | <b>15</b><br>10:00 - 11:00 | <b>16</b><br>4:30-5:30<br>6:00-7:00 | <b>17</b><br>9:30 -10:30 | <b>18</b><br>11:00 - 12:00<br>12:30 - 1:30 | <b>19</b><br>2:00 - 3:00         |
| <b>20</b><br><b>Full Swing -<br/>The Weight Shift</b>                 | <b>21</b><br>10:00 - 11:00<br><b>MID IRON</b>   | <b>22</b><br>10:00 - 11:00 | <b>23</b><br>4:30-5:30<br>6:00-7:00 | <b>24</b><br>9:30 -10:30 | <b>25</b>                                  | <b>26</b>                        |
| <b>Memorial Day</b> <b>27</b><br><b>Bunker Shots -<br/>Greenside*</b> | <b>28</b><br>10:00 - 11:00<br><b>SW</b>         | <b>29</b><br>10:00 - 11:00 | <b>30</b><br>4:30-5:30<br>6:00-7:00 | <b>31</b><br>9:30 -10:30 |  |                                  |

\* - Meet at practice bunker by 10th tee

## June 2024

|  | Tuesday                                       | Wednesday                  | Thursday                            | Friday                   | Supervised Practice                        |                                  |
|--|---|----------------------------|-------------------------------------|--------------------------|--|----------------------------------|
|  |   |                            |                                     |                          | Saturday                                   | Sunday                           |
|  |   |                            |                                     |                          | <b>1</b><br>11:00 - 12:00<br>12:30 - 1:30  | <b>2</b><br>2:00 - 3:00          |
| <b>3</b><br><b>Putting -<br/>Reading Break</b>                                   | <b>4</b><br>10:00 - 11:00<br><b>PUTTER</b>    | <b>5</b><br>10:00 - 11:00  | <b>6</b><br>4:30-5:30<br>6:00-7:00  | <b>7</b><br>9:30 -10:30  | <b>8</b>                                   | <b>9</b>                         |
| <b>US Open Week</b> <b>10</b><br><b>Specialty Shots -<br/>Hitting from Rough</b> | <b>11</b><br>10:00 - 11:00<br><b>PW,8,HYB</b> | <b>12</b><br>10:00 - 11:00 | <b>13</b><br>4:30-5:30<br>6:00-7:00 | <b>14</b><br>9:30 -10:30 | <b>15</b><br>11:00 - 12:00<br>12:30 - 1:30 | <b>16</b><br><b>Father's Day</b> |
| <b>17</b><br><b>Common Flaws -<br/>Early Extension</b>                           | <b>18</b><br>10:00 - 11:00<br><b>MID IRON</b> | <b>19</b><br>10:00 - 11:00 | <b>20</b><br>4:30-5:30<br>6:00-7:00 | <b>21</b><br>9:30 -10:30 | <b>22</b>                                  | <b>23</b>                        |
| <b>24</b><br><b>Fundamentals -<br/>Pre-shot Routine</b>                          | <b>25</b><br>10:00 - 11:00<br><b>ANY</b>      | <b>26</b><br>10:00 - 11:00 | <b>27</b><br>4:30-5:30<br>6:00-7:00 | <b>28</b><br>9:30 -10:30 | <b>29</b><br>11:00 - 12:00<br>12:30 - 1:30 | <b>30</b><br>2:00 - 3:00         |

## July 2024

|    |  |                     |                                  |                   | Supervised Practice                 |                   |
|----|--|---------------------|----------------------------------|-------------------|-------------------------------------|-------------------|
|    | Tuesday                                    | Wednesday           | Thursday                         | Friday            | Saturday                            | Sunday            |
| 1  | 2<br>10:00 - 11:00<br><b>ANY</b>           | 3<br>10:00 - 11:00  | 4<br><b>Independence<br/>Day</b> | 5<br>9:30 -10:30  | 6                                   | 7                 |
| 8  | 9<br>10:00 - 11:00<br><b>MID IRON/HYB</b>  | 10<br>10:00 - 11:00 | 11<br>4:30-5:30<br>6:00-7:00     | 12<br>9:30 -10:30 | 13<br>11:00 - 12:00<br>12:30 - 1:30 | 14<br>2:00 - 3:00 |
| 15 | 16<br>10:00 - 11:00<br><b>MID IRON/HYB</b> | 17<br>10:00 - 11:00 | 18<br>4:30-5:30<br>6:00-7:00     | 19<br>9:30 -10:30 | 20                                  | 21                |
| 22 | 23<br>10:00 - 11:00<br><b>ANY</b>          | 24<br>10:00 - 11:00 | 25                               | 26                | 27<br>1:30 - 2:30*<br>3:00 - 4:00*  | 28<br>2:00 - 3:00 |
| 29 | 30<br>11:30 - 12:30*<br><b>ALL WEDGES</b>  | 31<br>10:00 - 11:00 |                                  |                   | *time change                        |                   |

## August 2024

|    |  |   |                              |                   | Supervised Practice                 |                   |
|----|--|---|------------------------------|-------------------|-------------------------------------|-------------------|
|    | Tuesday                                    | Wednesday                                 | Thursday                     | Friday            | Saturday                            | Sunday            |
| 1  |  |   | 1<br>4:30-5:30<br>6:00-7:00  | 2<br>9:30 -10:30  | 3                                   | 4                 |
| 5  | 6<br>10:00 - 11:00<br><b>MID IRON/HYB</b>  | 7<br>10:00 - 11:00                        | 8<br>4:30-5:30<br>6:00-7:00  | 9<br>9:30 -10:30  | 10<br>11:00 - 12:00<br>12:30 - 1:30 | 11<br>2:00 - 3:00 |
| 12 | 13<br>10:00 - 11:00<br><b>SW, 8 IRON</b>   | 14<br>10:00 - 11:00<br><b>HYB, DRIVER</b> | 15<br>4:30-5:30<br>6:00-7:00 | 16<br>9:30 -10:30 | 17                                  | 18                |
| 19 | 20<br>10:00 - 11:00<br><b>MID IRON</b>     | 21<br>10:00 - 11:00                       | 22<br>4:30-5:30<br>6:00-7:00 | 23<br>9:30 -10:30 | 24<br>11:00 - 12:00<br>12:30 - 1:30 | 25<br>2:00 - 3:00 |
| 26 | 27<br>10:00 - 11:00<br><b>7i or longer</b> | 28<br>10:00 - 11:00                       | 29<br>4:30-5:30<br>6:00-7:00 | 30<br>9:30 -10:30 | 31                                  |                   |

## September 2024

|   |                                   |               |                        |             | Supervised Practice               |                              |
|---|-----------------------------------|---------------|------------------------|-------------|-----------------------------------|------------------------------|
|   | Tuesday                           | Wednesday     | Thursday               | Friday      | Saturday                          | Sunday                       |
|   |                                   |               |                        |             |                                   | 1                            |
| <b>Labor Day</b> 2                                  | 3                                 | 4             | 5                      | 6           | 7                                 | 8                            |
| <b>Short Game -<br/>Flop Shot &amp; Hybrid Chip</b> | 10:00 - 11:00<br><b>LW/SW,HYB</b> | 10:00 - 11:00 | 4:30-5:30<br>6:00-7:00 | 9:30 -10:30 | 11:00 - 12:00<br>12:30 - 1:30     | 2:00 - 3:00                  |
| 9   | 10                                | 11            | 12                     | 13          | 14                                | 15                           |
| <b>Full Swing -<br/>"The Big Dog"</b>               | 10:00 - 11:00<br><b>DRIVER</b>    | 10:00 - 11:00 | 4:30-5:30<br>6:00-7:00 | 9:30 -10:30 |                                   |                              |
| 16  | 17                                | 18            | 19                     | 20          | 21                                | 22                           |
| <b>Ask the PRO</b>                                  | 10:00 - 11:00<br><b>ANY</b>       | 10:00 - 11:00 | 4:30-5:30<br>6:00-7:00 | <b>USGA</b> | <b>Mid-Amateur<br/>Facilities</b> | <b>Tournament<br/>Closed</b> |
| 23  | 24                                | 25            | 26                     | 27          | 28                                | 29                           |
| <b>Rules of Golf -<br/>Taking Proper Relief</b>     | 10:00 - 11:00<br><b>NONE</b>      | 10:00 - 11:00 | 4:30-5:30<br>6:00-7:00 | 9:30 -10:30 |                                   |                              |

## October 2024

|  |                                  |               |                         |             | Supervised Practice           |             |
|--|----------------------------------|---------------|-------------------------|-------------|-------------------------------|-------------|
|  | Tuesday                          | Wednesday     | Thursday                | Friday      | Saturday                      | Sunday      |
| 30   | 1                                | 2             | 3                       | 4           | 5                             | 6           |
| <b>Putting -<br/>Drills for Success</b>              | 10:00 - 11:00<br><b>PUTTER</b>   | 10:00 - 11:00 | 4:30-5:30<br>5:45-6:45* | 9:30 -10:30 | Overseeding                   | Overseeding |
| 7  | 8                                | 9             | 10                      | 11          | 12                            | 13          |
| <b>Course<br/>Management</b>                         | 10:00 - 11:00<br><b>NONE</b>     | 10:00 - 11:00 | 4:30-5:30<br>5:45-6:45* | 9:30 -10:30 |                               |             |
| 14   | 15                               | 16            | 17                      | 18          | 19                            | 20          |
| <b>Specialty Shots -<br/>Shaping your ballflight</b> | 10:00 - 11:00<br><b>MID IRON</b> | 10:00 - 11:00 | 4:30-5:30<br>5:30-6:30* | 9:30 -10:30 | 11:00 - 12:00<br>12:30 - 1:30 | 2:00 - 3:00 |
| 21   | 22                               | 23            | 24                      | 25          | 26                            | 27          |
| <b>Common Flaws -<br/>Over the Top</b>               | 10:00 - 11:00<br><b>MID IRON</b> | 10:00 - 11:00 | 4:30-5:30               | 9:30 -10:30 |                               |             |
| 28   | 29                               | 30            | 31                      |             | *time change                  |             |
| <b>Wrist Angles -<br/>Flexion vs. Extension</b>      | 10:00 - 11:00<br><b>MID IRON</b> | 10:00 - 11:00 | 4:30-5:30               |             |                               |             |

## November 2024

|   | Tuesday                              | Wednesday           | Thursday                             | Friday            | Supervised Practice                 |                   |
|---|--------------------------------------|---------------------|--------------------------------------|-------------------|-------------------------------------|-------------------|
|   |                                      |                     |                                      |                   | Saturday                            | Sunday            |
| <b>Wrist Angles -<br/>Flexion vs. Extension</b> | <b>MID IRON</b>                      |                     |                                      | 1<br>9:30 -10:30  | 2<br>11:00 - 12:00<br>12:30 - 1:30  | 3<br>2:00 - 3:00  |
| 4<br><b>Full Swing -<br/>Dynamic Sequence</b>   | 5<br>10:00 - 11:00<br><b>ANY</b>     | 6<br>10:00 - 11:00  | 7<br>4:00-5:00                       | 8<br>9:30 -10:30  | 9                                   | 10                |
| 11<br><b>Putting -<br/>Member Challenge</b>     | 12<br>10:00 - 11:00<br><b>PUTTER</b> | 13<br>10:00 - 11:00 | 14<br>4:00-5:00                      | 15<br>9:30 -10:30 | 16<br>11:00 - 12:00<br>12:30 - 1:30 | 17<br>2:00 - 3:00 |
| 18  | 19                                   | 20                  | 21<br><b>Happy<br/>Thanksgiving!</b> | 22                | 23                                  | 24                |
| 25  | 26                                   | 27                  | 28                                   | 29                | 30                                  |                   |

## December 2024

|   | Tuesday          | Wednesday                         | Thursday                    | Friday           | Saturday | Sunday |
|---|------------------|-----------------------------------|-----------------------------|------------------|----------|--------|
|   |                  |                                   |                             |                  |          | 1      |
| 2<br><b>Drills for<br/>Winter Success</b> | 3<br>2:30 - 3:30 | 4<br>10:00 - 11:00                | 5<br>4:00-5:00<br>6:00-7:00 | 6<br>9:30 -10:30 | 7        | 8      |
| 9   | 10               | 11                                | 12                          | 13               | 14       | 15     |
| 16  | 17               | 18                                | 19                          | 20               | 21       | 22     |
| 23  | 24               | 25<br><b>Merry<br/>Christmas!</b> | 26                          | 27               | 28       | 29     |