

Stars & Stripes Golf Coaching Club -

March 2022

Schedule of Clinics & Practices

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Topic	1 2:30 - 3:30	2 10:00 - 11:00	3 4:30-5:30	4 9:30 -10:30	5 11:00 - 12:00 Supervised Practice	6
w/Andy Royalty Pre-Round Warm Up Speed Training	7 2:30 - 3:30	8 10:00 - 11:00	10 4:30-5:30	11 10:00 - 11:00	12 11:00 - 12:00 Supervised Practice	13 2:00 - 3:00 Supervised Practice
Chipping - Set up & Technique	14 2:30 - 3:30	15 10:00 - 11:00	16 4:30-5:30 6:00-7:00	17 9:30 -10:30	18 11:00 - 12:00 Supervised Practice	19 20
The Backswing - Takeaway & Top	21 2:30 - 3:30	22 10:00 - 11:00	23 4:30-5:30 6:00-7:00	24 9:30 -10:30	25 11:00 - 12:00 Supervised Practice	26 27 2:00 - 3:00 Supervised Practice
Putting - Grips & Stroke	28 2:30 - 3:30	29 10:00 - 11:00	30 4:30-5:30 6:00-7:00	31		

April 2022

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Putting - Grips & Stroke				1 9:30 -10:30	2 11:00 - 12:00 Supervised Practice	3
Supervised Practice	4	5 Spring Break	6 Spring Break	7 4:30-5:30 6:00-7:00	8 9:30 -10:30	9 11:00 - 12:00 Supervised Practice
The Downswing - Impact & Followthrough	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 Easter
Pitching - Set up & Technique	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 24 2:00 - 3:00 Supervised Practice
Putting - Controlling Distance	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 11:00 - 12:00 Supervised Practice	30

May 2022

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 Fundamentals - Pre-shot Routine	3 2:30 - 3:30	4 10:00 - 11:00	5 4:30-5:30 6:00-7:00	6 9:30 -10:30	7 11:00 - 12:00 Supervised Practice	8 Mother's Day
9 Chipping - Club Selection & Distance	10 2:30 - 3:30	11 10:00 - 11:00	12 4:30-5:30 6:00-7:00	13 9:30 -10:30	14 11:00 - 12:00 Supervised Practice	15
16 Full Swing - The Weight Shift	17 2:30 - 3:30	18 10:00 - 11:00	19 4:30-5:30 6:00-7:00	20 9:30 -10:30	21 11:00 - 12:00 Supervised Practice	22 2:00 - 3:00 Supervised Practice
23 Bunker Shots - Greenside	24 2:30 - 3:30	25 10:00 - 11:00	26 4:30-5:30 6:00-7:00	27 9:30 -10:30	28	29

June 2022

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Memorial Day 30 Full Swing - TEMPO!	31 2:30 - 3:30	1 10:00 - 11:00	2 4:30-5:30 6:00-7:00	3 9:30 -10:30	4 11:00 - 12:00 Supervised Practice	5 2:00 - 3:00 Supervised Practice
6 Full Swing - What is Path?	7 2:30 - 3:30	8 10:00 - 11:00	9 4:30-5:30 6:00-7:00	10 9:30 -10:30	11 11:00 - 12:00 Supervised Practice	12
US Open Week 13 Specialty Shots - Hitting from Rough	14 2:30 - 3:30	15 10:00 - 11:00	16 4:30-5:30 6:00-7:00	17 9:30 -10:30	18 11:00 - 12:00 Supervised Practice	19 Father's Day
20 Full Swing - What is Plane?	21 2:30 - 3:30	22 10:00 - 11:00	23 4:30-5:30 6:00-7:00	24 9:30 -10:30	25 11:00 - 12:00 Supervised Practice	26
27 Putting - Reading Break	28 2:30 - 3:30	29 10:00 - 11:00	30 4:30-5:30 6:00-7:00			

July 2022

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Putting - Reading Break				1 9:30 -10:30	2	3
Independence Day 4 Uneven Lies - Ball Above/Below Feet	5 2:30 - 3:30	6 10:00 - 11:00	7 4:30-5:30 6:00-7:00	8 9:30 -10:30	9 11:00 - 12:00 Supervised Practice	10
11 Uneven Lies Uphill & Downhill	12 2:30 - 3:30	13 10:00 - 11:00	14 4:30-5:30 6:00-7:00	15 9:30 -10:30	16 11:00 - 12:00 Supervised Practice	17 2:00 - 3:00 Supervised Practice
18 Short Game - Chipping vs. Pitching	19 2:30 - 3:30	20 10:00 - 11:00	21 4:30-5:30 6:00-7:00	22 9:30 -10:30	23 11:00 - 12:00 Supervised Practice	24
25 Putting - Blast Motion Sensor	26 2:30 - 3:30	27 10:00 - 11:00	28 4:30-5:30 6:00-7:00	29 9:30 -10:30	30 11:00 - 12:00 Supervised Practice	31 2:00 - 3:00 Supervised Practice

August 2022

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Course Management	2 2:30 - 3:30	3 10:00 - 11:00	4 4:30-5:30 6:00-7:00	5 9:30 -10:30	6 11:00 - 12:00 Supervised Practice	7
8 Specialty Shots - Shaping your ballflight	9 2:30 - 3:30	10 10:00 - 11:00	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 Short Game - The "Clock" Swings	16 2:30 - 3:30	17 10:00 - 11:00	18 4:30-5:30 6:00-7:00	19 9:30 -10:30	20 11:00 - 12:00 Supervised Practice	21
22 Range Time - How to Practice	23 2:30 - 3:30	24 10:00 - 11:00	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 Full Swing - Turning for Power	30 2:30 - 3:30	31 10:00 - 11:00				

September 2022

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
Full Swing - Turning for Power			4:30-5:30 6:00-7:00	9:30 -10:30		
Labor Day	5	6	7	8	9	10
Rules of Golf - Taking Proper Relief	2:30 - 3:30	10:00 - 11:00	4:30-5:30 6:00-7:00	9:30 -10:30	11:00 - 12:00 Supervised Practice	2:00 - 3:00 Supervised Practice
12	13	14	15	16	17	18
Common Flaws - Early Extension	2:30 - 3:30	10:00 - 11:00	4:30-5:30 6:00-7:00	9:30 -10:30	11:00 - 12:00 Supervised Practice	
19	20	21	22	23	24	25
Putting - How to Practice	2:30 - 3:30	10:00 - 11:00	4:30-5:30 6:00-7:00	9:30 -10:30	11:00 - 12:00 Supervised Practice	2:00 - 3:00 Supervised Practice
26	27	28	29	30		
Posture - How to find NEUTRAL	2:30 - 3:30	10:00 - 11:00	4:30-5:30 6:00-7:00	9:30 -10:30		

October 2022

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

November 2022

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Halloween 31	1 2:30 - 3:30	2 10:00 - 11:00	3 4:30-5:30	4 9:30 -10:30	5 11:00 - 12:00 Supervised Practice	6 2:00 - 3:00 Supervised Practice
7 Putting - Member Challenge	8 2:30 - 3:30	9 10:00 - 11:00	10 4:00-5:00	11 9:30 -10:30	12 11:00 - 12:00 Supervised Practice	13
14 Drills for Winter Success	15 2:30 - 3:30	16 10:00 - 11:00	17 4:00-5:00	18 9:30 -10:30	19 11:00 - 12:00 Supervised Practice	20 2:00 - 3:00 Supervised Practice
21	22	23	24 Happy Thanksgiving!	25	26 11:00 - 12:00 Supervised Practice	27
28	29	30				