

Stars & Stripes Golf Coaching Club -

March 2023

Schedule of Clinics & Practices

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEKLY TOPIC		1	2	3	4	5
CLUB SUGGESTION						
6	7	8	9	10	11	12
Welcome Back Week Ask the Pro...	2:30 - 3:30 ANY	10:00 - 11:00	4:30-5:30	9:30 -10:30	11:00 - 12:00 Supervised Practice	2:00 - 3:00 Supervised Practice
13	14	15	16	17	18	19
Chipping - Set up & Technique	2:30 - 3:30 PW/8I	10:00 - 11:00	4:30-5:30 6:00-7:00	9:30 -10:30	11:00 - 12:00 Supervised Practice	
20	21	22	23	24	25	26
The Backswing - Takeaway & Top	2:30 - 3:30 MID IRON	10:00 - 11:00	4:30-5:30 6:00-7:00	9:30 -10:30	11:00 - 12:00 Supervised Practice	
27	28	29	30	31		
Putting - Grips & Stroke	2:30 - 3:30 PUTTER	10:00 - 11:00	4:30-5:30 6:00-7:00	9:30 -10:30		

April 2023

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
					11:00 - 12:00 Supervised Practice	
3	4	5	6	7	8	9
Supervised Practice	Spring Break ANY	Spring Break	4:30-5:30 6:00-7:00	9:30 -10:30	11:00 - 12:00 Supervised Practice	Easter
10	11	12	13	14	15	16
The Downswing - Impact & Followthrough	2:30 - 3:30 MID IRON	10:00 - 11:00	4:30-5:30 6:00-7:00	9:30 -10:30	11:00 - 12:00 Supervised Practice	
17	18	19	20	21	22	23
Putting - Controlling Distance	2:30 - 3:30 PUTTER	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
24	25	26	27	28	29	30
Pitching - Set up & Technique	2:30 - 3:30 SW/LW	10:00 - 11:00	4:30-5:30 6:00-7:00	9:30 -10:30	11:00 - 12:00 Supervised Practice	

May 2023

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
Full Swing - TEMPO!	2:30 - 3:30 ANY	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
8	9	10	11	12	13	14
Fundamentals - Pre-shot Routine	2:30 - 3:30 ANY	10:00 - 11:00	4:30-5:30 6:00-7:00	9:30 -10:30	11:00 - 12:00 Supervised Practice	Mother's Day
15	16	17	18	19	20	21
Bunker Shots - Greenside*	2:30 - 3:30 SW	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
22	23	24	25	26	27	28
Full Swing - The Weight Shift	2:30 - 3:30 ANY	10:00 - 11:00	4:30-5:30 6:00-7:00	9:30 -10:30	11:00 - 12:00 Supervised Practice	
Memorial Day 29	30	31				
Chipping - Club Selection & Distance	2:30 - 3:30 SW,PW,8i	10:00 - 11:00				

* - Meet at practice bunker by 10th tee

June 2023

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4			
Fundamentals - Preparing to Play/Practice	2:30 - 3:30 ANY	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
5	6	7	8	9	10	11
Full Swing - What is Path?	2:30 - 3:30 MID IRON	10:00 - 11:00	4:30-5:30 6:00-7:00	9:30 -10:30	11:00 - 12:00 Supervised Practice	
12	13	14	15	16	17	18
US Open Week Specialty Shots - Hitting from Rough	2:30 - 3:30 PW,8,HYB	10:00 - 11:00	4:30-5:30 6:00-7:00	9:30 -10:30	11:00 - 12:00 Supervised Practice	Father's Day
19	20	21	22	23	24	25
Full Swing - What is Plane?	2:30 - 3:30 MID IRON	10:00 - 11:00	4:30-5:30 6:00-7:00	9:30 -10:30	11:00 - 12:00 Supervised Practice	
26	27	28	29	30		
Putting - Reading Break	2:30 - 3:30 PUTTER	10:00 - 11:00	4:30-5:30 6:00-7:00	9:30 -10:30		

July 2023

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 11:00 - 12:00 Supervised Practice	2 2:00 - 3:00 Supervised Practice
3 Ask the Pro... (any club)	4 Independence Day	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
10 Uneven Lies Ball Above/Below Feet	11 2:30 - 3:30 MID IRON/HYB	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 2:00 - 3:00 Supervised Practice
17 Uneven Lies - Uphill & Downhill	18 2:30 - 3:30 MID IRON/HYB	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 Short Game - Chipping vs. Pitching	25 2:30 - 3:30 ALL WEDGES	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 2:00 - 3:00 Supervised Practice

August 2023

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 Course Management	1 2:30 - 3:30 NONE	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
7 Full Swing - "The Big Dog"	8 2:30 - 3:30 DRIVER	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 2:00 - 3:00 Supervised Practice
14 Short Game - The "Clock" Swings	15 2:30 - 3:30 GW,SW or LW	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
21 Rules of Golf - Taking Proper Relief	22 2:30 - 3:30 NONE	23 10:00 - 11:00	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
28 Full Swing - Turning for Power/Speed	29 2:30 - 3:30 7i or longer	30 10:00 - 11:00	31 4:30-5:30 6:00-7:00			

September 2023

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Full Swing - Turning for Power/Speed				1 9:30 -10:30	2 11:00 - 12:00 Supervised Practice	3
Labor Day 4 Range Time - How to Practice	5 2:30 - 3:30 SW,8,HYB,DR	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 2:00 - 3:00 Supervised Practice
11 Common Flaws - Early Extension	12 2:30 - 3:30 ANY	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
18 Putting - How to Practice	19 2:30 - 3:30 PUTTER	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 2:00 - 3:00 Supervised Practice
25 Short Game - Flop Shot & Hybrid Chip	26 2:30 - 3:30 LW & HYBRID	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	1

October 2023

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Bunker Shots - Fairway	3 MID IRON	4 10:00 - 11:00	5 4:30-5:30 5:45-6:45	6 9:30 -10:30	7 11:00 - 12:00 Supervised Practice	8
9 Specialty Shots - Shaping your ballflight	10 2:30 - 3:30 MID IRON	11 10:00 - 11:00	12 4:30-5:30 5:45-6:45	13 9:30 -10:30	14 11:00 - 12:00 Supervised Practice	15 2:00 - 3:00 Supervised Practice
16 Posture - How to find NEUTRAL	17 2:30 - 3:30 ANY	18 10:00 - 11:00	19 4:30-5:30 5:30-6:30	20 9:30 -10:30	21 11:00 - 12:00 Supervised Practice	22
23 Full Swing - Dynamic Balance	24 2:30 - 3:30 ANY	25 10:00 - 11:00	26 4:30-5:30	27 9:30 -10:30	28 11:00 - 12:00 Supervised Practice	29 2:00 - 3:00 Supervised Practice
30 Preparing to Play - Stretch & Range Time	31 2:30 - 3:30 SW,8,HYB,DR					

November 2023

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
Preparing to Play - Stretch & Range Time		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>
6	7	8	9	10	11	12
Putting - Member Challenge	2:30 - 3:30 PUTTER	10:00 - 11:00	4:00-5:00	9:30 -10:30	11:00 - 12:00 <small>Supervised Practice</small>	
13	14	15	16	17	18	19
Ask the Pro	2:30 - 3:30 ANY	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>
20	21	22	23	24	25	26
			Happy Thanksgiving!		11:00 - 12:00 <small>Supervised Practice</small>	
27	28	29	30			

December 2023

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