



V.I.P DEVELOPMENT RETREAT

RICK SMITH PERFORMANCE CENTER TRUMP DORAL

Instructors: Tony Ruggiero, Wayne Flint, Morgan Hale, Dr. Scott Lynn & Dr. Greg Cartin

Friday, January 21st

2:00 pm - 3:30 Retreat Starts. Short game seminar focusing on how the best players in the world practice and apply their work to the golf course with Tony Ruggiero & Dr. Greg Cartin performance coach.

3:30 – 5:00 Initial filming and biomechanical assessment of golf swing with Tony Ruggiero & Dr. Scott Lynn

5:30 pm Cocktails & Appetizers on back porch of clubhouse and taping of The Tour Coach Podcast with Tony Ruggiero, Dr. Cartin & Dr Lynn!

Saturday, January 22nd

9:30 Retreat Begins. Warmup with Morgan Hale

10:00-11:00

Group A: Full Swing Mechanics with Tony Ruggiero & Dr. Scott Lynn

Group B: Fitness and body evaluation with Morgan Hale

Group C: Chipping and Pitching mechanics and practice with Golf Magazine Top 100 Instructor Wayne Flint

11:00-12:00

Group B: Full Swing Mechanics with Tony Ruggiero & Dr. Scott Lynn

Group C: Fitness and body evaluation with Morgan Hale

Group A: Chipping and Pitching mechanics and practice with Golf Magazine Top 100 Instructor Wayne Flint

12:00-1:00

Group C: Full Swing Mechanics with Tony Ruggiero & Dr. Scott Lynn

Group A: Fitness and body evaluation with Morgan Hale

Group B: Chipping and Pitching mechanics and practice with Golf Magazine Top 100 Instructor Wayne Flint

Lunch 1 -2pm

2:00 -2:30 Re-Warm Up

2:30 On Course play - Dewsweeper Tournament!

Sunday, January 23rd

8:30 Warmup with Morgan Hale

9:00-10:00

Group A: Putting like Tour Players with Wayne Flint & Dr. Greg Cartin

Group B: 3D Analysis of Swing with Dewrwyne Honan & Tony Ruggiero

Group C: Biomechanics, speed, and fitness with Morgan Hale & Dr Scott Lynn

10:00-11:00

Group B: Putting like Tour Players with Wayne Flint & Dr. Greg Cartin

Group C: 3D Analysis of Swing with Dewrwyne Honan & Tony Ruggiero

Group A: Biomechanics, speed, and fitness with Morgan Hale & Dr Scott Lynn

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12:00 Lunch

1:00 On Course with Dr Greg Cartin mental and performance questions!

Students depart when finished or need to travel

Cost:\$1200 per person includes all on this itinerary (Lunch, Cocktails, Appetizers, golf two days and instruction)

The fee for retreat and room stays (at Trump Doral) will be charged next Wednesday the 19th. Please provide Meg with a Credit Card if she does not have it on file.

I can't wait to see you at the Rick Smith Performance Center at Doral as we create a comprehensive plan for your game!