

HIGH SCHOOL & JUNIOR GOLF ACADEMY



Email Kelley Welton at kwelton@wildernessridgegolf.com or call (402) 434-5106

COST

\$210
for 8 weeks

DATES

JANUARY | 8th, 15th, 22nd, 29th
FEBRUARY | 5th, 12th, 19th, 26th

AGES

JUNIOR | 5th - 8th grade
HIGH SCHOOL | 9th - 12th grade

TIME

JUNIOR | 3:00 - 4:15 p.m.
HIGH SCHOOL | 4:30 - 5:45 p.m.

*all programs are open to boys and girls

JAN. 8TH

WORKOUT

- Core Exercises
- Resistance Bands
- Stretching

JAN. 15TH

SHORT GAME

- Chipping & Pitching
- Proper set up
- Hula Hoop Drill, Landing Spot
- Club Selection

JAN. 22ND

WORKOUT

- Upper Body Strength
- Battle Rope Training
- Stretch

JAN. 29TH

SHORT GAME

- Putting
- Grip and Posture
- String Line and Arc Drill

FEB. 5TH

WORKOUT

- Cardio Exercises
- Stretching
- Medicine Ball Training

FEB. 12TH

SHORT GAME

- Up and Down Drills
- High/Low Chipping
- Distance Control Pitching

FEB. 19TH

WORKOUT

- Lower Body Strength
- Kettle Bell Exercises

FEB. 26TH

SHORT GAME

- Tug-a-War Game
- Putting Ladder Drill
- Competition Day

**KELLEY
WELTON**



**JAXON
CLOUSE**