

# SWING ASSESSMENT AND TECHNOLOGY

## First Lesson: Initial 30 minute Assessment

During the first lesson, I like to get an understanding of the student's golf history and what their goals for improvement are. I will observe the student's swing using high speed video analysis and FlightScope's club and ball tracking technology, so the student can understand why the golf ball is flying the way it is.

After reviewing the video and launch monitor data with the student, I will explain in simple terms the key components of the swing the student needs to improve to reach their goals. The remainder of the lesson will be working on the first key swing component outlined for improvement.

The lesson will conclude by discussing an improvement game plan for the student to reach their goals.

## FLIGHTSCOPE X2

The latest in 3D doppler radar technology. Our FlightScope launch monitor provides the most vital performance information to improve your golf game, including:

- Club head speed
- Carry and overall distance
- Clubface angles
- Path of swing
- Ball speed, launch angle, and spin rate



## JC VIDEO ANALYSIS

See your swing as the pros do! JC Video is the number one swing analysis software used by the game's best players. With high speed video capture, you are able to analyze and compare your swing with the tour pros.

JC Video clearly illustrates your swing in high definition, so you can learn what areas need to be improved to take your game to the next level.

