



## **2019 Next Level Training**

**Is your child looking to get to the next level in golf? If they aspire to make the high school team, or play in college and beyond, we can make it a reality! This program is for golfers ages 10 & up, willing to commit to a structured practice and exercise program that will guide them to the next level.**

**This program is not designed to simply teach your child how to chip, putt and rapid fire golf balls on the driving range. We will dive into every aspect of the game. We play 9 holes at the beginning of each month to provide measurable progress.**

**Students will be taught how to not only track their simple scores, but measurable stats throughout the round to analyze what areas of their game need improvement.**

**We will have practices once a week working on: swing mechanics, course management, practice drills, competitions, video swing analysis, chipping, putting, rules, and more...**

**We have partnered with The Club (formally known as Club 47) in Yorkville for scheduled workouts twice a month. These workouts will be golf related. Speed training, flexibility, endurance, stability, and isometric exercises are all essential for competitive golf.**

**Golfers can sign up 1 month at a time, 3 months, or the full 6 month program. We also run these programs throughout the winter for those who are very committed! Space is limited to 6 golfers per session, but more days and/or times may be added to fit the needs of your group.**



## 2019 Next Level Training Sign-up Form

### Athlete/ Contact Information

Athlete Name: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Athlete Age: \_\_\_\_\_

High School: \_\_\_\_\_ Dream College: \_\_\_\_\_

Program Options (circle):

**1 Month - \$200**

**3 Month - \$175per**

**6 month - \$150per**

Form of payment (circle):                      Cash                      Check                      Credit

Day Preference *with a few exceptions due to holidays, outings, ect.* (circle):

**Monday & Saturdays**

**Tuesdays & Sundays**

Friends/siblings they would like to be grouped with:

For office use only:

Payment date: \_\_\_\_\_ Form of payment: \_\_\_\_\_ Initial: \_\_\_\_\_

**Please bring sign up forms and payment to the golf shop. Email Alex at [ABalog@pga.com](mailto:ABalog@pga.com) or call 630-882-8988 with questions.**

**Schedule for Monday & Saturday Group (times and dates may fluctuate) \*\***

<b>Date</b>	<b>Time</b>	<b>Location</b>	<b>Special Activity</b>
Mon 4/1	4pm-6:15pm*	Whitetail Ridge	9 Holes
Sat 4/6	11am-12pm	Whitetail Ridge	Practice
Sat 4/13	11am-12pm	Whitetail Ridge	Practice
Mon 4/15	6pm-7:30pm	The Club	Golf workouts
Sat 4/20	11am-12pm	Whitetail Ridge	Practice
Sat 4/27	11am-12pm	Whitetail Ridge	Practice
Mon 4/29	6pm-7:30pm	The Club	Golf workouts
Sat 5/4	5pm-7:15pm	Whitetail Ridge	9 Holes
Mon 5/6	6pm-7:30pm	The Club	Golf workouts
Sat 5/11	11am-12pm	Whitetail Ridge	Practice
Sat 5/18	11am-12pm	Whitetail Ridge	Practice
Mon 5/20	6pm-7:30pm	The Club	Golf workouts
Sat 5/25	11am-12pm	Whitetail Ridge	Practice
Sat 6/1	11am-12pm	Whitetail Ridge	Practice
Mon 6/3	5pm-7:15pm	Whitetail Ridge	9 Holes
Sat 6/8	11am-12pm	Whitetail Ridge	Practice
Sat 6/15	11am-12pm	Whitetail Ridge	Practice
Mon 6/17	6pm-7:30pm	The Club	Golf workouts
Sat 6/22	11am-12pm	Whitetail Ridge	Practice
Mon 6/24	6pm-7:30pm	The Club	Golf workouts
Sat 6/29	11am-12pm	Whitetail Ridge	Practice
Mon 7/1	5pm-7:15pm	Whitetail Ridge	9 Holes
Sat 7/6	11am-12pm	Whitetail Ridge	Practice
Mon 7/8	6pm-7:30pm	The Club	Golf workouts
Sat 7/13	11am-12pm	Whitetail Ridge	Practice
Sat 7/20	11am-12pm	Whitetail Ridge	Practice
Sat 7/27	11am-12pm	Whitetail Ridge	Practice
Mon 7/29	6pm-7:30pm	The Club	Golf workouts
Mon 8/5	5pm-7:15pm	Whitetail Ridge	9 Holes
Sat 8/10	11am-12pm	Whitetail Ridge	Practice
Sat 8/17	11am-12pm	Whitetail Ridge	Practice
Mon 8/19	6pm-7:30pm	The Club	Golf workouts
Sun 8/25**	11am-12pm	Whitetail Ridge	Practice
Mon 8/26	6pm-7:30pm	The Club	Golf workouts
Sat 8/31	11am-12pm	Whitetail Ridge	Practice
Mon 9/9	4pm-6:15pm*	Whitetail Ridge	9 Holes
Sat 9/14	11am-12pm	Whitetail Ridge	Practice
Mon 9/16	6pm-7:30pm	The Club	Golf workouts
Sat 9/21	11am-12pm	Whitetail Ridge	Practice
Mon 9/23	6pm-7:30pm	The Club	Golf workouts
Sat 9/28	11am-12pm	Whitetail Ridge	Practice
Mon 9/30	4pm-6:15pm*	Whitetail Ridge	9 Holes

## Schedule for Tuesday & Sunday Group (times and dates may fluctuate) \*\*

Date	Time	Location	Special Activity
Tues 4/2	5pm-7:15pm	Whitetail Ridge	9 Holes
Sun 4/7	11am-12pm	Whitetail Ridge	Practice
Sun 4/14	11am-12pm	Whitetail Ridge	Practice
Tues 4/16	6pm-7:30pm	The Club	Golf workouts
Sat 4/20**	11am-12pm	Whitetail Ridge	Practice
Sun 4/28	11am-12pm	Whitetail Ridge	Practice
Tues 4/30	6pm-7:30pm	The Club	Golf workouts
Sun 5/5	5pm-7:15pm	Whitetail Ridge	9 Holes
Tues 5/7	6pm-7:30pm	The Club	Golf workouts
Sat 5/11**	11am-12pm	Whitetail Ridge	Practice
Sun 5/19	11am-12pm	Whitetail Ridge	Practice
Tues 5/21	6pm-7:30pm	The Club	Golf workouts
Sun 5/26	11am-12pm	Whitetail Ridge	Practice
Sun 6/2	11am-12pm	Whitetail Ridge	Practice
Tues 6/4	5pm-7:15pm	Whitetail Ridge	9 Holes
Sun 6/9	11am-12pm	Whitetail Ridge	Practice
Sat 6/15**	11am-12pm	Whitetail Ridge	Practice
Tues 6/18	6pm-7:30pm	The Club	Golf workouts
Sun 6/23	11am-12pm	Whitetail Ridge	Practice
Tues 6/25	6pm-7:30pm	The Club	Golf workouts
Sun 6/30	11am-12pm	Whitetail Ridge	Practice
Tues 7/2	5pm-7:15pm	Whitetail Ridge	9 Holes
Sun 7/7	11am-12pm	Whitetail Ridge	Practice
Tues 7/9	6pm-7:30pm	The Club	Golf workouts
Sun 7/12	12:30pm-1:30pm**	Whitetail Ridge	Practice
Sun 7/21	11am-12pm	Whitetail Ridge	Practice
Sat 7/27**	11am-12pm	Whitetail Ridge	Practice
Tues 7/30	6pm-7:30pm	The Club	Golf workouts
Tues 8/6	5pm-7:15pm	Whitetail Ridge	9 Holes
Sun 8/11	11am-12pm	Whitetail Ridge	Practice
Sun 8/18	11am-12pm	Whitetail Ridge	Practice
Tues 8/20	6pm-7:30pm	The Club	Golf workouts
Sun 8/25	11am-12pm	Whitetail Ridge	Practice
Tues 8/27	6pm-7:30pm	The Club	Golf workouts
Sun 9/1	11am-12pm	Whitetail Ridge	Practice
Tues 9/10	5pm-7:15pm*	Whitetail Ridge	9 Holes
Sun 9/15	11am-12pm	Whitetail Ridge	Practice
Tues 9/17	6pm-7:30pm	The Club	Golf workouts
Sun 9/22	11am-12pm	Whitetail Ridge	Practice
Tues 9/24	6pm-7:30pm	The Club	Golf workouts
Sun 9/29	11am-12pm	Whitetail Ridge	Practice
Tues 10/1	4pm-6:15pm	Whitetail Ridge	9 Holes

