

SuperGolfer54 Training

The SuperGolfer54 Training Program leads to discovering and accessing more of your possibilities to become a super player. **BE a Player!**



Who will be the super player of the future? These future players will access more of their possibilities.

This 12-week remote training program will give you the foundation to explore new skills and expand your playing potential. Be clear on your goals and vision, maximize practice, and create confidence. You will learn the non-technical / human skills of the game to complement your technique. You'll develop a foundation in other performance and human development skills necessary to play at the highest level. The training is spread out over a longer timeframe for better absorption and effective integration. It's appropriate to do during tournament season or off-season.

This innovative, multi-platform, online training program is being brought to you – anywhere in the world – through the *CoachNow*

VISION54.com

app / website. The VISION54 principles are delivered using digital instruction, audio and video instruction, and actionable practice assignments since we know it's by doing and exploring that these skills come alive. You train at your own pace through each week's assignments with no schedule or live sessions. VISION54 coaches will offer support throughout the training program and you're encouraged to interact with the other players in the group.

- ▶ **Next sessions** begin on the first Monday of every month.



Training Includes:

- ▶ 1 hr / wk instruction +
- ▶ 4-6 hrs / wk actionable exercises +
- ▶ downloadable training PDFs for ongoing practice
- ▶ optional remote private coaching: \$100 / 30min

Key Learning Outcomes

- **Human Skills** – explore the human skills of the game to complement your technique.
- **MY54** – discover what you do when you play great and how to access that unique formula more often.
- **NOT54** – identify what you do when you don't play well and how to catch yourself and shift back.
- **Manage Variability** – learn how to manage yourself on the golf course – before the shot, during the shot, after the shot, and between shots.

Fees

- Elite Players: \$750

▶ Details / Registration

<https://vision54.myshopify.com/products/supergolfer54-training-program>

