

ROCKY MOUNTAIN PGA AND SUPERSPEED GOLF PRESENT:

SUPERSPEED LIVE! CERTIFICATION WORKSHOP



Wednesday, November 15th - Blue Lakes Country Club – Twin Falls, ID

About: Coaching speed has become an integral part of working with players of all levels. The team at SuperSpeed Golf has put together a comprehensive program which looks at the four key areas that affect speed: Physical Characteristics, Swing Mechanics, Impact Physics, and Neurological Control.

During the workshop we'll take a deep dive into these areas with a focus on practical application of drills, products, and training practices. We will also do live analysis with Physical Assessments, Smart 2 Move 3D Force Plates, Sportsbox.ai 3D analysis, and a Sensor Edge Grip Pressure device. This program includes enrollment in a 3 Level online course as well as a full day workshop with the SuperSpeed Team.

Bring an amateur! Your registration for this event allows you to bring one amateur golfer for free. We recommend choosing a member at your club or one of your coaching students who you think would benefit from this workshop.

Registration: Sign up and payment will be handled by RMPGA through BlueGolf

Cost: \$199

Includes: Workshop registration plus membership to our SuperSpeed Certified online course (normally \$299).

Schedule of events:

8:00 AM - 8:30 AM

BREAKFAST & REGISTRATION

8:30 AM - 9:00 AM

INTRODUCTION & AGENDA

9:00 AM - 9:50 AM

MOTOR LEARNING & PERFORMANCE

9:50 AM - 10:00 AM

BREAK

10:00 AM - 10:45 AM

PHYSICAL CONNECTIONS TO SPEED

10:45 AM - 11:00 AM

HOW TO TEST POWER

11:00 AM - 11:45 AM

LIVE ANALYSIS

12:00 PM - 1:00 PM
LUNCH

1:00 PM - 1:45 PM
MECHANICS II

1:45 PM - 2:00 PM
LIVE ANALYSIS: SPORTSBOX.AI

2:00 PM - 2:45 PM
NEUROLOGICAL CONTROL

2:45 PM - 3:00 PM
SPEED PROGRAM DEVELOPMENT

3:00 PM - 3:15 PM
BREAK

3:15 PM - 3:45 PM
MECHANICS III

3:45 PM - 4:00 PM
LIVE ANALYSIS: SENSOR EDGE

4:00 PM - 4:30 PM
IMPACT PHYSICS

4:30 PM - 5:00 PM
BUSINESS OF COACHING

5:00 PM
Q&A

Additional Information:

Attire: Golf Attire

PDR Credits - 3 for the online course, 8 for the workshop day, 11 Total

Instructors:

Michael Napoleon, PGA

Founder and Owner, SuperSpeed Golf, LLC

Dr. Tyler Standifird

Associate Professor of Biomechanics, Utah Valley University

