



Fit for Golf-Set for Life™

Designed for the intermediate to advanced adult and junior golfer, the *Fit for Golf-Set for Life* program is comprised of three essential components: Golf, Fitness and Nutrition.

The course curriculum has been crafted to seamlessly blend the three essentials into a highly educational and intuitive learning experience. We at *Fit for Golf-Set for Life* believe that the three essentials will help every student maximize their performance in both on and off the course.

Golf Experience:

Using The Impact Zone philosophy
Breaking down the swing with high speed video and the V1 Coaching System
The Vector Putting green reading method
The On-Course Play and Learn™ approach

Fitness Experience:

Titleist Performance Institute golfer screening
The *Fit for Golf-Set for Life* warm up, tone up, balance and cool down routine
The Five Minute Golf warm up

Nutrition Experience:

Foods for performance
Simple and fast food preparation techniques
The flavor game
Choosing great ingredients

Each two-day *Fit for Golf-Set for Life* program includes:

1. Course materials
2. Green fees
3. Range balls
4. Access to practice facilities (putting, chipping and driving range)
5. Food & Beverages

Adult Fee: \$400 Junior Fee: \$300



Fit for Golf-Set for Life™

Application Form

First Name: _____ Last Name: _____

Address: _____ Apt: _____ City: _____

State: _____ Zip: _____ Email*: _____

Previous golf experience: _____

Do you have any allergies to food, drink or medical conditions we should be aware of? _____

Participant Information

1. I consent to participate in all programs hosted by Fit for Golf-Set for Life. I understand and assume the risk and danger to the game of golf, including but not limited to, the risk of being hit by an errant or misdirected golf shot, and the risk of Fit for Golf-Set for Life, the participating facility and the employees thereof from any and all liabilities resulting from such causes.
2. I grant Fit for Golf-Set for Life and its subsidiaries, the right to videotape, film, and photograph, and in the right, in perpetuity, to use my name, likeness, biographical information and voice in all forms of media (including the internet) in connection with the advertising and promotion of Fit for Golf-Set for Life.

Signature of participant: _____ Date: _____

Session Dates & Payment Information

Please circle your desired session:

Adults - \$400

Saturday, August 11th – Sunday, August 12th from 1:00-6:00pm

Saturday, August 25th – Sunday, August 26th from 1:00-6:00pm

Juniors - \$300

Monday, July 23rd – Tuesday, July 24th from 1:00-6:00pm

Monday, August 6th – Tuesday, August 7th from 1:00-6:00pm

Monday, August 20th – Tuesday, August 21st from 1:00-6:00pm

1. Applications can be mailed, faxed (718) 655-9174, or dropped off to the Attention of Joshua Sanchez at Mosholu Golf Course, 3545 Jerome Avenue, Bronx, New York 10467.

2. Payment can be made in the form of check, cash, money order or credit card. Please note there is an additional processing fee for all credit card payments.