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## Creative Golf Mental Game (CGMG)

### Junior Program

#### **Step 1: CGMG “Competitive Edge” Workshop:**

Attend a 90-minute workshop specifically designed to provide the tools needed to play in the zone, make good decisions and sustain peak performance on the golf course. When are you in the zone? When do you play your most confident and effortless golf? What would it be like to feel that way with every shot? The “Competitive Edge” workshop will help you identify your key individual strengths and build the consistency to transform your game.

**Maximum student participation 8**

#### **Step 2: CGMG 2-hour Introductory Session:**

The Competitive Edge workshop introduces the idea that you hit your best shots when you are in an experiential state and not over-analyzing how to hit the shot. During the session we briefly touch on the mental pre-shot routine. This is a routine that will help you make the transition from over-thinking to experiencing your potential and hitting more great shots more of the time. The 2-hour introductory session helps build on the Competitive Edge workshop and takes the student to the range to hit shots using the emWave® Personal Stress Reliever, a biofeedback tool used by many tour players.

**Maximum Student Participation 4**

#### **Step 3: CGMG School:**

This 1 1/2 day school (12 hours of coaching) combines the mental and emotional aspects of the game to help the student fully access their potential. The school combines classroom time with on-course experience using video technology and bio-feedback training. The program helps students have more fun on the course by removing the barriers that prevent optimal performance to help lower scores.

**Maximum Student Participation 4**

#### **TUITION FEE: \$495**

Programs are available to Junior golfers 12-17 years of age. Customized programs are available for the younger player.

**Junior Special\*:** Sign up for Steps 1 through 3 and receive a complimentary emWave® Personal Stress Reliever (MSRP \$199). If a parent or guardian accompanies the junior, they will receive a 50% saving on all tuition (does not include an emWave® PSR).

**Offer Expires December 31, 2010.**



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### **Recent student testimonials:**

*"By employing your ideas and putting myself back in the fun zone while playing, I had the best 72 hole tournament of my life, finishing tied for 8th at the PGA Senior Club Professional Championship in Port St. Lucie. My 11 under total was the result of several things, but most important was getting out of my own way and having fun while making 19 birdies for the week. Thank you for your help and I look forward to working with you again soon."*

**Jimmy Hamilton, PGA, Capitol Tee Golf Practice Center  
March, 2010**

*"I wish to thank you for changing my outlook towards golf. Your 3 recent tips have proven to be game changing. Last week I breezed around in carefree fashion and it was FUN. Where were you 15 years ago!"*

**John Hrivnak, Director of Sales, Bosch Packaging Services  
November 4<sup>th</sup>, 2008**

*"Thanks so much for last Monday's session. I learned a lot about myself and how I allow emotions to influence my game. Now I can turn that around and use "confident, powerful" emotions to play to my potential. I had another hole in one on Thursday!!! It was a perfect shot!!! This is my new mind picture to calm my heart rate and hopefully have a green light!"*

**Anne Winters, Member Devils Ridge Golf Club  
July 2008**

*"I played in a captain's choice tournament yesterday afternoon and I applied the "Happy Place" thoughts to my putts of which I have been so afraid in the past. I dropped 1 20-22 foot one and 5 8-10 foot ones. I feel so good now about my putting. I plan to play in Pinehurst all three days this holiday weekend with my husband and I will surprise him with my new found wisdom. Thanks for your help - the session was wonderful."*

**Barbara Scheib, ElectriCities of NC Inc  
May 2008**

*"Thanks for an outstanding session. I know the MPR is a foundation I can leverage over the long term. Thanks again".*

**W Jim Fischer, Member, Heritage Golf Club  
May 2008**

*"I was helping with the LPGA/USGA girl's golf clinic this past Saturday morning at the Preserve. I borrowed the assistant pro's 56 degree wedge, thought about my "green" zone feeling, and promptly hit a perfect pitch 55 yards into the hole. Needless to say, we won."*

**Meryl Freeman, Rex Healthcare  
June 08**