

**Maintain Concentration Late in
Your Round**

**Enhance Late Round Power
and Endurance**

**Reduce Injuries to Hips, Back,
Knees and Elbows**

**Improve Swing Power and
Consistency**

Increase Strength and Mobility

Raise Conditioning Levels

PLAY BETTER GOLF!



Elkin Sports Performance
At The Sports Center of Richmond (SCOR)
1365 Overbrook Road
Richmond, VA 23220
(804) 321-3777

Elkin Sports Performance
At The Richmond Volleyball Club (RVC)
2921 Byrdhill Road
Richmond, VA 23228
(804) 321-3777

ElkinSportsPerformance.com



Golf Performance Training

**Improve Swing Power
Gain Mobility
Reduce Injuries
Add Distance to Drives**



Program designed by Titleist Performance
Institute Certified Instructors



PERFORMANCE PROGRAMS

TPI Screen Assessment

The most efficient swing is not the same for every golfer, because efficiency is unique to their body. To achieve an efficient swing, a golfer must first be screened.

This screen involves an assessment of biomechanics, physical fitness, movement quality, current health and a client history.

Cost: \$100 for initial assessment
\$50.00 for re-assessment

1 on 1 Golf Personal Training

Utilize your results from your TPI assessment in your personalized program that will meet your golfing needs.

You will work 1 on 1 with an instructor to improve strength, mobility and flexibility.

Cost: \$60.00 per session
Purchase 10 and get 1 free!

- Results Driven
- Instructor Led sessions
- TPI Assessments and Programming
- Track Mobility and Strength
- Proven Programming
- Increase Power Output



Golf Mobility Group Training

This is a one hour group session that is focused on your mobility. Mobility and Flexibility allow for greater range throughout your swing.

Greater range will allow you to add distance to your drive.

Attendance will be limited to 12 people

Cost: \$25.00 per session
\$195.00 for 10 sessions

Small Group Training

Work with other golfers who have the same goals as you! Attendance will be limited to 2-5 people.

Bring your group to meet your golfing goals.

Cost::

2 Golfers	\$45.00 per session
3 Golfers	\$40.00 per session
4 Golfers	\$35.00 per session
5 Golfers	\$30.00 per session



Contact us: 804.321.3777
info@ElkinSportsPerformance.com
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