



## Mindset & Strategy Workshops for Junior Golfers

### **Workshops:**

Mindset & strategy workshop are 90 minutes. Each will consist of 45-60 minutes of group work on a specific topic or skill emphasizing the mental aspects of golf that are important before, during and between rounds. The remaining time is used for competitive group practice and individual practice where players have a chance to ask specific questions and further tailor the topic of the day to their game.

### **Class Times:**

Thursday 4-5:30 pm and Saturday 12:15-1:45 pm

### **Cost:**

\$50 per class for ages 12-17.      \$40 per class for ages & under

For more information, please contact Charles Todaro at [ctodaro@email.jfku.edu](mailto:ctodaro@email.jfku.edu).