Included in the clinic costs:
1 set of SuperSpeed Clubs and your expertise to coach the participants through the protocols.

Marketing
We recommend an email blast to members and clients. Use the editable speed clinic flyer PDF.

If you have a personal or club social media account announce there as well.

Ordering Sets
To determine which set participants need, you will need to know their current driver shaft and driver club head speed if possible. Any player with a 55 gram or lighter shaft (or swing speed <85mph) should use our senior/ladies set, and any player with a driver shaft above 55 grams (or swing speed >85mph) should use the men's set. Include this question in the sign up registration to ensure they receive the proper set.

Place your order 2 weeks in advance to receive the sets prior to the class start date.
Before starting the class, it is important that you find a safe area to hold the clinic. We have made rooms, ranges, practice facilities, and parking lots of all shapes and sizes work. Depending on the facility, we have seen up to 25 players in a clinic at one time! To ensure safety during your clinic, please follow our guidelines below:

**Safety Guidelines**

1. Make sure that there is at least 10 feet in each station for the clinic. The SuperSpeed boxes work well as range dividers.

2. Always have the players swing toward the driving range, hitting net, or wall.

3. Never let a player swing toward another player.

4. When switching to the non-dominant side have the player switch their grip and swing in the same direction as before.

5. Swing 6-8 inches off the ground (if on a gym or wood floor place a towel or yoga mat down under the club head area)

6. Wear a glove.

7. Perform the dynamic warm-up before each session.
Print out pages 6-7 of this PDF. Give these with a SuperSpeed set to each participant. Have them (or prepare ahead of time) open the set and take all plastic wrap off of the grips.

We recommend having everyone arrive a little early before the first session. Explain the structure of the clinic and how to record stats on the notes sheet. If you are not using a launch monitor or PRGR for your clinic, you will not need the player notes page.

Dynamic Warm-Up: Have all the players go to their stations with their SuperSpeed set. Take the class through the 10 minute dynamic warm up.

Record Avg. Swing Speed: If using a launch monitor or PRGR, have the players cycle through and hit 5 drivers each. Notate their max speed on the record keeping sheets.

Level 1 Protocol:
Review the safety guidelines. Then take everyone through the full protocol.

After level 1, let everyone cool down for about 90 seconds and then have them hit some balls on the launch monitor and record their “after” speeds on the player notes page. Remind the players that for optimal results, they should go through training 2 more times that same week with 1 full rest day between sessions. They can follow along with our video walkthrough under training on our website www.superspeedgolf.com.

On these weeks you will start with the dynamic warmup and then the level 1 protocol. This is just like you did on the first day of the clinic but DO NOT remeasure their driver swing speed again until week 6.

If adding a PRGR for each participant have them also measure and record their max standing speeds with each SuperSpeed club.

Optional—add 1 more topic that positively influences speed and power after the speed training is completed.

Suggested Topics

Impact Location
Launch conditions (spin, launch angle)
X factor stretch
Club fitting
Ability to move the pelvis and torso independently
Grip strength
Sequencing
For the final day of the clinic, repeat the dynamic warmup and Level 1 protocol. After completion, have each player re-measure their driver on the Launch Monitor or PRGR. Note the gains compared to the first week.

Finish off your clinic with a social hour. We recommend awarding the participant with the biggest % speed increase a prize!

Since we started recommending this program in the fall of 2017, the average initial enrollment in this program across the country has been 10 players.

**YOUR PROFIT CALCULATION**

10 PLAYERS  
X $350  

$3500  

- $1400 (SETS COST)  

$2100 PROFIT  

$2100 ÷ 3 (TRAINING HRS)  

$700/HR
Your Driver Speed

Before

After

Total Gain

Record the you fastest standing swing with each club on your dominant and non dominant side.

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<thead>
<tr>
<th>LEVEL 1</th>
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<tbody>
<tr>
<td>POSITION</td>
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<tr>
<td>1 NORMAL</td>
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<td>2 STEP-CHANGE</td>
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<td>3 NORMAL</td>
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<tr>
<th>Week</th>
<th>Max Green</th>
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<tr>
<td>WEEK 1 SESSION 1</td>
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Before you start! - Please remember that if at any time you feel discomfort during this warm-up, please stop immediately and contact your medical professional to find out why you are having pain. This warm-up is designed to loosen up your joints and get you ready to perform our SuperSpeed Golf Training protocols.

1 Ankle Circles
- REPS: 10 BOTH SIDES
- Using a SuperSpeed Club to support your balance, take your foot off the ground and make circles with your ankles. Remember to go both counter-clockwise and clockwise.

2 Heal to Toe
- REPS: 10
- Using a SuperSpeed Club to support your balance, lift your toes up and then rock forwards onto your toes lifting your heels up.

3 Leg Swings
- REPS: 10 BOTH SIDES
- Using a SuperSpeed Club to support your balance, keep everything facing forward and swing your leg out in front of you and then swing it behind you repeatedly.

4 Stork Turns
- REPS: 10 BOTH SIDES
- Using a SuperSpeed Club to support your balance, lift one leg up with your foot around the back of the opposite knee. Keep the upper body stable and rotate everything left and right.

5 Cats and Dogs
- REPS: 10
- Standing upright reach both arms out in front of you pointing your belt buckle up to the sky and chin to your chest. Then pull your arms back while arching your back.

6 A-Frame
- REPS: 5 BOTH SIDES
- Feet, shoulder width apart. Place your elbow and fist on the insides of your knees. Take the other hand and touch the opposite toe. Now keeping the arm extended, rotate the upper body reaching and looking up to the sky while exhaling.

7 Shoulder Clocks
- REPS: 10 BOTH SIDES
- Standing with your arm by your side, make circular motions with your shoulder trying to reach for your full range of motion. Remember to go both counter-clockwise and clockwise.

8 Arm Circles
- REPS: 10 BOTH SIDES
- Reach out your arm to the side. Start with palm facing downwards and make small, medium and large circles both clockwise and counter-clockwise. Perform on both sides and then repeat with palm facing upwards.

9 Toe Touch RTT
- REPS: 10
- Feet, shoulder width apart, legs straight, reach down to grab your toes. The drop your hips to the ground (squat). Straighten your legs keeping hold of your toes. Reach your arms up to the sky.

10 Skaters
- REPS: 10
- Facing forward, jump side to side, landing on the balls of your feet. Make sure your knees are aligned over your ankles.

11 Red Club Swings
- REPS: 10 BOTH SIDES
- Start swinging on your dominant side at 50% intensity with the red club. Make progressively faster swings as you go through the reps. Repeat on the non-dominant side.