



## *Brisbane & District Ladies Golf Association Incorporated*

### **COACHING CLINIC – INDOOROOPILLY**

#### **MONDAY OCTOBER 1, 2007**

Please arrive at Indooroopilly Golf Club by 8.00am for a prompt 8.30am lecture start. At our previous Coaching Clinic, this session was at the end of the day but a number of ladies suggested we have it at the beginning so we could apply the principles shown to the rest of our day – we hope you take advantage of this.

Please bring your Golf Clubs, drinking water, hat and sunscreen for the day – a small notepad and pen can come in handy too, to jot down some brief notes if you wish after each session – before you forget!!

Please bring your clubs etc up to the Pro-Shop where they will be stored ready for the first session.


Golf shoes are not permitted in the upstairs area of the Clubhouse.

Lunch and the lecture will be held in the Terrace Room – golf shoes can be left inside the door of the room. Enter via outside stairs of the Clubhouse.

Everyone will be colour-coded into groups at the beginning of the day for the coaching sessions.

Your Golf professionals for the day will be Virginia Irwin, Ann Wilson, Martin Gould and Luke Arnott.

#### **Programme**

8.30am – 10.30am	Don't miss this!!! <b>BECOMING A BETTER GOLF ATHLETE</b> Presented by Michael Dalgleish
	<ul style="list-style-type: none"><li>• Physiotherapy Advisor to the Qld Academy of Sport</li><li>• Consultant to the Australian PGA and numerous overseas Golf Lead Agencies</li><li>• Consultant to the Qld Golf Teams - both Men and Women at all levels</li><li>• Consultant to the Hills International Golf Academy &amp; the Kelvin Grove School of Excellence</li><li>• International Lecturer with The Golf Athlete - "scientific support for better golf performance"</li></ul>
11.00am – 12.15pm	Coaching Session 1
12.30pm – 1.15pm	Lunch in the Terrace Room
1.30pm – 2.15pm	Coaching Session 2
2.30pm – 4.15pm	Coaching Session 3
4.30pm	Close and Presentation

Further enquiries to:

District Secretary, Brenda Baber

(07) 3804 1891

[office@brisbanedistrictladies.com.au](mailto:office@brisbanedistrictladies.com.au)