

IRONWORKS GOLF ACADEMY

NEED FOR SPEED PROGRAM

The most sought after skill in golf is the ability to hit the golf ball further! To accomplish this, you need more speed! The Need for Speed Program (NFSP) is a five-level program focusing on efficient swing biomechanics, speed training, and ball flight optimization. Each level you learn and train a new speed technique with related swing drills and biomechanical exercises. At the conclusion of each level, you receive a NFSP manual including information taught in the class, your personal speed assessments, and a monthly training schedule including speed protocols, biomechanical exercises, and swing drills to train your new speed into habit. Speed gains for each student in the NFSP will be tracked on a leaderboard with prizes awarded to top finishers at the end of each season.

FIVE LEVEL TRAINING PROGRAM

\$195/LEVEL - 1 LEVEL EACH MONTH				
LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
Power Sequence	Swing Arc	Ground Forces	Linking Levers	Ball Flight Optimization

3-hour Classes Each Level • Speed and Power Assessments • Science of Swing Biomechanics
Training Exercises and Swing Drills • Overspeed Training Protocols • Personal Need for Speed Training Manual



TO JOIN THE NEED FOR SPEED PROGRAM, CONTACT MIKE TABBERT,
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