

Mach 3 Golf Speed Training Clinic

Grand Rapids, Michigan

Date: **Saturday, Nov. 20, 2021 9am-12pm (Adults) *\$395**
12:30-2pm (Juniors) *\$150

Summary: Discover the best golf speed training and mobility/stability/strength protocols. Mach 3 is the revolutionary golf speed training and conditioning program that enables you to gain speed and distance in a safe, efficient manner. Mach 3 helps you increase both clubhead speed and ball speed by increasing the efficiency of your swing, and is adaptable to any age group and any level of golfer. Learn to train dynamically, yet safely, for clubhead speed, ball speed, golf strength, and golf fitness. You can learn to hit the ball farther, and get in your best shape, all at the same time!

Location: St. Paul the Apostle School Gymnasium, 2750 Burton St. SE, Grand Rapids, MI 49546

Instructors: Mach 3 Fitness Specialist Sarah White and Mach 3 Director of Training Jeff Young

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Mach 3 Concept and Speed Check

Experiencing the Tools, Part 1... JetStick and SpeedBomber

Experiencing the Tools, Part 2... Velociraptor, Mamba, and ShallowStick

Training Protocols

Note: *Your cost includes a Jetstick training tool.

Other training tools will be available for purchase at the event at discounted prices.

To register, go to <https://mach3speedtraining.com/workshops/>

For more information, contact Patti Butcher at 616-813-9056

