

Golf Swing Seminar

LOCATION: COLLEGE FIELDS GOLF COURSE, 3800 Hagadorn, Okemos, MI

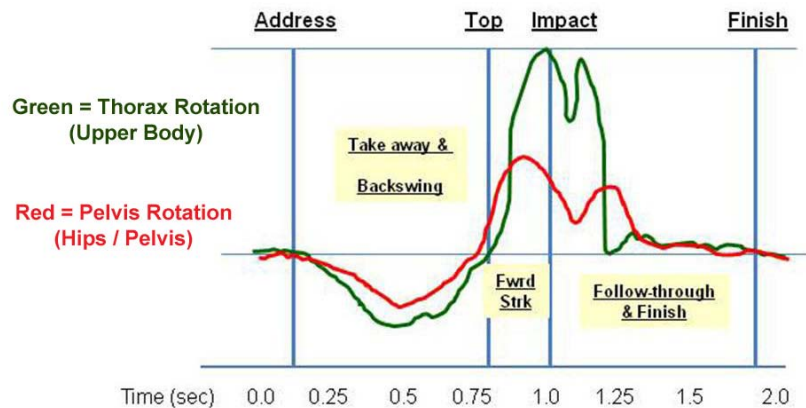
DATE: July 31, 2010

TIME: 12 noon - 3:00PM

COST: FREE

For more information, phone: 517-719-0852 or 810-227-3470

K-vest Golf Swing Evaluation Process



Learn how tour players evaluate their swings and assure that they maintain their swing positions and physical fitness level.

Presented by Maria Carroll, *Certified Titleist Golf Fitness Instructor Level 3; PGA Tour Fitness Consultant; Physical Therapist Assistant; and Certified Personal Trainer*

Swing Speed and Tempo Time vs. Distance

Learn how play and score better



Club	Swing Speed	Tempo	Distance
SW	65 mph	0.95 sec	84 yd
AW	68 mph	0.95 sec	98 yd
PW	70 mph	0.96 sec	115 yd
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Driver	94 mph	0.98 sec	239 yd

Presented by Phil Lawrence, *USGTF Certified Teaching Professional, Writer, Author*