

Golf Instruction

ADI Golf Academy *Private and Group Instruction*

The ADI Golf Academy offers private and group instruction creating your own unique golf swing and approach to the game based upon your physical build and strengths. A correct golf swing requires proper set-up and swing concept based upon each individual.

Individual Evaluation: All golfers are evaluated to determine the relationship between their body type, power source and core motor movement. The ADI approach identifies your set-up to maximize your potential allowing you to reach peak performance.

Myth vs Fact: ADI will dispel common myths and unlock the mysteries to the simplicity of the golf swing. Much of the information we read or hear about the golf swing is in conflict and may not work for you. ADI will navigate through the information to determine the best match of set-up and technique for you as an individual.

Personal Instruction: No two golfers are built the same, have the same abilities or the same backgrounds. The ADI Golf Academy system and associated drills allows each golfer to find his/her own perfect posture and grip, stance width, ball position, swing plane and swing length in order to maximize their play. The key for every player is to match the timing and speed of the hips and the hands so that they are in the proper position at impact. Drills for putting, chipping, pitching, bunker, and the full swing help to maximize the potential of each golfer.

Golf Fitness: The ADI Golf Academy also provides the opportunity to explore and develop the powerful connection between physical fitness (strength and flexibility) and enhanced abilities on the golf course including increased endurance and the avoidance of overuse injuries.

Top Rated Staff: Warren Raatz, a "Class A" PGA Teaching Professional with a deep-rooted understanding of the mechanics and techniques of golf heads the ADI Golf Academy. Warren has an easily recognizable passion for the "science" of golf and has acquired a powerful teaching methodology that discovers "what works" for each athlete.

Golf Group Instruction

Call for private session scheduling

Mon	Wed	Fri
5-6 pm	5-6 pm	5-6 pm
6-7 pm	6-7 pm	6-7 pm

For information or to schedule a visit to find out more
email us: info@adisportstraining.com or
Call 973-998-5715

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www.adisportstraining.com



Act Now!

Individual and
Group Sessions

Limited
Availability