

SPEED CLINIC

INSTRUCTION MANUAL



SuperSpeed Golf.



THE GOAL

This Speed Clinic program will help all participants achieve every golfer's dream of increasing their distance. From the instructors side, this program will produce objective positive results for each participant.

HOW IT WORKS

STANDARD SPEED CLINIC PROGRAM

6 Week Duration

1 Day / Week

30 Mins / Session

\$375 Recommended Price Per Player

Included in the clinic costs: Each player receives their own personal set of SuperSpeed Training Clubs.

ADVANCED SPEED CLINIC PROGRAM

6 Week Duration

1 Day / Week

30 Mins / Session

\$599 Recommended Price Per Player

Included in the clinic costs: Each player receives their own personal set of SuperSpeed Training Clubs and a PRGR Launch Monitor.

THE DETAILS

Marketing

1. Email blast to your membership. Use the editable speed clinic flyer [PDF](#).
2. Posts on your club's social media accounts. Feel free to use any of our content posted at www.superspeedgolf.com
3. Get the influential members involved in your first program. There are always a couple members at every club that are pivotal in making new programs work. Get them on board!
4. Present information on speed training and the speed clinic program at a membership meeting or special training event. Here is a link to our [shared slide deck](#).

THE DETAILS CONT.

Ordering Sets

Place orders through your SuperSpeed Golf online account at least 10 days before your clinic. If you need your product faster, please contact us!

Make sure to determine the sets that each player needs. Our fitting guidelines are simple. Each player will need a men's training set UNLESS they play a senior or ladies flex driver or have a swing speed below 85 MPH. In these cases please order the senior/ladies training set. Junior sets are also available for junior speed programs.

CLASS SETUP

Before starting the class, it is important that you find a safe area to hold the clinic. We have made rooms, ranges, practice facilities, and parking lots of all shapes and sizes work. Depending on the facility, we have seen up to 25 players in a clinic at one time! To ensure safety during your clinic, please follow our guidelines below:



Safety Guidelines

1. Make sure that there is at least 10 feet in each station for the clinic. The SuperSpeed boxes work well as range dividers.
2. Always have the players swing toward the driving range, hitting net, or wall.
3. Never let a player swing toward another player.
4. When switching to the non-dominant side have the player switch their grip and swing in the same direction as before.
5. Swing 6-8 inches off the ground (if on a gym or wood floor place a towel or yoga mat down under the club head area)
6. Wear a glove.
7. Perform the dynamic warm-up before each session.

WEEK 1

Print out pages 6-7 of this PDF. Give these with a SuperSpeed set to each participant. Have them (or prepare ahead of time) open the set and take all plastic wrap off of the grips.

1

We recommend having everyone arrive a little early before the first session. Explain the structure of the clinic and how to record stats on the notes sheet. If you are not using a launch monitor or PRGR for your clinic, you will not need the player notes page.

2

Dynamic Warm-Up: Have all the players go to their stations with their SuperSpeed set. Take the class through the 10 minute dynamic warm up.

3

Record Avg. Swing Speed: If using a launch monitor or PRGR, have the players cycle through and hit 5 drivers each. Notate their max speed on the record keeping sheets.

4

Level 1 Protocol:
Review the safety guidelines. Then take everyone through the full protocol.

5

After level 1, let everyone cool down for about 90 seconds and then have them hit some balls on the launch monitor and record their “after” speeds on the player notes page. Remind the players that for optimal results, they should go through training 2 more times that same week with 1 full rest day between sessions. They can follow along with our video walkthrough on our training website at www.train.superspeedgolf.com.

WEEKS 2-5

On these weeks you will start with the dynamic warmup and then the level 1 protocol. This is just like you did on the first day of the clinic but DO NOT remeasure their driver swing speed again until week 6.

If adding a PRGR for each participant have them also measure and record their max standing speeds with each SuperSpeed club.

Optional-add 1 more topic that positively influences speed and power after the speed training is completed.

Suggested Topics

Impact Location

Launch conditions (spin, launch angle)

X factor stretch

Club fitting

Ability to move the pelvis and torso independently

Grip strength

Sequencing

WEEK 6

For the final day of the clinic, repeat the dynamic warmup and Level 2 protocol. After completion, have each player re-measure their driver on the Launch Monitor or PRGR. Note the gains compared to the first week.

Since we started recommending this program in the fall of 2017, the average initial enrollment in this program across the country has been 10 players.

THE RESULTS

Players

We recommend giving out a prize for the largest % gain. Sometimes a complimentary driver fitting, or even a discount on a new driver works great.

Profit

We see an average of 10 players in the initial clinic at most facilities. This is just for the first clinic! Many clubs see over 50 members go through speed clinics in the first year when starting this program.

STANDARD SPEED CLINIC

$$\begin{array}{r} 10 \text{ PLAYERS} \\ \times \$375 \\ \hline \$3750 \end{array}$$

$$\begin{array}{r} \$3750 \\ - \$1600 \text{ (SETS COST)} \\ \hline \$2150 \text{ PROFIT} \end{array}$$

$$\begin{array}{r} \$2150 \\ \div 3 \text{ (TRAINING HRS)} \\ \hline \$717/\text{HR} \end{array}$$

ADVANCED SPEED CLINIC

$$\begin{array}{r} 10 \text{ PLAYERS} \\ \times \$599 \\ \hline \$5990 \end{array}$$

$$\begin{array}{r} \$5990 \\ - \$1600 \text{ (SETS COST)} \\ - \$1500 \text{ (PRGR)} \\ \hline \$2890 \text{ PROFIT} \end{array}$$

$$\begin{array}{r} \$2890 \\ \div 3 \text{ (TRAINING HOURS)} \\ \hline \$963/\text{HR} \end{array}$$

Your Driver Speed	
Before	
After	
Total Gain	

LEVEL 1				
POSITION	LIGHT	MEDIUM	HEAVY	
1 NORMAL	3 EACH SIDE	3 EACH SIDE	3 EACH SIDE	
2 STEP-CHANGE	3 EACH SIDE	3 EACH SIDE	3 EACH SIDE	
3 NORMAL	3 DOMINANT			

Record the you fastest standing swing with each club on your dominant and non dominant side.

Week	Max Green	Max Blue	Max Red
WEEK 1 SESSION 1			
WEEK 1 SESSION 2			
WEEK 1 SESSION 3			
WEEK 2 SESSION 1			
WEEK 2 SESSION 2			
WEEK 2 SESSION 3			
WEEK 3 SESSION 1			
WEEK 3 SESSION 2			
WEEK 3 SESSION 3			
WEEK 4 SESSION 1			
WEEK 4 SESSION 2			
WEEK 4 SESSION 3			
WEEK 5 SESSION 1			
WEEK 5 SESSION 2			
WEEK 5 SESSION 3			

Before you start! - Please remember that if at any time you feel discomfort during this warm-up, please stop immediately and contact your medical professional to find out why you are having pain. This warm-up is designed to loosen up your joints and get you ready to perform our SuperSpeed Golf Training protocols.



PERFORM 1 SET OF EACH EXERCISE

POSITION	REPS
01 ANKLE ROCKING	5 REPS PER POSITION
02 CLOCK TAPS	3 REPS PER POSITION/LEG
03 TORQUE TWISTS	5 REPS PER LEG
04 HIP TWISTERS	5 REPS EACH DIRECTION/POSITION
05 SINGLE ARM ROWS	6 REPS EACH ARM
06 W TURNS	6 REPS PER POSITION
07 CLUB RAISES	5 REPS
08 CLUB PUSHES/PULLS	3 REPS PER POSITION
09 SPLIT SQUATS W/ TORSO TURNS	5 REPS PER SIDE
10 TWIST LUNGES	5 REPS PER SIDE
11 HEAVY CLUB SWINGS	10 REPS EACH SIDE

*11-use the red club in the mens set or blue in the senior/ladies.
Starting at 50% speed and make each swing progressively faster until reaching 100% on rep 10.



WATCH THE VIDEO

CLICK THE BUTTON OR SCAN THE QR CODE USING YOUR SMART PHONE

[CLICK HERE](#)