



First Time Usage Instructions

****IMPORTANT****

**ALWAYS MIND YOUR IMMEDIATE SURROUNDINGS
FOR THE SAFE USE OF THIS OR ANY GOLF CLUB!**

Practicing with **Orange SCI-CORE** Balls

LOAD. LAUNCH. LEARN TIPS (FOR ORANGE SCI-CORE BALL USAGE ONLY):

If you are trying out your club at home and do not have a hitting net, hang a drop cloth or a curtain in an open area or 6+ inches in front of a wall and stand 6-8 feet in front of your net or target. If using SCI-CORE BALLS outdoors or at a park or practice range, any type of backstop or screen will work.

Leave the factory-inserted round black cylinder spacer in center of the blue cradle and make your first practice swings using the Orange SCI-CORE Real Feel practice ball provided in package.

Step 1 ALWAYS place a golf tee or the SAM (Swing Acceleration Marker) provided on the ground about 4" in front of normal ball position as a visual marker. This indicates the bottom of your swing arc and serves as a proprioceptive sensory reference point.

Step 2 Gently push SCI-CORE ball into blue cradle until it is seated on the black spacer. **ALWAYS** pick a target to advance ball to.

Step 3 Make a good shoulder turn and a controlled down swing a few inches above the SAM or through the golf tee at 50% effort. Gradually increase your downward acceleration from the top of the back swing to reach **35-45 MPH** velocity over the SAM or golf tee and swing to a full, balanced finish.

Step 4 Review, Reload, and Relaunch. Every time that you execute a technically correct swing, Swing Coach's patented cradle will reward you with releasing the golf ball on line at the target!

**** If ball comes out early and low and to right of your target,** slow down swing slightly and keep swinging to a full finish until ball flight is on line with your target.

**** If ball comes out late and high and to left of target,** slightly increase speed of down swing and swing to a full finish until ball flight is on line with your target.

****Please review videos found at www.swingcoachclub.com/learn for more detailed instruction****



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FOR THE SAFE USE OF THIS OR ANY GOLF CLUB!**

Practicing with Regulation Golf Balls

LOAD. LAUNCH. LEARN TIPS:

Once you get the feel for your Swing Coach club with the SCI-CORE balls, **remove round black cylinder spacer** from center of cradle and save for future use.

For your first swings with real golf balls at an outdoor practice facility, **move over to the far left side of the range** until you are consistently releasing the ball in the direction of your target each time.

Step 1 ALWAYS place a golf tee or the SAM (Swing Acceleration Marker) on the ground about 4" in front of normal ball position as a visual visual marker. This indicates the bottom of your swing arc and serves as a proprioceptive sensory reference point.

Step 2 With black tube spacer removed, firmly push golf ball into blue cradle until it is seated on the base of the blue cradle. **ALWAYS** pick a target to advance ball to.

Step 3 Make a good shoulder turn and a controlled down swing a few inches above the SAM or through the golf tee at 75% effort. Gradually increase your downward acceleration from the top of the back swing to reach **70-80 MPH** velocity (75% effort) over the SAM or a golf tee. Be sure to swing to a full, balanced finish.

Step 4 Review, Reload, and Relaunch. Every time that you execute a technically correct swing, Swing Coach's patented cradle will reward you with releasing the golf ball on line at the target!

**** If ball comes out early and low and to right of your target** - slow down swing slightly and keep swinging to a full finish until ball flight is on line with your target.

**** If ball comes out late and high and to left of target** - slightly increase speed of down swing and swing to a full finish until ball flight is on line with your target.

****Please review videos found at www.swingcoachclub.com/learn for more detailed instruction****