



TARUN
SARDESAI
GOLF
ACADEMY

HIGH PERFORMANCE

GOLF

WINTER

Boot Camp

Are
you
ready
to
grind?

Location:
TSG Academy at
Zion Hills Golf County

12-18 years
Playing Competitive Golf
for minimum 1 year

14 full days of training*

Residential Camp

You pick the dates in the month of
December

*The 14 days cannot be split.
The camp has to be done at one go.

Technical Assessment of Long and Short
Game

SAM Lab and Capto Putting assessment

Advanced green reading techniques

Driver optimisation with Trackman

Wedge play training

Structuring practice for optimum results

Sports Science



COACHING

5 hours of coaching
divided into three
sessions with
unlimited range and
course usage everyday

- 6:20 AM Assembly with a dynamic warmup
- Video analysis & swing assessments
- Drills to learn and improve technique
- Skill development to hit different kinds of shots
- Trackman & Flight Scope use for bettering imperatives of the golf swing and build skill
- Pressure challenges to test skill under pressure and build a sense of competitiveness
- Speed training to develop optimal club head speed using the Mach3 speed training equipment
- Multiple course sessions
- 1 competitive round



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SPORTS SCIENCE

Weekly 8 hours of fitness sessions
involving injury prevention and
strength and conditioning sessions

- MSK Assessment
- Injury prevention & pre-game warm-up
- Physiotherapy
- Strength & Conditioning

RESIDENCES & RECREATION

- Breakfast at 8:15 AM, Lunch at 1:00 PM & Dinner at 7:30 PM
- Recreation from 7:45 PM -8:45 PM
- TT, Pool, T.V time, etc.
- On campus Learning Centre & Library for classes
- Washing machines & Dryers provided for laundry
- On campus infirmary with a full time Nurse
- Lights out at 8:45 PM

Special Summer Boot Camp Fee
Rs. 1,49,000/-* all inclusive

*additional discount for children of armed forces

Contact:
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