



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

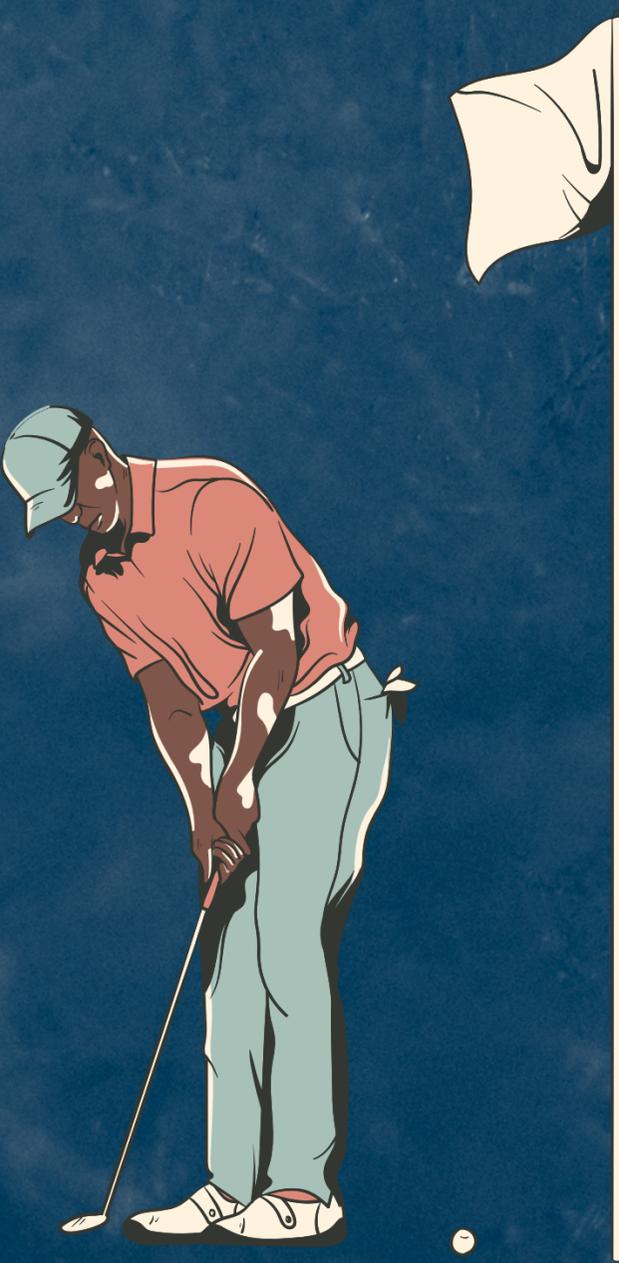
Advanced green reading techniques

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

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