

OFF SEASON PROGRAMS



BRAEDEN PACAS
GOLF

Individual Coaching Options

Perfect for players who want flexibility or a short term focus

\$125 /hour

5 x 1 Hour Golf Lessons

\$500

Online Coaching

Perfect for players who can't attend in person or want continued accountability through the off-season

\$200 /month

- ✓ Up to 4 video reviews per month
- ✓ Personalized drills & feedback
- ✓ Access to online training space



TPI & Baseline

Understand how your body influences your swing before building your plan. Start your winter with a body & swing assessment.

\$150 /assessment

Partner Lessons

Ideal for friends, or couples looking to train together!

\$160 /hour

- ✓ 60-min shared coaching session
- ✓ Personalized feedback for both players

Elite Winter Program

\$1,050

What's included

- ✓ TPI Screen
- ✓ 6 x 60-min lessons
- ✓ Club Assessment by Luke Roth (loft / lie, gapping & equipment check)
- ✓ Custom practice plan & mobility work
- ✓ 6 x Online Swing Reviews via CoachNow

The Complete Player

\$1,400

What's included

- ✓ TPI Screen + Re-Test
- ✓ 8 x 60-min lessons
- ✓ Club Assessment by Luke Roth (loft / lie, gapping & equipment check)
- ✓ Monthly mobility & speed programming
- ✓ Ongoing video feedback via CoachNow
- ✓ Spring On-Course 9-Hole Lesson

All sessions take place at Spring Lakes Golf Club using TrackMan. Lessons are available in the evenings!

Technology Used: TrackMan 4 | Smart2Move Dual Force Plates | TPI Pro | Coach Now