

## Play Better Golf!

*Get in the Zone and Experience Golf*  
Present

### Three Clinics Designed to Improve your Performance

Developed and Instructed by  
Dr. Denise McGuire, Performance Coach and Elena King, Director of Instruction, CommonGround Golf Course

Integrating their areas of expertise, Dr. Denise and Elena partner to create and deliver unique learning experiences that enhance performance. Their approach to instruction is designed to increase your awareness of mental, emotional, and physiological tendencies, introduce tools for optimal performance and help you apply those tools on and off the golf course.

#### Session I: Developing Your Focus Zone

- Do you have difficulty maintaining focus during a round of golf?
- Are you easily distracted or find yourself mentally grinding on the course?
- Do you lose strokes due to poor course management?

**This clinic will help you:** Identify and help you eliminate distractions, stay focused on the factors that lead to better performance, implement focus strategies in your pre- and post-shot routines and optimize your decision making skills and course management.

**Date:** Monday June 15<sup>th</sup>      **Time:** 2:00PM – 5:00PM

#### Session II: Playing Under Pressure

- Are you someone who would like to play in tournaments but feel intimidated?
- Are you a competitive player who would like to play better in tournaments?

**This Clinic will help you:** Deal with pressure and anxiety, build confidence and trust, manage emotions and thoughts before, during and after play and create effective pre- and post-shot routines.

**Date:** Saturday June 27<sup>th</sup>      **Time:** 1:00PM – 4:00PM

#### Session III: Creating Comfort on the Course

- Are you nervous on the first tee?
- Do you get distracted by your negative self-talk?
- Do you feel self-conscious when others are watching?
- Are you uncomfortable playing with new people?

**This Clinic will help you:** Relax and stay focused on your game, learn the importance of a pre-shot routine, and manage negative emotions that interfere with your performance.

**Date:** Friday July 17<sup>th</sup>      **Time:** 9:00AM – 12:00PM

**Location:** CommonGround Golf Course  
**Class size:** Number of participants: maximum 12, minimum 5  
**Cost Per Session:** \$125 CWGA members  
\$150 Non-CWGA members:

**On-line Scheduling:** [Click on Session Title Above](#)

**For More information:** Contact Denise McGuire at 303-902-5008 or [denise@getinthezone.net](mailto:denise@getinthezone.net) [www.getinthezone.net](http://www.getinthezone.net)  
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**Space is limited sign up early to guarantee your spot.**