



## Get in the Zone Presents

### **Play Your Best Under Pressure**

Developed and Instructed by  
Dr. Denise McGuire, Performance Specialist  
and  
Elena King, LPGA Teaching Professional

- ❖ Are you someone who would like to play in tournaments but feel intimidated?
- ❖ Do you get nervous or intimidated playing with new people?
- ❖ Are you a competitive player and want to improve your performance?

If the answer is yes to any of these questions, this clinic is for you. During this three-part series, specifically designed for CWGA members, you will discover what your technical, mental, emotional and physiological tendencies are in your game. In addition, you will learn skills for developing your optimal playing zone in all four of these areas. Denise and Elena will integrate their expertise to offer a unique and fun learning experience that will enhance your performance.

#### **In these three 3-hour clinics topics will include:**

- Dealing with pressure, anxiety and first tee jitters
- Building confidence and trust
- Managing emotions and thoughts before, during and after play
- Creating effective pre- and post-shot routines
- Developing good practice habits

**Dates:** Saturday, April 26  
Saturday, May 31  
Friday, June 20

**Location:** The McGetrick Golf Academy

**Times:** 1:00 – 4:00pm

**Class size:** Number of participants: maximum 10, minimum 5

**Cost:** \$125 per person/per clinic

**To Register:** Contact Denise McGuire at 303-902-5008 or [denise@getinthezone.net](mailto:denise@getinthezone.net).

For more information on Get in the Zone, please visit [www.getinthezone.net](http://www.getinthezone.net)

***A 10% discount is available to participants who sign up for all 3 clinics.***

**Space is limited so sign up early to guarantee your spot.**