



SAM PITCAIRN

GOLF COACHING PROGRAMMES


ABOUT SAM PITCAIRN

Sam is Head Teaching Professional at Hever Castle Golf Club in Kent. Having coached golf as a PGA member for 16 years, Sam has helped all levels and ages of golfer to improve their game and reach their golfing goals.

Passionate about coaching with a student-centred approach to learning, he helps the player understand current patterns and movement priorities, working with them to be the best golfer they can be.

Sam's specialism lies in delivering long-term golf coaching programmes that support each golfer to achieve their individual goals and objectives.





INTRODUCTION: WHY COACHING PROGRAMMES?

Struggling to see why your golf isn't improving?
Can't understand why you find it tricky to hit certain shots?
Want to start playing or, even better, winning golf competitions?

Whether it's lowering a handicap, winning competitions, striking cleaner iron shots or hitting the ball closer to the hole with your wedges from around the green, every golfer has individual goals and objectives that they want to achieve.

Through years of performance coaching experience, I have found that longer-term coaching relationships are key to helping students achieve their goals as it enables areas of improvement to be highlighted and then a clear plan agreed, implemented and reviewed, as and when required.

My coaching programmes offer a variety of different formats to suit different requirements but each is tailored to the golfer's individual

needs, meaning no two programmes are the same.

When you sign up to any one of my coaching programmes, you will get a full on-course assessment to discuss your personal goals, areas of focus and session plan to meet your needs.

After each session, notes from the lesson are posted on a private Coach Now training space so that you can view the main points discussed in the session and in previous sessions. Coach Now is also a great tool for referring back to notes when practicing and can also be used to send me any questions that you may have regarding your golf game.

A photograph showing two men in a golf training facility. One man is pointing at a laptop screen displaying a golf swing analysis software. The background features a wall with a 'VEGA' logo and a monitor showing a golf swing. A blue circular graphic is overlaid on the left side of the image, containing the text 'ANNUAL PROGRAMME (12-month programme)'.

ANNUAL PROGRAMME

(12-month programme)

For the golfer who wants regular tuition to keep them on track and gradually improve their performance over the year, the annual programme offers one 60-minute coaching session a month over a 12-month period.

If you're struggling to fit golfing practice into your busy diary then this programme enables you to check-in on your progress once a month and re-focus so you don't lose sight of your goals.

The programme might focus on strategy/on course play during the playing season but then look more closely at refining your full swing movements during the off-season, when you're less likely to be thinking about competitive play.

On top of your monthly individual coaching sessions, you will also get an additional nine-hole one-to-one playing session, which can be taken at any time during the 12-month period of the programme.

At a glance:

- 90-minute on course assessment to discuss goals, areas of focus and session planning
- 1 x 60-minute one-to-one session per month over a 12-month period
- 1 x 9 hole one-to-one playing lesson
- Personal par plan
- Club gapping session
- Coach Now training space

Price: £70 per month



OFF SEASON PROGRAMME

(6-month programme
1st October - 1st April)

The off season is a great time to work on improving the areas of your game that have been limiting your playing potential during the season and makes the most of your time off the course, so that your game is ready for the following season.

The Off Season Programme consists of an initial on-course assessment of your game to discuss your goals for the following season, highlight areas of improvement and form a session plan. The assessment is followed by 12 x 60-minute one-to-one sessions (2 a month over a 6 month period) focusing on the areas of improvement. As well as the individual coaching sessions, you will also receive 6 x 60 minute private hires of our indoor studio to be used during the programme, so you can practice your game regardless of the weather.

At a glance:

- 90-minute on-course assessment to discuss goals, areas of focus and session planning
- 2 x 60-minute one-to-one sessions per month over a 6 month period
- 1 x 60-minute indoor studio hire a month over a 6 month period
- Personal par plan
- Club gapping session
- Coach Now training space

Price: £140 per month



The three-month Wedge Programme is aimed at the golfer who wants to master their wedge play into and around the green. The programme is aimed at helping you:

- understand and improve your individual wedge movements to achieve a predictable shot outcome
- understand how to control shot distance and shot trajectory
- understand how to adapt set up and movements in order to see the desired shot outcome from varying lies and slopes around the green
- shot selection and strategy
- understand how and what to practice to continually monitor and improve your wedge game

The programme consists of an initial on course assessment followed by 6 x 60-minute one-to-one coaching sessions, which are tailored to your individual needs.

WEDGE PROGRAMME

(3 month programme)

At a glance:

- 90 minute on-course assessment to discuss goals, areas of focus and session planning
- 2 x 60-minute one-to-one sessions per month over a 3 month period
- Practice plan after every session
- Coach Now training space

Price: £140 per month



DEVELOPMENT PROGRAMME

(6 month programme)

One of my most popular programmes, this is for the golfer who is looking to improve their game with more regular contact whilst giving the opportunity to play and practice between sessions.

Perhaps you've recently freed up some space in your diary and want to dedicate this time to practice and improving your golf game. Have you always wanted to achieve a particular score or handicap, hit the ball further, strike clean wedges shots or simply enjoy the game more but have never quite known how to get there? This programme is designed to help you understand and improve your golf game with more regular coaching to keep you focused on your objectives.

The Development Programme consists of a 90-minute on-course assessment of your game where we will discuss your goals, areas of focus

and session planning. The assessment is followed by 12 x 60-minute one-to-one sessions (2 a month over a 6 month period) and also includes 1 x club gapping session and 1 x 9 hole playing lesson that will be built into the plan for the programme.

At a glance:

- 90-minute on-course assessment to discuss goals, areas of focus and session planning
- 2 x 60-minute one-to-one sessions per month over a 6 month period
- 1 x 9-hole one-to-one playing lesson
- Personal par plan
- Club gapping session
- Coach Now training space

Price: £140 per month



DEVELOPMENT PROGRAMME PLUS

(6-month programme)

Perhaps you're looking to start playing more competitively or simply want to significantly improve particular aspects of your game within a short period of time.

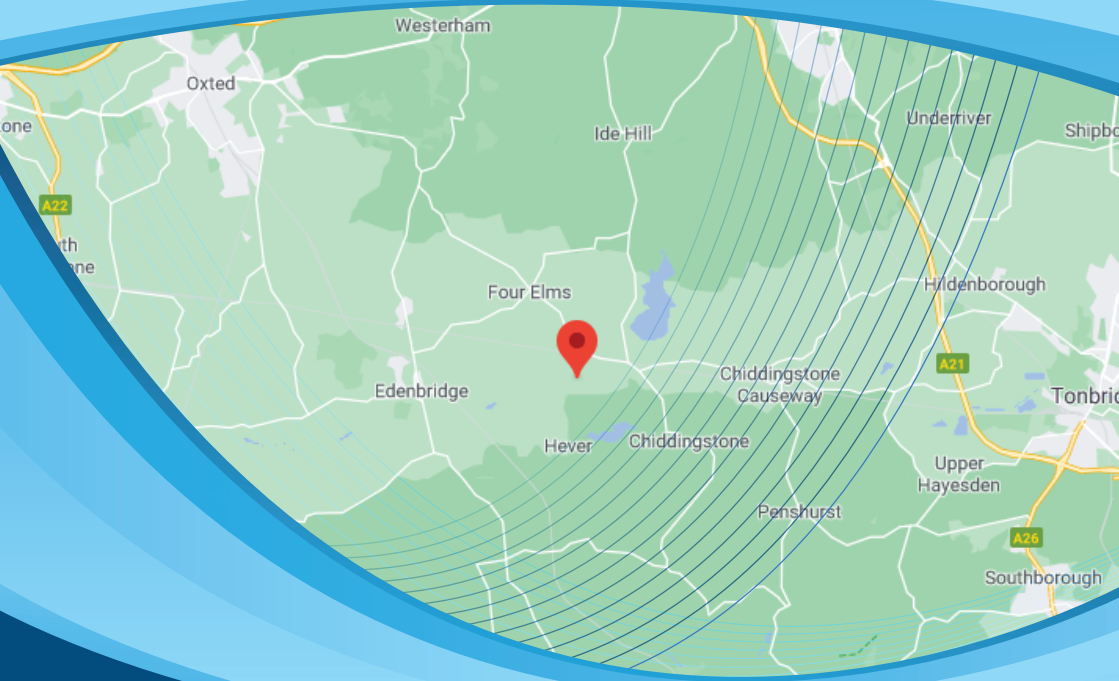
This programme has all the benefits of the development programme but on a more intensive basis with one 60-minute training session each week (four per month) for a six-month period.

You'll also get 6 x 60-minute indoor studio hire sessions (one per month), so you can practice whatever the weather, and 1 x 18 hole one-to-one playing session with me, which can be used at any time during the programme.

At a glance:

- 9 hole on-course assessment
- 4 x 60-minute one-to-one sessions per month over a 6-month period
- 1 x 60-minute indoor studio hire a month over a 6-month period
- 1 x 18 hole one-to-one playing lesson
- Personal Par Plan
- Club gapping session
- Coach Now training space

Price: £280 per month



TO BOOK

 Hever Castle Golf Club, Hever,
Kent, TN8 7NP

 **07730537438**

 sampitcairngolf@icloud.com

WWW.CASTLEGOLFSCHOOL.CO.UK