

Help us meet your needs...

Please fill out this information form and submit to CPGA Professional Dan Geran or Lance Palamaruk in the Pro-shop so we can better assist in addressing specific problem areas of your game.

Teaching golf is no different than anything in life, a solid game plan produces better results every time!

Name:
Phone Number:
How long have you been playing golf? []
What would you expect to shoot on Lac La Biche today? []
What do you expect you could potentially be shooting? []
Desired lesson package, Date and Time:

Which area of your game are you most confident? Circle one or two

- (Off the tee) (Long irons) (Bunker Play)
- (Mid-irons) (Approach) (Shot Selection)
- (Chipping and Pitching) (Putting) (I'm new to the game)

Comments:

Which area or areas of you game could use improvement most? (Circle one or two)

- (Off the tee) (Long irons) (Shot Selection)
- (Mid-irons) (Approach) (Confidence)
- (Chipping and Pitching) (Bunker play) (Putting)

Comments:

Tips from the Pro's, to assist you while practicing on your own time: For lessons to be completely beneficial, practice time at home is essential.

How to practice at home:

- Back yard practice - swing at tees
- Keep your eyes on tee (spot) on the Ground
- Woods or irons
- Keep extra golf club on deck or next to favourite TV chair to work on your grip whenever you have a free few minutes

- Use your patio doors or full length mirror to do drills in front of – or to check your set up and posture position
- Keep a putting cup or mat and an extra putter close by to work on your putting all year long

Short Game:

- Pitch or chip to a basket or head covers In the back yard – pace yardages to learn distances
- Put an obstacle (golf bag, chair) a few paces in front of you and clear it.

How to practice full swings at the Driving Range:

- Have a purpose
- Set some goals
- Time Limit
- Warm up with stretches and drills (easy swings with two clubs together)
- Always hit toward a target
- Know the distance to the target (range finder)
- Make a practice station with a club on the ground for alignment
- Put your basket of balls a few steps away
- Start with short pitches and work up
- Take a few practice swings before each shot
- If you hit more than 2 bad shots in a row, step back and take some practice swings
- Change targets every 3 to 5 shots
- Go through full pre-shot routine every 4 or 5 shots
- Pace yourself and take your time
- Take physical and/or mental notes on progress
- Consult with Pro of any major issues

How to Practice Putting at Home:

- **Chase the Rabbit.** Putt one ball away, and then putt a second ball at this "rabbit" so the second ball just barely touches the first. This drill trains targeting and consistent tempo.
- **Fill the Sleeve Box.** Place an empty golf ball sleeve box on the carpet about 8 to 10 feet away and putt a ball back into the box. Then putt two more balls into the box. This is a neat trick that forces you to really focus on line and distance. It makes the hole look like a basketball net on the course!
- **Align the Face.** Mark a target about 10-15 feet away and use a small wooden block as the putter face. Set the block behind the ball and, standing at address, move it until it looks aimed at the target. Then walk behind the block and check it with your dominant eye. See if you have any persistent misalignment tendencies.
- **Floorline Putting.** An excellent exercise that combines alignment and the straight back and through stroke which is essential for making short putts. Line up over a tile floor, using an intersection of tiles as the ball. The intersection lines allow you to sense a square setup and as you make a stroke, ensure the center of the putter face remains over the tile line (one foot back, and one foot through)

Lac La Biche Golf and Country Club

2011 Lesson Packages

Junior Lessons (18 and under)

Single Junior	\$30.00
Two Juniors	\$20.00 each
Three or Four Juniors	\$18.00 each

Junior – 3 Lesson Package

Single Junior	\$ 70.00
Two Juniors	\$55.00 each
Three or Four Juniors	\$40.00 each

Also ask our CPGA Professionals

About 9 Hole Playing Lessons

\$60.00

Short Game Lessons/ \$30 for 40 minutes

Improve your technique and master your short game.
Get short game instruction to help simplify those critical shots.
From holding the club properly to using the correct angle of approach

Adult Single Lessons

Single Adult	\$40.00
Two Adults	\$30.00 each
Three Adults	\$25.00 each
Four Adults	\$20.00 each

Adult – 3 Lesson Packages

Single Adult	\$100.00
Two Adults	\$75.00 each
Three Adults	\$65.00 each
Four adults	\$55.00each

ALL LESSONS ARE 40 MINUTES IN LENGTH

Lessons can be booked through the Golf Shop. (780) 623-4288 or by e-mail;

Email: Dan Geran: dan_geran@hotmail.com
Email: Lance Palamaruk: lancepalamaruk@hotmail.com

Info also available online www.golflaclabiche.com

