



PGA

Pacific Northwest Section

**PLAYER DEVELOPMENT
BEST PRACTICE**

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Bootcamp Golf For The Senior Player

One thing I learned early in my career is physical training and its necessity to a long range playing career. I was fortunate to meet a friend early in my career who developed a program called Bootcamp Golf. John Bell is a PGA Professional in Tucson Arizona who wrote a book called Bootcamp Golf. It is a program of drills to strengthen swing fundamentals without using a ball. Repetition of slow, controlled golf swing movements focused on specific areas of the body designed to increase sensory awareness and perfect the swing structure. It can be done inside, without a ball.

I added the strengthening and the stretching elements to the swing drills learned from John. I run classes three times each week for five weeks during the winter, Spring and Fall. I started four years ago with one class during the winter with five students. We are now running three classes each with 8 to 10 students. We focus on physical training for the senior golfer and have had great success in improving their on course and off course endurance.

The program consists of twenty minutes of strengthening using body weight and resistance cords, twenty minutes of stretching and twenty minutes of swing drills from the Bootcamp Golf program. For more information on Bootcamp contact John Bell, PGA at Canyon Ranch Resort Tucson Arizona.

The Business of Bootcamp Golf

I charge \$189/pp for the five weeks of classes. I provide all the swing training aids and exercise cords. Each session generates between \$1500 to \$1900 in revenue. But most importantly, I establish relationships with people who have shown little interest in lessons and have brought several new clients into my lesson program through this program. The students are more physically fit and find their golf more enjoyable. They play more often and many have turned to walking the course instead of using a cart.