



# IOLANI SCHOOL SUMMER CAMP ITINERARY

Date	Time:	SKILL SETS	LEARNING ACTIVITIES
MONDAY	9:00 AM	Arrival Warm up	Rules & Safety, Team Stretch out, Overview Goals and Objectives: Technical-Tactical-Emotional Skills
	9:30 AM	SCORING ZONE	Putting Distance Control, Rythm & Speed, find the entry point on cup
	10:00 AM	SCORING ZONE	Speed Control: The Lines Elimination Drill. (4 lines 20' appart)
	10:30 AM	MENTAL TOUGHNESS	<i>Picture the Champions Mind. Left vs Right, Think Box to Play Box to Memory Box--See it Feel it Do it Grow it</i>
	11:00 AM	FULL SWING TECHNIQUE	Computer Swing Analysis: V1 & Flightscope Technology
	11:30 AM	FULL SWING TECHNIQUE	Rhythm and Temp Focus: 3 Speed, 3 Club, 3 Target Drill
	12:00 PM	LUNCH	
	12:30 PM	Fit4Golf	Flexibility stretches
	1:15 PM	PRE ROUND WARM UP	Through the Bag
	2:00 PM	On Course Challenge	<i>Think Box Focus: SHOT NARRATION COMP: Dot Game</i>
4:30 PM	POST ROUND ASSESSMENT	MEMORY BOX: Review Best shot of the day	
5:30 PM	DINNER	Iolani School	
TUESDAY	9:00 AM	Arrival Warm Up	Team Stretch
	9:30 AM	SCORING ZONE	Chipping GAP, reading a chip, spot chipping, ball position & shaft lean for consistent bottom of swing arc
	10:00 AM	SCORING ZONE	Balance one leg chips from 6 different lies and distances
	10:30 AM	MENTAL TOUGHNESS TRAINING	Heartmath and Rhythmic Breathing. Transcendental Meditation
	11:00 AM	FULL SWING TECHNIQUE	Body Pivot & arms connection/towel connection drill
	11:30 AM	FULL SWING TECHNIQUE	Tension Awareness: Firm-Medium-Soft with Drivers using Flightscope comparaing speed, distance & control
	12:00 PM	LUNCH	
	12:30 PM	Fit4Golf	Golf Nutrition for your best preformance
	1:15 PM	PRE ROUND WARM UP	Through the bag
	2:00 PM	On Course Challenge	Focus on Rythm Feelings from think box to play box 60% Tempo +1 club. Draw back with putting inside 10'
4:30 PM	POST ROUND ASSESSMENT	SWOT and Journaling	
5:30 PM	DINNER	Iolani School	
WEDNESDAY	9:00 AM	Arrival Warm up	Group stretch & reveil learning outcomes from yesterday "I can control my emotions with Heartmath"
	9:30 AM	SCORING ZONE	Pitching, Using the bounce, dialing in distance with RARE: 60% - 100% speed, 9 o'clock - 11 o'clock awareness,
	10:00 AM	SCORING ZONE	Team Ladder Competition 25-50 yards
	10:30 AM	MENTAL TOUGHNESS TRAINING	IPS SCRIPT, Quiet Eyes and Mushin, Focus Band
	11:00 AM	FULL SWING TECHNIQUE	Six Position acceleration Drill: 5-6, 4-6, 3-6, 2-6, 1-6
	11:30 AM	FULL SWING TECHNIQUE	60-100% tempo drill with wedge, 7 iron then driver.
	12:00 PM	LUNCH	
	12:30 PM	Fit4Golf	IPS Script, Focus Eyes Exercises, Through the Bag
	1:15 PM	PRE ROUND WARM UP	Through the Bag & "RangePlay" all 9 holes
	2:00 PM	On Course Challenge	Team Scramble: Verbalize your choice of Tempo for every shot 60-70-80-90 or 100%
4:30 PM	POST ROUND ASSESSMENT	Memory Box: Visualization practice-best two shot of the day and the two do-overs	
5:30 PM	DINNER	Iolani School	
THURSDAY	9:00 AM	Arrival Warmup	Group Stretch
	9:30 AM	SCORING ZONE	Bunker GAP, Bounce Control, Acceleration, The Great Wall Drill
	10:00 AM	SCORING ZONE	Bunker Up&In Competition (individual best focus vs against one another)
	10:30 AM	MENTAL TOUGHNESS TRAINING	How pressure affects us and how to become a better "pressure player"
	11:00 AM	FULL SWING TECHNIQUE	CSA Progress Check: V1 Technology
	11:30 AM	FULL SWING TECHNIQUE	Flightscope Approach Shot Challenge
	12:00 PM	LUNCH	
	12:30 PM	Fit4Golf	IPS Script, Core Foundation Drills with Music, See It, Feel It Do it Grow It
	1:15 PM	PRE ROUND WARM UP	Through the Bag & "RangePlay"
	2:00 PM	On Course Challenge	9 hole Team Scramble: Think Box to Play Box: Eyes Closed focus on intent and heartmath-rhythmic breathing
4:30 PM	POST ROUND ASSESSMENT	Memory Box: best two shot of the day and the two do-overs	
5:30 PM	DINNER	Iolani School	
FRIDAY	9:00 AM	Arrival Warm up	Team Stretch
	9:30 AM	2bHP Skills Challenge	Putting 3-6-9 and 40'
	10:00 AM	2bHP Skills Challenge	Chip, Pitch, Bunker
	10:30 AM	2bHP Skills Challenge	Driving Distance and Direction with Flightscope
	11:00 AM	Personal Goal Setting & Scheduling	Worthy Ideal, Long Term & Short Term, Periodization Training Model
	12:00 PM	LUNCH	
	12:30 PM	Fit4Golf	Attracting COLLEGE GOLF SCHOLARSHIP Opportunities
	1:15 PM	PRE ROUND WARM UP	Through the Bag
	2:00 PM	On Course Challenge	Stroke play comp, Track stats: fir, gir and ppr
	4:30 PM	POST ROUND ASSESSMENT	Awards and final remarks
5:30 PM	DINNER	Iolani School	