



Remote Coaching Programs - Developing your game consistently.

Many clients would like to receive coaching from me but cannot always see me personally due to various modern-day reasons. Enter remote coaching, through which I can solve this issue for you while still helping you on your journey to better golf effectively and consistently. This is also a great way for a client to carry on with their development after a series of in-person sessions. **Please note that the recommended minimum commitment period is 3 months to derive the benefits.** The following options are available:

Remote Essential: Get regular form check-ups to ensure you stay on the right track - if things get off track, we can correct course quickly and effectively, even in the absence of in-person instruction.

Includes:

- **1 Online Swing Analysis per week.** Post a swing and / or game data on CoachNow for feedback from your coach.
- **Rate:** R330 per month

Remote Complete: In addition to feedback on technique, you will receive a monthly training plan and consultation with your coach to accelerate the improvement process.

Includes:

- **1 Online Swing Analysis per week.** Post a swing on CoachNow for feedback from myself.
- **Monthly Development Check-In.** Communicating digitally on CoachNow is highly effective, but sometimes it can be helpful to chat as well. Each month, we will have a discussion on all things related to your development.
- **Training Plan.** Each month we will devise a new menu of tasks designed to have a direct impact on your goals while keeping things new and fresh in training.
- **Rate:** R660 per month

Remote Competitive: All three of the services offered in Remote Complete above, plus the following 3 coaching tools designed for competitive players:

- **Monthly Skill Analysis and Training Plans.** I will identify 3 statistical areas requiring attention, set new targets, and devise a menu of tasks designed to have a direct impact on those areas.
 - **Remote Game Planning Session.** For one event a quarter, complete a skype game planning session with me, in which you develop a strategical plan for a specific golf course.
 - **Quarterly Goal Review Session.** Each quarter we set aside time to discuss the progress towards your annual goals and develop a plan to correct course, as necessary.
- Rate:** R990 per month

Simply email me at pgacoach@stbgolf.com or text me on 083 335 5378 to begin your journey!

Erich Kliem - Fellow of the PGA

