



Mayo Clinic Sports Medicine

High School Golf Performance and Training

Improve your golf game this season by training with the same golf experts who work with PGA pros at Mayo Clinic Sports Medicine.



Mayo Clinic is Changing Your Game

Receive a comprehensive and individualized training program. Your program starts and ends with a physical assessment with the Mayo Clinic Sports Medicine experts. You will receive: skills training from PGA Professional Matt Norgaard, Head Golf Professional at Somerby Golf Club; performance training from an EXOS performance specialist; performance nutrition expertise from an EXOS performance dietitian; 1 on 1 time with our golf physical therapists.

Choose to train either 2 times per week or 4 times per week
1 hour sessions
\$549 for 4 times per week (2 Golf sessions and 2 EXOS sessions)
\$315 for 2 times per week (1 Golf session and 1 EXOS session)

January 25 – March 16 (8 weeks)

| | Training Times | Training Available |
|---------------------------------------|-----------------------|---------------------------|
| Skill Training with Golf Pro Option 1 | 3:30-4:30 PM | Tuesdays and Thursdays |
| Skill Training with Golf Pro Option 2 | 4:30-5:30 PM | Tuesdays and Thursdays |
| EXOS Performance Training | 4:00-5:00 PM | Mondays and Wednesdays |

This small group program is for athletes grades 9-12.

For more information about additional golf performance training programs at Mayo Clinic Sports Medicine, please call **507-266-9100**.