

GOLF SWING COACHING & BODY ANALYSIS

for High School Students



Young athletes can participate in a program not offered anywhere else in the US!

Our golf consultant will help your athletes discover their Body Preferences and release their inner strength to enhance their game. We utilize some of the top technologies within the industry to maximize golf performance through analyzing natural movement and designing a custom training program around **EACH INDIVIDUAL ATHLETE.**



LEARN NATURAL MOVEMENT

Individual screening for each athlete will be used to create specific body map



IMPROVE PERFORMANCE

Develop natural movement to improve innate strength to maximize performance



INDIVIDUALIZED PROGRAM

Training programs created based on individual profiles



PREVENT INJURY

Determine where the athlete is putting stress on their body



IMPROVE POSTURE

Learn how to improve coordination & posture



ENHANCE ABILITIES

Athletes learn how to discover & release their body's natural movement



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www.hartlandmovementcenter.com



Meet Our Golf Consultant

Aurelien Van Stichelen

Help your students improve their game with our certified, professional instructor

- Body Preferences Analyst
- Titleist Performance Institute Expert
- Gray Institute Certified Functional Golf System
- Golf Conditioning Specialist

In just a few weeks, we can dramatically improve balance, the biggest swing killer, increase coordination, discover an athlete's natural swing path, and reduce tension from the body.



My passion is to make you understand how your body's working. My goal is to bring you into a new world of body comprehension. Together we set long-term realistic goals and develop custom programs suited for your needs. In training, one size doesn't fit all."

Contact Aure to get started!



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