



GOLF PERFORMANCE CENTER
AT ADMIRALS COVE



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OUR MISSION

The Admirals Cove Golf Performance Center provides exceptional golf instruction to enhance the golf experience of our members. The world-class programs and facilities are designed to empower golfers to reach their maximum potential and add value to the Admirals Cove lifestyle. We are committed to offering the highest quality programming and being recognized as a leader in the industry. Our goal is to create a community of passionate golfers who share our commitment to excellence and continuous improvement.



STATE-OF-THE-ART TECHNOLOGY

Our team of professional instructors is committed to helping every golfer achieve their full potential through cutting-edge technology and innovative teaching methods. We utilize state-of-the-art technology to provide unparalleled instruction that elevates the golf experience and empower members and their guests to improve their golf performance. Led by Director of Instruction, Mike Malizia, our team strives to design programs that entertain, inform, and inspire our community of passionate golfers. We are dedicated to creating a supportive and inclusive environment that fosters personal growth and skill development. With a deep love for the game and a commitment to continuous improvement, we strive to empower our members and their guests to unlock their true golfing potential.

TRACKMAN LAUNCH MONITORS

TrackMan will give Members access to the industry's most progressive and sophisticated performance enhancing software. Whether you're analyzing your swing for a perfect fitting or practicing on some of the greatest courses in the world, the unit's focused, high-resolution radar beam provides the greatest detail and accuracy on the club and ball at the point of impact and through its flight with pinpoint precision on where to improve your game.



SWING CATALYST 3D FORCE PLATE

The Swing Catalyst 3D Force Plate provides independent information about the contribution of the left and right foot in developing the ground reaction forces (GRFs) necessary to produce powerful and accurate golf shots. All Force Plate data is automatically synced perfectly with the video images and ball/club tracking data.



PUTTVIEW SYSTEM

PuttView transforms any putting green into an interactive learning environment. It lets players and coaches create any putting scenario to see real results out on the course. It instantly calculates any putt, projects it directly onto the green, and tracks your performance in realtime to provide actionable feedback.



PRIVATE INSTRUCTION

Our team of professional instructors will work with you to create a personalized plan and program, utilizing state-of-the-art technology and innovative teaching methods to help you reach your maximum potential. Our comprehensive instruction covers all aspects of the game, including on and off the course training, mental preparation, and physical conditioning. With one-on-one instruction, you'll receive personalized attention and feedback that will help you to develop your skills and enhance your golf experience. Whether you're looking to lower your handicap or simply improve your swing, our private instruction is designed to help you achieve your golfing goals.

ONE HOUR LESSON

Unlock your golfing potential with a one-hour lesson. Our professional teaching staff utilizes state-of-the-art technology to assess your game and create a personalized plan and program that will help you achieve your golfing goals. With our innovative teaching methods and individualized attention, you'll be well on your way to improving your game and enjoying the sport to the fullest.

TOTAL GAME EVALUATION

Improve every aspect of your game with a total game evaluation. Our comprehensive testing measures your handicap by evaluating every aspect of your game, including chipping, putting, bunker play, irons, and woods. With detailed feedback and analysis, you'll gain insight into the areas you need to improve to reach your golfing goals and unlock your full potential on the course.

9 HOLE PLAYING LESSON

Take your game to the next level with a nine-hole playing lesson. Learning a golf skill is one thing, but bringing it to the course is another. Our professional instructors will guide you through proper warm-up, course management, decision-making, pre-shot routines, and pressure situations to help you take your game to the next level. With our personalized attention and expert guidance, you'll be well on your way to mastering the game of golf.

CLUBFITTING

Experience the perfect swing with clubfitting. Using state-of-the-art equipment, our team will measure and analyze your swing style to find the perfect clubs that match your unique style and help you increase accuracy and distance. With the right clubs in your hand, you'll be well on your way to unlocking your true golfing potential and enjoying the game to the fullest.



ELEVATE YOUR GAME WITH EXPERT SCHOOLS

Golf is a journey of continuous improvement and self-discovery. That's why we offer a range of expert schools designed to help golfers of all levels unlock their full potential on the course. Led by our team of professional instructors, each school is tailored to enhance your specific skill set, whether you're looking to improve your swing, perfect your short game, or master your mental game.

SHORT GAME

Master the short game.

This 2-hour school starts with the first half-hour in the classroom understanding the setup and motion principles, followed by an hour and a half outside applying the principles learned. Topics covered will be grip, set up, ball position, body pivot, and swing plane, providing valuable insight and practice to help you save valuable strokes on the course.

FULL SWING

Take your swing to the next level.

This 2-hour school is excellent for every level of player, with the first half-hour in the classroom understanding the mechanics of the movement to produce a powerful and consistent swing. The following hour and a half are spent outside applying the principles learned, covering topics such as grip, stance, posture, body pivot, and swing plane.

GREEN READING

Unlock the secrets to reading greens.

In this 2-hour school, you will learn a revolutionary approach to reading greens, with the first half-hour in the classroom understanding the geometry of a putt and the procedure to reading greens. The following hour and a half are spent outside applying the principles learned, covering topics such as the science of a breaking putt, understanding the effects of grain, matching the read with speed, and maximizing the cup size.





COURSE MANAGEMENT

Master course management.

In this 2-hour course, you will learn your shot pattern tendencies and your average distance from the hole based on yardage to properly position your way around the course and produce lower scores. Topics include your miss zone based on your handicap, conservative target aggressive swing, not all hazards are the same, and planning your next round.

POWER GOLF

Secrets to hitting the ball farther.

In this 2-hour course, you will learn the secrets to maximizing all the power components that produce long, straight tee shots. Topics covered include options to hit it farther, hitting the sweet spot, attack angle, clubhead speed, and proper equipment.

INSIDE THE GOLFERS MIND

Unlock the mental game of golf.

In this 2-hour course, you will understand what your mind and body are doing when you're playing your best and what they're doing when you're struggling, providing valuable insights to reproduce excellent scores. Topics covered include what to think about before, during, and after the shot, and developing a mental mind management system.



WEEKLY CLINICS

Take your golf game to the next level with our one-hour clinics, available on Mondays and Fridays. With a range of topics to choose from, our expert instructors will help you refine your skills and achieve your goals on the course.

With new topics added frequently, our clinics cover a variety of essential golf skills including:

WOODS CLINIC

This comprehensive clinic focuses on refining your technique and form. Enhance your overall ball contact, increase speed and distance, and achieve greater consistency with your full woods swing.

IRONS AND HYBRIDS CLINIC

Improve your iron and hybrid game with our expert guidance that helps you refine your technique and enhance your overall ball contact, speed, and direction. This clinic is designed to help you achieve greater consistency with your full iron swing.

PUTTING CLINIC

Unlock your full putting potential with our clinic that emphasizes distance control, accuracy, and reading greens. Our expert guidance helps you eliminate three-putts and make more putts overall, resulting in a lower score on the course.

BUNKER CLINIC

Improve your bunker play with our clinic that focuses on refining your set-up and technique. Learn how to navigate uphill and downhill lies, get out in one shot, and knock it close to the pin. Our expert guidance helps you improve your scores and confidence on the course.

CHIPPING AND PITCHING CLINIC

Master your short game with our clinic that covers tight lies, bump and run shots, pitch shots, and more. Learn how to select the proper club for each shot and get up and down more consistently to improve your scores and confidence on the course.

**MEMBERS CAN REGISTER ON
FORETEES OR
BY CALLING 561-745-2630**



PGA/LPGA CERTIFIED INSTRUCTORS



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