

# Kim Dickman Golf Coaching Rates

## Private Coaching Rates

◇ <b>1 Hour Private Coaching Session</b>	<b>\$100.00</b>
45 minutes of personal instruction followed by 15 minutes of performance drills designed by Kim	
◇ <b>1 ¼ Hour Private Coaching Session</b>	<b>\$125.00</b>
1 hour of personal instruction followed by 15 minute of performance drills designed by Kim	
◇ <b>2 Hour Private Coaching Session</b>	<b>\$175.00</b>
1 ½ hours of instruction followed by 15 minutes of performance drills designed by Kim	
◇ <b>1 Hour 2 Person Coaching Session</b>	<b>\$120.00</b>
◇ <b>2 Hour 2 Person Coaching Session</b>	<b>\$200.00</b>
◇ <b>30 Minute Coaching Session</b>	<b>\$55.00</b>
30 minutes of personal instruction	
◇ <b>45 Minute New Student Assessment</b>	<b>\$79.00</b>

## Individual Performance Programs

**Junior Program (6-13 years old)** **\$350.00**  
Six 30 minute sessions of private instruction followed by 15 minutes of independent performance drills designed by Kim

**Bronze Program** **\$330.00**

- 3 sessions of private instruction that includes 45 minutes of personal instruction followed by 15 minutes of performance drills designed by Kim
- 1 Guided Practice Session using Trackman, 3D Biofeedback, or Video Analysis by Kim
- Trackman Impact Evaluation
- V1 Video Analysis
- Golf Physical Assessment

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## Silver Program

**\$1100.00**

- 90 Minute Comprehensive Golf Assessment
- 9 sessions of private instruction which includes 45 minutes of personal instruction followed by 15 minutes of performance drills designed by Kim
- 3 Guided Practice Sessions using Trackman, 3D Biofeedback, or Video Analysis
- Trackman Impact Evaluation
- V1 Video Analysis
- Golf Physical Assessment
- Performance Program Development
- Equipment Evaluation and/or exclusive Titleist Fitting
- RDG pricing on all available products

## Gold Program

**\$1300.00**

- 90 Minute Comprehensive Golf Assessment
- 10 90-minute comprehensive private training sessions that includes 1 hour of instruction followed by 30 minutes of personalized drills designed by Kim
- Trackman Impact Evaluation
- V1 Video Analysis
- Golf Physical Assessment
- Performance Program Development
- Equipment Evaluation and/or exclusive Titleist Fitting
- RDG pricing on all available products

Bob Dickman's philosophy is based on challenging the status quo - more than 40 years of study and practice has enabled Bob to employ teaching methods and revolutionize the game of golf. He taught me his methodology so I can help my students build a golf swing, integrating personal style and natural movement patterns to produce an efficient and verifiable swing.

Ten years ago Robert Dickman Golf introduced the concept of coaching golf, distinct from teaching. Bob worked hard to combine both concepts and I apply this combination to bring your lesson to the golf course by employing the 4 steps in motor learning:

1. Cause & Effect – "You're not shooting the score because you are slicing; in order to fix the slice, we need to..."
2. Guided Practice – Driver, wedge, Driver, 6-iron, etc.
3. Training to Play – Creating pressure through simulated bets, Trackman Combines, etc.
4. Playing.

A typical "Cause and Effect" lesson will transfer only 3% of what was learned to the golf course. When all four steps of motor learning are practiced, 90% of the lesson transfers to the course. This is why I try to simulate golf course situations in lessons and accounts for the huge successes among students on the course when it counts.

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Lessons begin with a detailed physical screen of your body, which is designed to determine capabilities and limitations relative to the golf swing. From there, I evaluate your golf swing using video and/or 3D analysis to identify movement patterns that equate to swing efficiency or deficiencies. After screening, I utilize the Trackman Launch Monitor to see how the golf club and ball perform. Trackman gives 22 data points showing what the ball and club are doing at impact.

Using the technical data, I make changes to optimize your power source based on identified strengths and weaknesses. Finding the true culprits of poor motion helps each student make a positive change and is what differentiates me from other golf instructors. I incorporate a variety of kinesthetic/visual methods and random skill development to imprint new motor pattern development. The learned motor patterns eliminate swing deficiencies and concepts are easily transferred to course play.

**To better serve you and achieve the best learning environment on the North Shore, a typical one-hour lesson with Kim Dickman Golf (in conjunction with Robert Dickman Golf) is conducted as follows.**

- A player should plan on 1 hour 15 minutes for each 1 hour lesson slot.
- The first 15 minutes are for warm up. If a player's time slot begins at 9:15 they should arrive at 9:00 and use the 15 minutes to stretch and hit balls to warm up. This allows the student to properly warm up and work with full vigor during the one-on-one training without wasting valuable lesson time. I will outline what a true warm up routine should entail using the Rotex technology and more.
- Each private session will be 45 minutes with true swing and short game method training.
- At the end of each training session, I will set up a uniquely designed drill for the student(s) to practice for 15 minutes on their own at a designated spot next to me. There will also be a practice card for you to practice and keep score on during your subsequent practice times away from the Academy.

Bottom line - there needs to be a time following a lesson for the student to apply the day's lesson without someone hovering over them. The result is that you may overlap for 15 minutes with the student just before you and/or 15 minutes with the student just after your "official" lesson time. This has already been beta tested with select students and the results remain excellent.

Peak performance combined with challenge is the name of the game. This format provides a great path to achieving your overall performance goals. It is not a cookie cutter program; each drill will be handcrafted to extract every bit of talent from of you.

I look forward to Kim Dickman Golf teaching this great game to you, your family and generations to come. **My goal is to see all of my students learn to love the game of a lifetime and always have fun by growing their skills and improving course play along the way!**