

GOLF PERFORMANCE CENTER



*Sea Island*

## SEA ISLAND GOLF PERFORMANCE CENTER

The Golf Performance Center was a vision of the late Davis Love Jr., father of Sea Island touring professional and 21-time PGA TOUR winner Davis Love III. Opened in 1991, it has evolved into one of the most innovative and respected golf instruction facilities in the world, welcoming golfers of all skill levels, from golfers starting the game to major championship winners. In 2019, a new 17,000-square-foot, state-of-the-art Golf Performance Center was unveiled, offering groups an unparalleled experience. The facility further enhances the finest instruction in the industry, using our holistic approach, which includes instruction in Full Swing, Short Game, Putting, Golf Fitness, Club Fitting, and the Mental Process.

To plan an event, golf school, or personalized program at the Golf Performance Center, please call or email:

**Chrissy Felton**

*Group Golf Professional and Senior Instructor*

912-634-4462 (*office*) or 912-996-2401 (*cell*)

[chrissyfelton@seaisland.com](mailto:chrissyfelton@seaisland.com)



# GOLF PERFORMANCE CENTER GROUP OFFERINGS

*Customization Available*

## GOLF PERFORMANCE CENTER PROGRAM—1 HOUR

### CHOOSE ONE OF THE FOLLOWING:

- Driving the Ball Farther and Straighter
- Make More Putts
- Wedge Wizardry / Up and Down from Anywhere
- How to Hit the Best Bunker Shots
- Fitness for Golf and Life
- Staying in the Process
- How to Play on Uneven Lies
- Club Fitting for Optimization
- Measure Accuracy and Consistency (Trackman Combine)

### PROGRAM EXAMPLES:

#### Driving the Ball Farther and Straighter

The Sea Island Golf Instruction Team and Randy Myers, Director of Golf Fitness, use swing analysis, Trackman Launch Monitor, and golf fitness to prepare golfers to improve their distance and trajectory.

#### Making More Putts

Our Sea Island Putting Expert will use the principles of Putting Solutions to assist players in making more putts by understanding the fundamentals of technique, speed control, and green reading.

#### Wedge Wizardry – Up and Down from Anywhere

Learn chipping and pitching methods to enable you to recover from difficult situations around the green and get the ball closer to the hole to lower scores.

*Minimum of 4 people, maximum of 20 • \$150 per person, per hour ++*

*Cancellations must be made 21 days in advance; attrition for up to two participants allowed after this date.*

## ON-COURSE INSTRUCTION PROGRAM—2 HOURS

Enjoy a scramble format for friendly competition that incorporates instruction. Learn from our professional staff while you play.

*Minimum of 3 people, maximum of 24. Book in groups of three. Group of three required to add an additional golf professional or pay for a third person*

*\$395++ per person plus a 9-hole green fee on either course.*

*Cancellations required 21 days out. Attrition for up to two people allowed after this date.*



*Club Fitting*



*On-Course Instruction*



## THE MIND AND THE BODY– 2 HOURS

Randy Myers, Director of Golf Fitness, a Golf Channel regular, along with Sports Psychologist Dr. Morris “Mo” Pickens, focus on fitness and golf course/life management. This program explains the recipe for success on and off the course when combining fitness and sound mental processes.

*Minimum of 4 people, maximum of 24  
\$450++ per person*

*Cancellations required 21 days out. Attrition for up to two people allowed after this date.*

## THE MENTAL APPROACH– 1 HOUR

Join Dr. Morris Pickens, Author of *Learn to Win – One Shot at a Time*, to learn golf course management skills and how to practice with a purpose. Raise your on-course performance by learning the correct mental approach used by the best players in the world. Students will learn how to develop effective pre-shot routines, truly play one shot at a time, transfer their “range game” to the course, and handle pressure situations.

*Minimum of 4 people, maximum of 24  
\$250++ per person per hour*

*Cancellations required 21 days out. Attrition for up to two people allowed after this date.*



*Driving Range*

## FIT FOR GOLF AND LIFE–1 HOUR

Randy Myers, Director of Golf Fitness, and the author of *Fit for Golf, Fit for Life*, has 25 years of experience in golf-specific fitness, training golfers of every ability level. The specialized stretching, strengthening, and flexibility training will promote consistent performance and sustainability.

*Minimum of 4 people, maximum of 24 • \$250++ per person per hour*

*Cancellations required 21 days out. Attrition for up to two people allowed after this date.*

## STRETCH LIKE THE PROS–30 MINUTES

Sea Island golf fitness guru Randy Myers leads a group stretch

- A foundation of quick and easy stretches to do before and after your round
- Stretches that will improve mobility in problem areas such as lower back and shoulders
- Simple exercises you can do at work to increase distance
- Available for breakout sessions during meeting

*Minimum of 4 people, maximum of 50 • \$400++*

*Cancellations required 21 days out. Attrition for up to two people allowed after this date.*

## SPEAKER IN THE HOUSE-2 HOURS

Dr. Morris “Mo” Pickens is our very own Speaker in the House, with a range of topics relating to creating an environment for success in business, life, or golf. Please refer to his offerings, viewable on line:

**Dr. Mo’s website:** [www.drmolearntowin.com](http://www.drmolearntowin.com)

**Dr. Mo’s Group Offerings:** [www.seaisland.com/the-mental-approach](http://www.seaisland.com/the-mental-approach)

*Minimum of 4 people, maximum of 100 • \$2,000*

*Cancellations required 21 days out. Attrition for up to two people allowed after this date.*

## GOLF INSTRUCTION AT THE GOLF PERFORMANCE CENTER

### FOR MORE INFORMATION:

[www.seaisland.com/performance-center](http://www.seaisland.com/performance-center)

GOLF INSTRUCTION OFFERINGS/RATES	DURATION	# OF PLAYERS	FEE
Club Fitting	1 hour	1	Starting at \$125++
Private Lesson with Elite Instructor	1 hour	1	Starting at \$230++
Private Lesson Senior Instructor	1 hour	1	Starting at \$185++
Private Lesson with Staff Instructors	1 hour	1	Starting at \$165++
Gears 3D Assessment	1 hour	1	Starting at \$350++
Custom School	1 hour	3-5	Starting at \$150++ per person per hour

## TEAM BUILDING

### PUTTING TOURNAMENT- 2 HOURS

A 9-Hole putting tournament set up and staffed by a Sea Island golf professional. Each hole outlined by tees and augmented with natural obstacles including greenery, rocks, and sand. It’s quite a sight, extremely popular, and loads of fun.

*Minimum of 4 people, maximum of 100 • \$695 per group (prizes additional)*

*Cancellations required 48 hours in advance.*

### GLOW-IN-THE-DARK PUTTING TOURNAMENT

A night-time 9-Hole putting tournament set up and staffed by a Sea Island golf professional. Each hole will be outlined by tees and glow sticks, and augmented with natural obstacles including greenery, rocks, and sand. Players are provided with glow-in-the-dark golf balls.

*Minimum of 4 people, maximum of 100 • \$995 per group (prizes additional)*

*Cancellations required 48 hours in advance.*

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*The Speedway Putting Course*

## THE SPEEDWAY PUTTING COURSE AT THE LODGE– 2 HOURS

18-hole tournament on the The Speedway Putting Course. A Sea Island golf professional will run the event, including teeing the group off, scoring/scoreboard, and assisting with any other needs during play.

*Minimum of 4 people, maximum of 100 • \$695 per group (prizes additional)  
Cancellations required 48 hours in advance.*

## THE ULTIMATE GLOW BALL EVENT– 2 HOURS

Includes these contests: 30-yard pitch, 75-yard shot, longest drive, and glow ball putting on the GPC green

*Minimum of 4 people, maximum of 100 • \$5,695++ (includes Golf Performance Center Group Bay Fee)  
Cancellations required 2 weeks in advance.*

## THE ELITE GLOW BALL EVENT– 2 HOURS

Includes these contests: 30-yard pitch, 75-yard shot, longest drive

*Minimum of 4 people, maximum of 100 • \$4,995 (includes Golf Performance Center Group Bay Fee)  
Cancellations required 2 weeks in advance.*

## THE GROUP BAY, FEATURING THE TRACKMAN GOLF SIMULATOR

Spend an evening playing on the Trackman Golf Simulator in the enclosed group hitting bay while watching your favorite sports and having a cold beverage.

- Up to 12 people
- \$2,000 for 2 hours; \$1,000 per additional hour (2 hour minimum)
- Food and beverage are additional
- Includes a staff member to run the event and use of the Simulator

*Cancellations required 21 days out. Attrition for up to two people allowed after this date.*

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## MEETING SPACE AND VERANDA

Enjoy a meeting, cocktail party, or dinner in our meeting room and veranda overlooking the Atlantic Ocean.

- Up to 40 people, using the meeting room and veranda
- \$3,000 for 3 hours (\$500 per additional hour)
- Food and beverage are additional

*Cancellations required 21 days out. Attrition for up to two people allowed after this date.*

## ALL IN ONE

Business meets pleasure – or all pleasure – the choice is yours. Enjoy everything the Golf Performance Center has to offer, with unbelievable views from the meeting room and veranda between rounds as you play courses from around the world on the Trackman Golf Simulator.

- Up to 52 people, using the meeting room and veranda
- \$4,500 for 3 hours (\$500 per additional hour)
- Food and beverage are additional
- Includes a staff member to run the event and use of the Simulator

*Cancellations required 21 days out. Attrition for up to two people allowed after this date.*

## ENTIRE GOLF PERFORMANCE CENTER

- Available after hours only (7–10 p.m.) for up to 100 people
- \$10,000 for 3 hours
- Food and beverage are additional

# Sea Island<sup>®</sup>

## SPA

### THE SEA ISLAND SPA AND FITNESS CENTER *Opportunities for Golf Groups*

The 65,000-square-foot, Spa at Sea Island is the only Forbes Five-Star Spa in Georgia. With 23 treatment rooms and an extraordinary Fitness Center, it provides an exceptional array of services and opportunities, many of them fine-tuned especially for golfers.

You're invited to customize your group's golf experience with some extras that help them get the most out of their game and the time they spend at Sea Island. To plan a personalized program, please call or email:

**Lindsey Andersen**

*Spa and Fitness Group Sales Coordinator*

912-634-4382

[lindseyandersen@seaisland.com](mailto:lindseyandersen@seaisland.com)





## GOLF PERFORMANCE MASSAGE

Increase your range of motion, improve recovery time, and focus on problem areas affecting your golf game. Before or after your massage, enjoy a magnesium mineral soak bath to relieve tight muscles and inflammation. Pre-Tee Chair Massages are also available.

- Individual services – 30 minutes/ \$120, 60 minutes/ \$210, 90 minutes / \$305
- A discount applies if multiple services are booked
- Tax and service charge are additional
- At The Spa at Sea Island

## CRYOTHERAPY

Cool down while reducing pain and inflammation after your round.

- \$60/session
- Tax and service charge are additional
- At the Fitness Center on Sea Island

## YOGA FOR GOLFERS

Drive immediate improvements in performance, right from the first tee. For every age and skill level, with no previous yoga experience needed. Your instructor will arrive for a one-hour session prior to your tee time.

- \$500 for up to 20 participants
- Tax and service charge are additional
- At the Fitness Center on Sea Island or the Sea Island Golf Performance Center  
*(weather permitting)*
- At the Fitness Center on Sea Island



*Cryotherapy*





## PILATES

Build a stronger and more stable core to increase distance in your swing while increasing range of motion in your hips and shoulders.

- Individual – \$100
- Group – \$650 (up to five people)
- Tax and service charge are additional
- In the Pilates Studio at the Fitness Center on Sea Island

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*“I was introduced to Pilates early on in my career and I have used it in my training for the past 20 years to help me reach my goals on the PGA Tour. Golf requires great balance, flexibility and strength and I believe Pilates is the best workout to improve in these areas. I encourage anyone looking to play better golf or to just feel better, to give it a try!”*

*– Jonathan Byrd*

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