



Amaka Springs
Signature Golf Course

EUPHORIA GOLF ACADEMY CAMPS
SPONSORED BY : : **NIKE GOLF** 

The Euphoria Golf Academy is offering the opportunity to young golfers to experience a week of intensive tuition. Andrew McKenna, PGA Professional from the UK and NLP practitioner, is heading up the Academy and is joining forces with Waldo Van Heerden, golf biokenetic, and strength and conditioning expert and they are committed to producing a world class coaching service, for junior golfers using Euphoria's world class facilities.

The Academy offers the SA school pupils a week long program detailed below with intensive golf analysis and coaching as well as a full physical analysis and exercise programs. The pupils will be accommodated on the estate from Monday morning till Friday evening. The price for the week inclusive of: food and accommodation in our bush lodge on top of the mountain, green fees and tuition, a variety of evening activities and braai's, is R3, 500.

Day	Morning Session	Afternoon Session
Monday	<i>Full Swing Video Analysis</i> <i>Full body biokenetic analysis.</i>	Commencement of swing development
Tuesday	Exercise program Short game session Putting and Chipping	On-Course Management <i>9 hole tournament</i>
Wednesday	<i>Full Swing and Short Pitching</i>	On-Course Management
Thursday	Exercise program Full Swing, Bunker, and Lob Shots	On-Course Management <i>9 hole tournament</i>
Friday	Full Swing, Uneven Lies and Shaping Shots	On-Course Management Final exercise session Close

Euphoria academy staff profiles

Andrew McKenna

Director Euphoria Golf Academy
UK and SA PGA member
European and sunshine tour player.
British student champion
UK PGA class AA professional Level 4 coach
Coached various sunshine tour and European tour players
One of UK busiest coaches 2008
Trained under John Jacobs, Peter Cowan and Scott Cranfield

Waldo Van Heerden:

Registered Biokineticist
Certified Strength and Conditioning Specialist
Sports involved: Golf, Athletics, Netball, Tennis, Swimming, Rugby.
Field of expertise: Biomechanics, Conditioning, Functional strength, Posture, Injury rehabilitation, Injury prevention, periodization for sport, athlete development.

The next dates are week commencing June 30th, July 6th & 13th contact Andrew McKenna to book (014) 743 3759/69 or email amckenna@euphoriaestate.co.za

