

Remote Coaching Programs

Train Beyond **Boundaries**

Access the expertise and guidance of the BSI coaching staff from anywhere in the world with our remote coaching programs. The varying options are designed to provide coaching solutions for anyone from a regular golfer looking for technical swing sessions, to competitive players needing more comprehensive support. We recommend a minimum commitment of 3 months for any of the coaching programs.

Basic Golf Coaching Program

Receive regular check-ups on your technique from a PGA Coach. Players upload swings and short game technique to CoachNow for coach analysis and feedback. Program includes;

- 1 x Technical Analysis/Week

Rate: R900/month

Classic Golf Coaching Program

A more comprehensive training program. Everything in the Basic Program, plus monthly training plans and discussions on your game. Program includes;

- Weekly Technical Analysis
- Monthly Development Discussion
- Monthly Training Plans (Technical and Skills Practice)

Rate: R1,200/month

Premium Golf Coaching Program

For competitive golfers who are serious about improvement. Everything in Classic Program plus additional tournament support via WhatsApp, and multiple scheduled review sessions. Program includes;

- Weekly Technical Analysis
- Monthly Development Discussion
- Monthly Training Plans (Technical and Skills Practice)
- Tournament Support (Player initiates conversations with feedback)
- Quarterly Goal Review
- Biannual Performance Audit (Includes Gap Analysis)

Rate: R1,500/month

Remote Mental Coaching

Receive 30-minute consultation sessions with BSI Mental Coach and Head of Performance Mark Fairbank via Zoom. Mark has guided multiple professionals and leading amateurs to tournament victories. The sessions are personalized around each player's needs.

Options include;

5 Session Package - R1,950

10 Session Package - R3,799

Monthly Program - TBC

All prices inclusive of VAT
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