



ASHDOWN GOLF
Custom Golf Clubs and Teaching Center

Q: What is Ashdown's teaching approach?

A: There are four steps to Ashdown's approach; a Beginners Program, Basic program, Intermediate Program and an Advanced Program. Each program addresses a stage in the development of a sound repeating swing.

Q: Golf lessons indoors? Taking lessons outdoors, I can hit balls to see my progress. With Ashdown Teaching Center, I won't be able to do that. How can I see results?

A: Teaching golf indoors, especially with this technology, is relatively new to the average golfer. It's actually an advantage because this type of instruction forces you to keep your attention on body motions rather than on the path of the ball. By concentrating on the mechanics, you will learn a sound repeating swing that will produce consistent results. Once your muscle memory is established, you'll be able to apply the results to your game. The flight of the ball is the result of the swing you make. You have to fix the cause to influence the effect.

Q: How does it work?

A: The first step is filling out a short questionnaire. Then we capture a swing and analyze it compared a computer data base of swing models. This data is then used to develop a training program that will give a step by step process for correct movements that will ingrain the correct swing mechanics.

Q: Is it very complicated?

A: It's easy for golfers of every ability level to understand and apply these principles to their own game. Any change you make can be difficult at first, but once you take your first lesson and understand the correct concepts you are well on your way to better golf.

Q: How is it different from other teaching methods?

A: We eliminate all guesswork by providing you with information and training that allows you to know where your body's precise position should be at any point during the swing.

Q: What about beginner golfers - can they benefit from this type of training?

A: Absolutely. We teach people who have never picked up a golf club. The best way to learn to play golf is to get proper instruction. This helps ensure that the beginner does not develop bad habits from the start. We offer a special training program geared to the needs of the beginner golfer.

Q: How does this approach help me attain faster results?

A: You may achieve good results during a traditional lesson, but teaching styles can vary widely and may have limited lasting value because players invariably revert to ingrained bad habits. Complex motor skills are difficult to reprogram consciously. That is why we have developed a program that develops principle motor skills that will develop fundamental swing mechanics.

Q: I'm from out of town, can I benefit from one visit?

A: Absolutely. You will leave Ashdown Teaching Center with a better understanding of your swing and correct swing fundamentals. You can view the video tape at home to refresh your memory and if you have other questions, you can call us.

Q: Whenever I have had lessons before, my score drops for a round or two, then it shoots back up again. Why. And why is the Ashdown Teaching Center method different?

A: Golf is a challenging sport. In a recent survey, 1,500 physical education experts who were asked which outdoor sport was the most difficult to master overwhelmingly named golf. Our system makes it easier because it enables you to embed new motions into your muscle memory. In a way, it's like dieting. Short-term programs have short-term success. But the only thing that really works is learning new habits, putting them into practice and being consistent with them. That thrill of accomplishment you get from hitting a perfect golf shot is the result of learned behavior.

Q: Will I get something with my analysis data that I can keep?

A: Yes, you will take home a video CD of all of your lessons featuring a voice-over swing analysis, a stretching and strength program plus many articles to back what your last lesson. You can refresh your memory anytime you want by watching the tape. If you know exactly how it feels when you are playing your best, it is much easier to get back to your highest level of play.

Q: How much do lessons cost?

A:

Computer Video Lessons
1 Lesson \$65
3 Lesson Package \$180 (\$60/lesson)
5 Lesson Package \$275 (\$55/lesson)
10 Lesson Package \$500 (\$50/lesson)

Q: When can I take a lesson?

A: Monday - Friday from 9:00 am -5:00 pm. Monday and Thursday extended hours for lessons and club fitting appointments only. Other arrangements can be made by appointment.

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