

## Hulencourt Academy by Jérôme Theunis

### 1. Individual Lessons

<b>Adults</b>	Lead instructor	1/2h	40€
		1h	80€
	Instructor	1/2h	30€
		1h	60€
<b>Juniors</b>	Lead instructor	1/2h	35€
		1h	65€
	Instructor	1/2h	25€
		1h	50€

*On demand, all individual lessons include access to **FlightScope**, **SkyTrak** and **Smart2Move** Technology*

Lead Instructor  
**Jérôme Theunis**



Instructor  
**Naima Ghilain**



## 2. Schools & Camps

### Long Game School

- Full day from 09.00 - 16.00
- Lunch from 12.00 - 13.00 (Meal not included)

Our Pro will share the insights of our long game philosophy. Each aspect is dedicated to improve your understanding about the golf swing movement

Program:

- 09.00 Essential techniques & basics
- 10.00 Grip & swing plane
- 12.00 Break
- 13.00 Transition in swing plane
- 14.00 Downfall for impact
- 15.00 Rhythm & routine

Pricing: Lead Instructor 180€/person | Instructor 150€/person | Min. 4 & Max. 8

### Short Game School

- Full day from 09.00 - 16.00
- Lunch from 12.00 - 13.00 (Meal not included)

Our Pro will share the insights of our short game philosophy. Each aspect is dedicated to enable to master every shot inside 100 meters

Program:

- 09.00 Essential techniques & basics
- 09.30 Putting
- 11.00 Wedging
- 12.00 Break
- 13.00 Chipping
- 14.00 Bunker shot
- 15.00 Lob shots & slopes

Pricing: Lead Instructor 180€/person | Instructor 150€/person | Min. 4 & Max. 8

## Hulencourt Training Camp

- 5 days from 09.00 - 16.00
- Lunch from 12.00 - 13.00 (Meal not included)

Intensive week designed for golfer willing to perfect the complete scope of their golf game

### Program:

- Day 1 The Essentials, Putting & 9-Hole Theme Course
- Day 2 Swing Plane, Wedging & 9-Hole Skill Course
- Day 3 Impact & Energy, Bunker & 9-Hole Team Course
- Day 4 Special shots, Chipping & 9-Hole Theme Course
- Day 5 Alignment & routine, Putting & 9-Hole Course Challenge

Pricing: Lead Instructor 375€/person | Instructor 360€/person | Min. 6 & Max. 8

## Ladies Golf School

- 5 weeks program
- 1h/week

For the ladies, this fun format allows to revisit every aspect of your short game. This fun format keeps an entertaining 5 meetings over 5 weeks

### Program:

- Week 1 Putting
- Week 2 Chipping
- Week 3 Bunker
- Week 4 Wedging
- Week 5 Lob shots & slopes

Pricing: Instructor 125€/person | Min. 4 & Max. 8

## Seniors Golf School

- 5 weeks program
- 1hour/week

This program was especially been studied for the Seniors. This fun format keeps an entertaining 5 meetings over 5 weeks

Program:

- Week 1 Putting
- Week 2 Chipping
- Week 3 Bunker
- Week 4 Wedging
- Week 5 Lob shots & slopes

Pricing: Instructor 125€/person | Min. 4 & Max. 8

## After Work

- From 18.00 to 19.30 over 5 weeks
- Available from May until September

The after work is a perfect occasion to relax after a long day of work. Our Pros are available to welcome you in casual atmosphere. Prepare yourself for the week-end competition

Program:

- Week 1 Long Game (Swing plane with video analysis)
- Week 2 Short Game (Bunker & chipping)
- Week 3 Putting (Ball position, movement & distance control)
- Week 4 Long Game (Downswing & impact)
- Week 5 Short Game (Lob shots & slopes)

Pricing: Lead Instructor 225€/person | Instructor 150€/person | Min. 4 & Max. 8

## Indoor Golf School

- From 17.00 to 19.00 or 18.00 to 20.00
- Available on Thursdays & Fridays

This group program will help you develop your game in warm conditions during the cold winter

Pricing: Lead Instructor €60/person | Instructor 50€/person | Min. 4 & Max. 6

### SAM Putting Lab

- Available all year
- 1H30 session

The SAM Putting Lab is a software analyzing your putting stroke. The Tour Professionals use it on Tour for perfecting their movement. We use SAM Lab to look through 28 variables and design you with a tailor-made training program

Pricing: Lead Instructor 150 €

### Shortgame Masters

- Available all year
- 2H00 session

After a complete evaluation of your short game, our Pros will revisit the technique of 8 most important shots to master around the greens. The school allow you to compare yourself to the best players in the World

Pricing: Lead Instructor 60€/person | Instructor 50€/person | Min. 4 & Max. 8

### Pro Tour Golf & Body

- Available all year
- 3H00 session

New technologies have grown the understanding of the golf swing. Set yourself up on FlightScope, Sam Lab & K Vest with our Pros. Biomechanics are key at analyzing each aspect of your game

Pricing: on demand

### Putting Booster

- Available all year
- 2H00 session

A program specially dedicated for putting. The stronghold of a putting posture and its mechanics combined with green reading and speed control will all be covered over this intense putting booster

Pricing: Lead Instructor 60€/person | Instructor 50€/person | Min. 4 & Max. 8

### Sunny week

- One-week training camp abroad
- Pricing & dates on demand

Walk the fairways and greens of a sunny destination with our Sunny week abroad! Our pros from the academy will coach you for a week to perfect your game

### Callaway Fitting Day

- Dates to be communicated

Callaway's fitting specialists will visit us twice a year. They use the latest technologies to optimize your drives, make your game more accurate, determine the best choice of wedge and refine the composition of your clubs

### Clinics et conferences

- Dates to be confirmed

Several times a year, someone from our team will present a topic and share with you a detailed analysis of a game compartment

## 3. BIOMECHANICS, COACHING AND PHYSIOTHERAPY

### Physiotherapy

- 1H00 session for complete check-up
- 30Min according to pathology

Specialized in the care of athletes, injury prevention ranks in the top of our priorities. By using diagnostic tools based on the assessment of movement, we identify the source of the problem. With effective techniques to treat them, our preventive approach through a battery of specific tests, allows us to identify certain injury risk factors and correct them

Pricing: 35€/session of 30 min

## Individual lesson

- 1H00 TPI session

The content of these private coaching sessions depends on your personal goals. We always start with a physical evaluation. If your main goal is improving your golf, we rely on the specific golf TPI analysis to determine the main training goals.

If your main goal is broader than just golf, we use a more general Functional Movement Screen (FMS) that allows us to identify basic movement patterns that you control and those that are dysfunctional to optimize. the choice of exercises to improve yourself and correct those that need to be. This allows us to be more efficient and reduce the risk of injury.

Our training methodology will improve your mobility, stability, strength and power.

Pricing: 70€/hour | Package 10 sessions : 650€ | Package 20 sessions : 1250€

## Small Group Training

- 1H00 from 1 to 3 times a week
- Program over 12 weeks

This method of training in groups of 2 to 6 people is very effective at stimulating the positive emulation that results from the group dynamics. We typically work with circuits that include different exercises that improve your mobility, stability, strength, and power. We will of course adapt course content to the group level and your goals.

A block of classes lasts 12 weeks (3 months) and can be done at a rate of 1 to 3 weekly sessions of 1 hour

Pricing:

1x/week	2 people	480€
	3 people	420€
	4 people	360€
	5 people	300€
2x/week	2 people	920€
	3 people	805€
	4 people	690€
	5 people	575€
3x/week	2 people	1360€
	3 people	1185€
	4 people	1020€
	5 people	850€

### **Golf TPI specific physical analysis (Titleist Performance Institute)**

- 1H00 session

TPI battery of functional tests developed by the Titleist Performance Institute (world leader in the physical management and the biomechanical analysis of golfers) establishes the link between what the body is able to do and the implication that it has on the technical gesture: the body-swing connection.

At the end of this analysis, you will know what your strengths are as well as the obstacles to your golfing progress and you will have a personalized program of simple exercises that will allow you to optimize your chances of progression in your swing

Pricing: 90€/session

### **« Golf In Motion » Biomechanics analysis**

- 1H30 session

This is the complete analysis of the golfer and his swing that combines the golf TPI specific physical analysis and the 3D analysis with the K-Vest. This is the provision of amateur golfer methods used by the pros.

The K-Vest is a tool for analyzing your swing in 3 dimensions. We place sensors on your body that allow us, using advanced software, to analyze the way you move during your swing. This gives us the opportunity to observe rotational speeds, accelerations and angles that are impossible to see on a video or with the naked eye. These data are very complementary to the technical analysis of the pro (video, trackman, etc.) and to the specific physical analysis golf TPI because they allow to go even further in your training program.

Pricing: 150€/session



## Hulencourt Academy by Jérôme Theunis



### From Monday to Saturday

- Unlimited access to "Le Verger" 9-Hole Course
- Unlimited access to practice range and training facilities
- Access to individual lesson, group and packages at the Academy
- Available to participate to all Academy activities
- Access to the clubhouse, restaurant and locker rooms
- Access to the Fitness and Indoor center

Join us at **Hulencourt Golf Academy by Jérôme Theunis** !

7 – 17 years	157€/year
18 – 24 years	236€/year
25 – 29 years	378€/year
30 – 34 years	567€/year
35 – 39 year	756€/year
+40 year	945€/year