



Crown & Mane

PERFORMANCE GOLF

JUNIOR PERFORMANCE LAB

TRAIN HARD.PLAY BOLD



Serving the Connecticut Shoreline

Welcome to the Performance Lab

This is not traditional golf instruction.

This is not showing up, hitting balls, and hoping something clicks.

The Performance Lab is built for junior athletes who want to improve with structure, purpose, and accountability. Every player here follows a plan.

Every session has intent.

Every result is measured.

Most junior golfers spend their time guessing. Guessing what to practice. Guessing what went wrong. Guessing how to improve.

That leads to inconsistent performance and stalled progress.

Inside the Performance Lab, we remove the guesswork.

Players are coached through a structured development system that combines technical training, performance tracking, and on-course application.

The goal is simple: Build players who understand their game, take ownership of their development, and perform with confidence.



THIS IS WHERE SERIOUS PLAYERS SEPARATE.



Crown & Mane

PERFORMANCE GOLF



**THIS IS WHERE PLAYEYRS ARE BUILT
NOT JUST GOLFERS. ATHLETES.**

OUR COACHING PHILOSOPHY



The Performance Lab is built on a clear belief: Improvement is not random.

Players don't get better by hitting more balls.

They improve through structure, feedback, and intentional training.

✓ TRAIN THE ATHLETE

We don't just build golf swings. We build athletes who can move, adapt, and perform under pressure.

✓ BUILD EFFICIENT MOVEMENT

The body supports the club. We train sequencing and pivot so players deliver the club without manipulation.

✓ CONTROL THE CLUBFACE

The clubface controls the ball. Players learn to control start line, curvature, and strike with consistency.

✓ REMOVE THE GUESSWORK

Every player follows a plan. Practice is structured. Progress is tracked. Players always know what to do next.

this is how players actually improve

What's Included in the Performance Lab

Everything your athlete needs to train, improve, and perform at a higher level.



✔ Structured Coaching Sessions

Every session follows a plan.

- Technical training (full swing, short game, putting)
- Skill development and drills
- Guided practice with feedback
- Progressions built week to week

✔ Personalized Development Plan

No guessing. No random practice.

- Individualized improvement plan
- Clear priorities based on strengths & weaknesses
- Ongoing adjustments based on progress
- Defined goals (short-term and long-term)

✔ On-Course Development

Training transfers to the course.

- Course management strategies
- Decision-making and shot selection
- Mental approach and routines
- On-course coaching opportunities

This is not just practice. This is a complete development system.

How the Performance Lab Works

A structured system designed to create consistent improvement over time.

✔ Step 1 — Assessment & Baseline

- Initial swing and skill evaluation
- Identify strengths and limitations
- Establish clear starting benchmarks

✔ Step 2 — Build the Plan

- Personalized development plan
- Prioritized areas of focus
- Structured practice and drills

✔ Step 3 — Train & Develop

- Structured coaching sessions
- Guided practice with feedback
- Ongoing adjustments based on progress

✔ Step 4 — Apply & Perform

- On-course application
- Decision-making and course management
- Performance tracking and review



This is not just practice.
This is a complete development
system.



TRAIN HARD. PLAY BOLD



The Performance Lab Experience

A structured system designed to develop complete golfers

Built for athletes who are serious about improving.

A Complete Development System

Built on the tools, structure, and accountability serious players rely on

Development in the Performance Lab goes beyond coaching sessions.

Athletes use structured tools, tracking systems, and guided processes that create clarity, accountability, and measurable progress.

Every part of the program is designed to eliminate guesswork and accelerate improvement.



Inside the System:

✓ Step 1 — Assessment & Baseline

- Initial swing and movement evaluation
- Baseline performance data using Clippd software.
- Identify strengths, tendencies, and scoring patterns
- Establish clear starting benchmarks for development

✓ Step 2 — Build the Plan

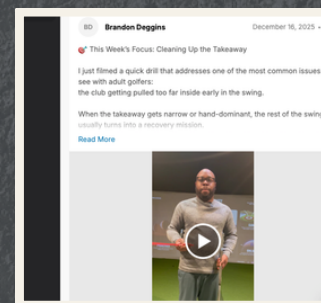
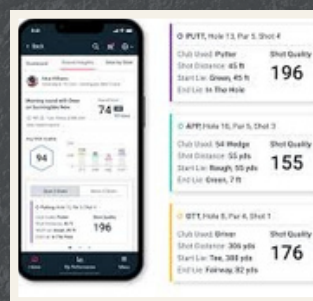
- Personalized development roadmap
- Journal-based practice structure with built-in tracking
- Defined areas of focus based on real performance data
- Structured drills aligned with individual needs

✓ Step 3 — Train & Develop

- Structured coaching sessions with feedback
- CoachNow video analysis and communication between sessions
- Practice tracking that ensures accountability and consistency
- Ongoing adjustments based on progress and data

✓ Step 4 — Apply & Perform

- On-course coaching and decision-making training
- Performance tracking through real rounds using Clippd data and trends
- Review of scoring patterns, strengths, and weaknesses
- Adjustments based on real scoring outcomes



Connected Coaching, Every Day

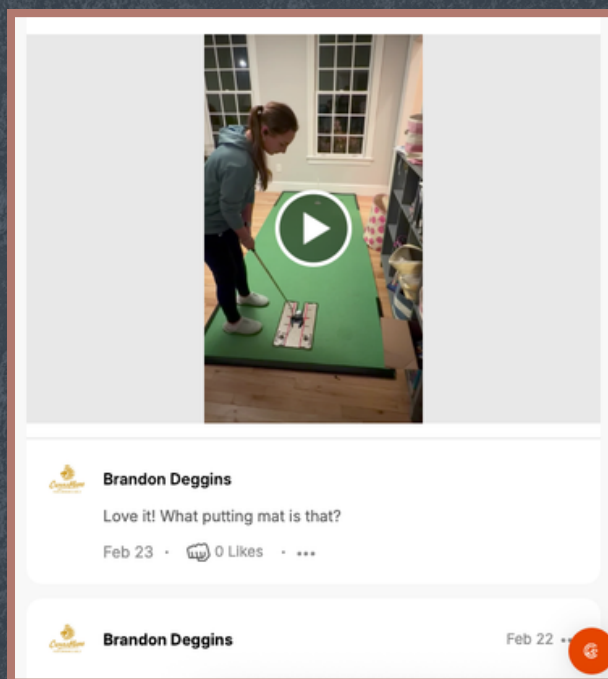
Coaching doesn't stop when the session ends.

Athletes receive ongoing guidance, feedback, and support between sessions through our connected coaching system.

Practice stays structured. Adjustments happen in real time. Progress continues outside of scheduled training.

Through CoachNow, athletes get:

- Video feedback on swings and practice sessions
- Direct messaging access for questions and support
- Assigned practice plans and drills
- Ongoing adjustments based on real progress



The Performance Journal System



Train With Purpose. Practice With Direction.

Every athlete in the Performance Lab trains with a structured system.

This journal gives them clarity, direction, and ownership over their development — so practice is never random.

Athletes don't just practice. They track, reflect, and improve with intention.

Over time, this builds awareness, accountability, and real performance gains.

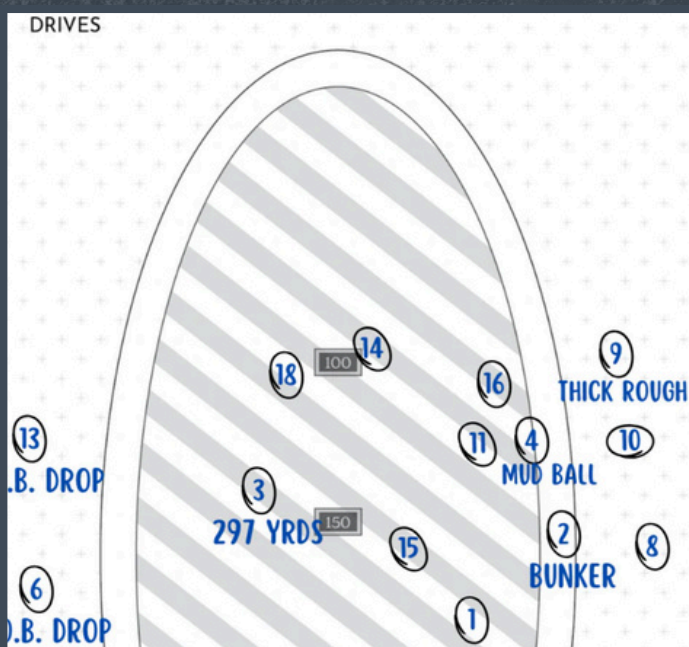
- Track fairways, greens, and putts
- Log practice sessions and drills
- Reflect on performance after rounds
- Build awareness and accountability
- Develop habits of competitive players

PRACTICE FOCUS/GOALS What will make this practice session a win?

- FIX DRIVER SLICE/PUSH
- DIAL IN 60° 1/2 AND 3/4 SHOTS
- STRAIGHTEN ALIGNMENT TO TARGET

PRACTICE AGENDA

- STRETCH/EASY SWINGS (NO BALL)
- HALF WEDGES TO FULL SWING WITH PW (10 SHOTS)
- FULL MID-LENGTH IRONS (15 SHOTS EACH)
- STRAIGHTEN ALIGNMENT TO TARGET
- STRAIGHTEN ALIGNMENT TO TARGET
-



POST-ROUND REVIEW

PERFORMANCE REVIEW How did you perform in these 3 categories?

Technical	Tactical	Mental
<ul style="list-style-type: none"> • KEPT PINCHING GRIP AT TOP OF SWING • MADE GOOD WEIGHT TRANSITIONS • CAME OVER THE TOP FEW TIMES • SYNCED BODY AND ARMS IN BACK 9 	<ul style="list-style-type: none"> • SCORED UNDER 90 IN TOUGH CONDITIONS • MISSED DRIVES IN RIGHT ROUGH ALOT • MADE GOOD SHOTS OUT OF THE BUNKERS • KEPT BALL LOW 	<ul style="list-style-type: none"> • FOUND COMPOURE AFTER 3/4 HOLES • STUCK TO PRE-SHOT ROUTINE • MENTAL MELTDOWN AFTER 2 O.B.S ON HOLE 13

Things that went well:

SHOT UNDER 90 IN VERY WINDY CONDITIONS.

An environment designed for focus, structure, and real improvement.

Data-Driven Development



Measure What Matters. Improve What Counts.

Every athlete in the Performance Lab tracks their performance using real data and analytics.

This system removes guesswork and clearly shows what's helping — and what's holding them back.

Athletes don't rely on feel alone. They train using real performance data.

Over time, this creates clarity, smarter decisions, and measurable improvement.

Using Clippd, athletes get:

- Track strokes gained across every area of the game
- Identify strengths and weaknesses with precision
- Benchmark performance against their skill level
- Monitor progress over time
- Make smarter decisions on what to train

Build the Athlete



Performance isn't built through swings alone. Athletes in the Performance Lab develop mobility, speed, and control — creating the physical foundation needed to perform at a higher level.

Train like an athlete. Perform like one.



This is Where it Starts

If your child is serious about improving, competing, and reaching their potential — this is the environment to do it.

Built for athletes who are serious about improving.

This Is Where It Starts

If your child is serious about improving, competing, and reaching their potential, the Performance Lab provides the structure, coaching, and system to get them there.

This isn't about more lessons.

It's about building a complete player.

Limited spots available for 2026



Ready to get started?

Apply or reach out to learn more about joining the Performance Lab.

6-Month Payment Plan
\$1750 (2 payments)

Annual Membership
\$3500 (1 payment)

