

Stars & Stripes Golf Coaching Club -

March 2026

Schedule of Clinics & Practices

| WEEKLY TOPIC | CLUB NEEDED | Tuesday | Wednesday | Thursday | Friday | Supervised Practice | |
|---|----------------------------------|------------------------------------|------------------------------|-------------------|---------------------|---------------------|--------|
| | | | | | | Saturday | Sunday |
| | | | | | | | 1 |
| 2 Ask the PRO... | 3 12:00 - 1:00 ANY | 4 10:00 - 11:00 | 5 | 6 | 7 | 8 *dst starts | |
| 9 Fundamentals - Preparing to Play | 10 12:00 - 1:00 SW, 8 IRON | 11 10:00 - 11:00 HYB, DRIVER | 12 4:30-5:30 6:00-7:00 | 13 9:30 -10:30 | 14 11:30 - 12:30 | 15 | |
| 16 Getting Started - Posture/Grip/Alignment | 17 12:00 - 1:00 MID IRON | 18 10:00 - 11:00 | 19 4:30-5:30 6:00-7:00 | 20 9:30 -10:30 | 21 11:30 - 12:30 | 22 2:00 - 3:00 | |
| 23 Learning to Turn | 24 12:00 - 1:00 9/8 IRON | 25 10:00 - 11:00 | 26 4:30-5:30 6:00-7:00 | 27 9:30 -10:30 | 28 | 29 | |

April 2026

| WEEKLY TOPIC | CLUB NEEDED | Tuesday | Wednesday | Thursday | Friday | Supervised Practice | |
|---|--------------------------------|---------------------|------------------------------|-------------------|---------------------|----------------------------|--------|
| | | | | | | Saturday | Sunday |
| 30 Supervised Practice | 31 Spring Break ANY | 1 Spring Break | 2 4:30-5:30 6:00-7:00 | 3 9:30 -10:30 | 4 11:30 - 12:30 | 5 2:00 - 3:00 Easter | |
| 6 Master's Week Putting - Grips & Stroke | 7 12:00 - 1:00 PUTTER | 8 10:00 - 11:00 | 9 4:30-5:30 6:00-7:00 | 10 9:30 -10:30 | 11 | 12 | |
| 13 Chipping - Set up & Technique | 14 12:00 - 1:00 PW | 15 10:00 - 11:00 | 16 4:30-5:30 6:00-7:00 | 17 9:30 -10:30 | 18 11:30 - 12:30 | 19 2:00 - 3:00 | |
| 20 The Backswing - Takeaway & Top | 21 12:00 - 1:00 MID IRON | 22 10:00 - 11:00 | 23 4:30-5:30 6:00-7:00 | 24 9:30 -10:30 | 25 | 26 | |
| 27 Pitching - No Hinge vs. Hinge | 28 12:00 - 1:00 LW OR SW | 29 10:00 - 11:00 | 30 4:30-5:30 6:00-7:00 | | | | |

May 2026

| | | | | | Supervised Practice | |
|--|--|---------------|------------------------|-------------|------------------------------|---------------------|
| | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 1 | | | | 1 | 2 | 3 |
| Pitching - No Hinge vs. Hinge | LW OR SW | | | 9:30 -10:30 | 11:30 - 12:30 1:00 - 2:00 | 2:00 - 3:00 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| The Transition - Squat to Square | 12:00 - 1:00 MID IRON | 10:00 - 11:00 | 4:30-5:30 6:00-7:00 | 9:30 -10:30 | | Mother's Day |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Putting - Controlling Distance | 12:00 - 1:00 PUTTER | 10:00 - 11:00 | 4:30-5:30 6:00-7:00 | 9:30 -10:30 | 11:30 - 12:30 1:00 - 2:00 | 2:00 - 3:00 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| The Downswing - Impact & Followthrough | 12:00 - 1:00 MID IRON | 10:00 - 11:00 | 4:30-5:30 6:00-7:00 | 9:30 -10:30 | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| Memorial Day Chipping - Club Selection & Distance | 12:00 - 1:00 SW & 8 IRON | 10:00 - 11:00 | 4:30-5:30 6:00-7:00 | 9:30 -10:30 | 11:30 - 12:30 1:00 - 2:00 | 2:00 - 3:00 |

June 2026

| | | | | | Supervised Practice | |
|--|---------------------------------|---------------|------------------------|-------------|------------------------------|---------------------|
| | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Bunker Shots - Greenside* | 12:00 - 1:00 SW | 10:00 - 11:00 | 4:30-5:30 6:00-7:00 | 9:30 -10:30 | | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| Full Swing - The Weight Shift | 12:00 - 1:00 MID IRON | 10:00 - 11:00 | 4:30-5:30 6:00-7:00 | 9:30 -10:30 | 11:30 - 12:30 1:00 - 2:00 | 2:00 - 3:00 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| US Open Week Specialty Shots - Hitting from Rough | 12:00 - 1:00 PW,8,HYB | 10:00 - 11:00 | 4:30-5:30 6:00-7:00 | 9:30 -10:30 | | Father's Day |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Putting - Reading Break | 12:00 - 1:00 PUTTER | 10:00 - 11:00 | 4:30-5:30 6:00-7:00 | 9:30 -10:30 | | |
| 29 | 30 | | | | | |
| Common Flaws - Early Extension | 12:00 - 1:00 MID IRON | | | | | |

* - Meet at practice bunker by 10th tee

July 2026

| | | | | | Supervised Practice | |
|--|-------------------------------------|------------------|------------------------|-------------|--|-------------|
| | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | | 1 | 2 | 3 | 4 | 5 |
| Common Flaws - Early Extension | ANY | 10:00 - 11:00 | 4:30-5:30 6:00-7:00 | 9:30 -10:30 | 11:30 - 12:30 Independence Day | 2:00 - 3:00 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Uneven Lies Ball Above/Below Feet | 12:00 - 1:00 MID IRON/HYB | 10:00 - 11:00 | 4:30-5:30 6:00-7:00 | 9:30 -10:30 | 11:30 - 12:30 1:00 - 2:00 | 2:00 - 3:00 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Uneven Lies - Uphill & Downhill | 12:00 - 1:00 MID IRON/HYB | 10:00 - 11:00 | 4:30-5:30 6:00-7:00 | 9:30 -10:30 | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Ask the Pro... | NO CLINIC ANY | NO CLINIC | 4:30-5:30 6:00-7:00 | 9:30 -10:30 | 11:30 - 12:30 1:00 - 2:00 | 2:00 - 3:00 |
| 27 | 28 | 29 | 30 | 31 | | |
| Short Game - The "Clock" Swings | 12:00 - 1:00 ALL WEDGES | 10:00 - 11:00 | 4:30-5:30 6:00-7:00 | 9:30 -10:30 | | |

August 2026

| | | | | | Supervised Practice | |
|---|--|---------------|------------------------|-------------|------------------------------|-------------|
| | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Bunker Shots - Fairway | 12:00 - 1:00 MID IRON/HYB | 10:00 - 11:00 | 4:30-5:30 6:00-7:00 | 9:30 -10:30 | 11:30 - 12:30 1:00 - 2:00 | 2:00 - 3:00 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Specialty Shots - The Knockdown | 12:00 - 1:00 MID IRON | 10:00 - 11:00 | 4:30-5:30 6:00-7:00 | 9:30 -10:30 | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Fundamentals - Pre-shot Routine | 12:00 - 1:00 MID IRON/DRIVER | 10:00 - 11:00 | 4:30-5:30 6:00-7:00 | 9:30 -10:30 | 11:30 - 12:30 1:00 - 2:00 | 2:00 - 3:00 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Full Swing - Turning for Power/Speed | MAPGA Sr. Champ | 10:00 - 11:00 | 4:30-5:30 6:00-7:00 | 9:30 -10:30 | | |

September 2026

| | Tuesday | Wednesday | Thursday | Friday | Supervised Practice | |
|--|------------------------------------|------------------------------|------------------------------|-------------------|---------------------------------|--------------------------------|
| | | | | | Saturday | Sunday |
| 31 | 1 12:00 - 1:00 PUTTER | 2 10:00 - 11:00 | 3 4:30-5:30 6:00-7:00 | 4 9:30 -10:30 | 5 | 6 |
| Putting - Drills for Success | | | | | | |
| Labor Day 7 | 8 12:00 - 1:00 SW,Mid,HYB | 9 10:00 - 11:00 Driver | 10 4:30-5:30 6:00-7:00 | 11 9:30 -10:30 | 12 | 13 |
| Drills & Thrills Making Practice Exciting | | | | | | |
| OVERSEEDING 14 | 15 12:00 - 1:00 LW/SW | 16 10:00 - 11:00 | 17 4:30-5:30 6:00-7:00 | 18 9:30 -10:30 | 19 11:30 - 1:30 Play Bear | 20 1:00 - 3:00 Play Bear |
| Pitch and Roll 20 yds to green | | | | | | |
| 21 | 22 12:00 - 1:00 LW/SW | 23 10:00 - 11:00 | 24 4:30-5:30 6:00-7:00 | 25 | 26 | 27 |
| Short Game - Hybrid Chip & Flop | | | | | | |
| 28 | 29 VSGA Sr. Open | 30 VSGA Sr. Open | | | | |
| Rules of Golf - Taking Proper Relief | | | | | | |

October 2026

| | Tuesday | Wednesday | Thursday | Friday | Supervised Practice | |
|--|--------------------------------|---------------------|-------------------------------|-------------------|----------------------------------|-------------------------------|
| | | | | | Saturday | Sunday |
| | | | 1 4:30-5:30 5:45-6:45* | 2 9:30 -10:30 | 3 11:30 - 1:30 Play Bear | 4 1:00 - 3:00 Play Bear |
| Rules of Golf - Taking Proper Relief | | | | | | |
| 5 | 6 12:00 - 1:00 DRIVER | 7 10:00 - 11:00 | 8 4:30-5:30 5:30-6:30* | 9 9:30 -10:30 | 10 | 11 |
| Full Swing - "The BIG DOG" | | | | | | |
| 12 | 13 12:00 - 1:00 MID IRON | 14 10:00 - 11:00 | 15 4:30-5:30 5:30-6:30* | 16 9:30 -10:30 | 17 11:30 - 12:30 | 18 2:00 - 3:00 |
| Specialty Shots - Shaping your ballflight | | | | | | |
| 19 | 20 12:00 - 1:00 | 21 10:00 - 11:00 | 22 4:30-5:30 5:30-6:15* | 23 9:30 -10:30 | 24 | 25 |
| Cold Weather Adjustments- Preparing for Fall Golf | | | | | | |
| 26 | 27 12:00 - 1:00 NONE | 28 10:00 - 11:00 | 29 4:30-5:30 5:30-6:00* | 30 9:30 -10:30 | 31 11:30 - 12:30 Halloween | *time change |
| Course Management | | | | | | |

November 2026

| | Tuesday | Wednesday | Thursday | Friday | Supervised Practice | |
|----|-------------------------------------|---------------------|--------------------------------------|-------------------|---------------------|-------------------|
| | | | | | Saturday | Sunday |
| | | | | | | 1 2:00 - 3:00 |
| 2 | 3 12:00 - 1:00 ANY | 4 10:00 - 11:00 | 5 4:00-5:00 | 6 9:30 -10:30 | 7 | 8 |
| 9 | 10 12:00 - 1:00 PUTTER | 11 10:00 - 11:00 | 12 4:00-5:00 | 13 9:30 -10:30 | 14 11:30 - 12:30 | 15 2:00 - 3:00 |
| 16 | 17 12:00 - 1:00 ANY | 18 10:00 - 11:00 | 19 4:00-5:00 | 20 9:30 -10:30 | 21 | 22 |
| 23 | 24 | 25 | 26 Happy Thanksgiving! | 27 | 28 | 29 |

December 2026

| | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----|-------------------|--------------------|-----------------------------|-----------------------------------|----------|--------|
| | | | | | | |
| 30 | 1 12:00 - 1:00 | 2 10:00 - 11:00 | 3 4:00-5:00 6:00-7:00 | 4 9:30 -10:30 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 Merry Christmas! | 26 | 27 |