



 **ALTUS**  
**ANNUAL**  
**ELITE**  
**TRAINING**  
**PROGRAM**



# ABOUT ALTUS

**THE LATIN MEANING OF 'ALTUS' IS TO RAISE OR TO ELEVATE HIGHER THIS IS THE DRIVING PHILOSOPHY BEHIND EVERYTHING THAT WE DO.**

Altus Performance was created to bring together coaches and athletes who are bound by this shared quest for continuous development and improvement - to constantly raise and elevate performance.

Altus Performance is an interdisciplinary organization of coaches who champion the growth of future generations of athletic elite. Our core ethos align to serve as an altruistic guide providing inspiration and direction to athletes striving to expand possibilities and improve performance as they travel their journey to

Our unique approach to coaching has delivered results for clients of all abilities and ranks, from developmental youth athletes all the way up to Major Champions. The Altus brand represents a new standard in coaching- dedicated to shifting the current paradigm of traditional, one-dimensional teaching approaches to a holistic

In our athletes - we value desire, purpose, tenacity, and an unwavering willingness

This is the common purpose that bonds our efforts with the athletes that we are so fortunate to serve. If this should align with your identity and beliefs, we'd love for you to join the Altus team.





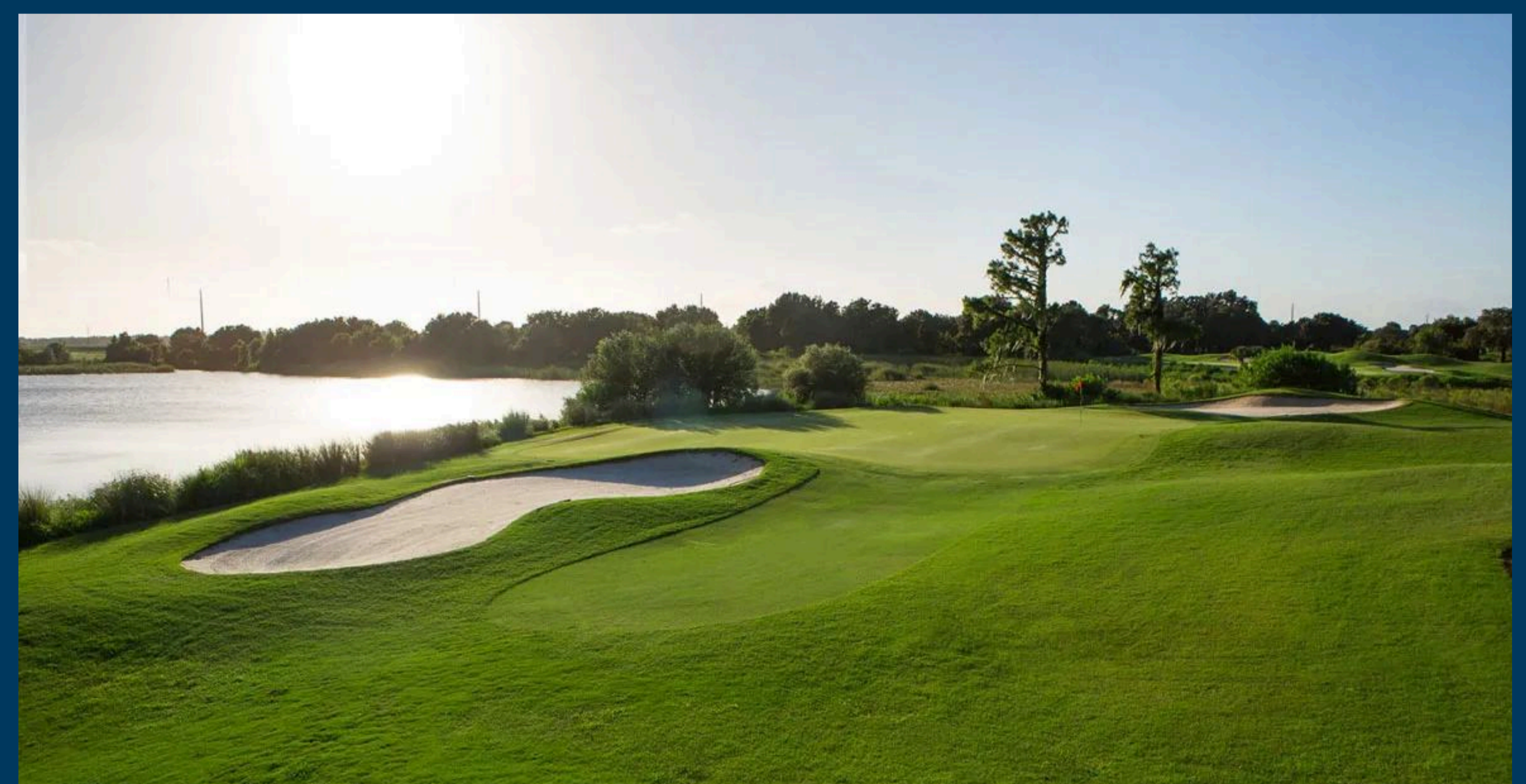
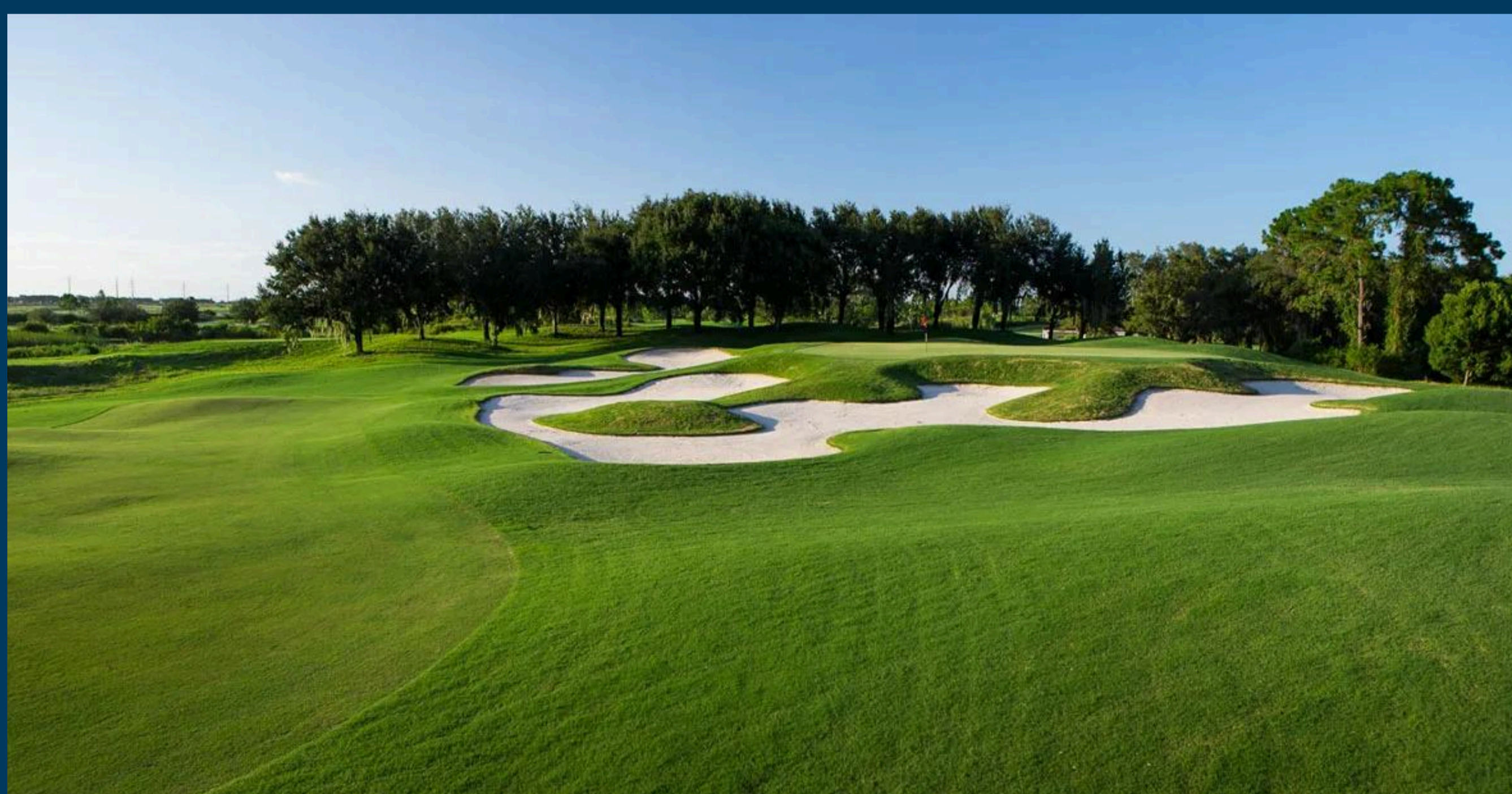


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# ORANGE COUNTY NATIONAL GOLF

If you are looking for the best golf in Orlando, FL and want to know who has the finest course layouts, conditions and facilities, look no further than Orange County National Golf Center and Lodge. Whatever the goal for your Orlando golf vacation – 36 holes per day, first class instruction, hours of range time, or memories of sharing good times with friends, OCN has something for you.

Two championship courses, a 9 hole short course, Central Florida's Premier Golf Academy and the largest driving range and practice facility in America are all at one location.



## GOLF AT ITS BEST

**TWO GREAT COURSES. ONE GREAT EXPERIENCE**

COME ENJOY THE BEST GOLF EXPERIENCE IN ORLANDO AT ORANGE COUNTY NATIONAL GOLF CENTER AND LODGE, FEATURING TWO CHAMPIONSHIP COURSES, A 9-HOLE SHORT COURSE, CENTRAL FLORIDA'S PREMIER GOLF ACADEMY AND THE LARGEST DRIVING RANGE AND PRACTICE FACILITY IN AMERICA.



## Elevated Education for Aspiring Student-Athletes

For players seeking the advantages of a home-schooling program, we have forged a strategic partnership with USPA - an online school renowned for its exceptional results in supporting high-level athletes.

 [www.gouspa.org](http://www.gouspa.org)

Navigating the university landscape can be daunting, as the sheer number of options and the balance between golf, academics, and scholarships can be overwhelming. That's why we've created a dedicated collaboration with ASM, one of the world's preeminent college player placement agencies. ASM's expert guidance will help you and your family identify the ideal university match, ensuring you have the best possible chance of reaching your academic and athletic goals.

 [www.asmscholarships.com](http://www.asmscholarships.com)

# ASSESSMENT WEEK AND ACTION PLAN

## Embark on Your Journey with Our Assessment Week

As our ethos states, "BRIDGE DESIRE, WILL, AND ABILITY INTO RESULTS- We locate the starting point, understand the desired destination, and map out the course of travel." At the heart of this philosophy lies our comprehensive Assessment Week - the starting point of your transformative journey with our program.

During this extensive evaluation period, TEAM ALTUS will meticulously assess your current skills and physical capabilities. This deep dive into your unique strengths and areas for improvement allows us to design a tailored development strategy, mapping out both your immediate and long-term objectives.

Throughout this process, you'll receive continuous feedback and support, ensuring you remain engaged, motivated, and on track to achieve your goals.

Consider this Assessment Week the launchpad for your ascent to greatness. By identifying your starting point and plotting the course ahead, we'll empower you to unlock your full potential and turn your aspirations into tangible results.



**ALTUS**

# GOLF SKILLS

At the core of our coaching philosophy, we prioritize skill over style. Our primary goal is to help each player develop a reliable, repeatable shot pattern – one that consistently delivers results on the course. While we recognize the aesthetic appeal of a polished swing, we never make changes solely for the sake of aesthetics or to implement a one-size-fits-all approach.

As our ethos states, each player is unique, and we treat you as an individual. Our simple philosophy is to do whatever it takes to lower your scores and help you reach your full potential.

We rely on a carefully balanced blend of technique and skill development. Because every player has individual strengths and weaknesses, we'll build a tailored training program that enables you to master all aspects of the game.

To evaluate, analyze, and compare progress, we'll utilize a comprehensive suite of tools and technology. However, we're not aiming for identical figures across all students – our focus is on your individual development and improvement.

Technique refinement is undoubtedly important and has its time and place, but we also place a high priority on all facets of the game and your ability to adapt to the ever-changing dynamics on the course.

The most crucial element for us is developing each player's comprehensive skill set, ensuring you become a well-rounded and skillful golfer. The swing is just one small part of the equation – the more tools you have in your bag, the more options you'll have to succeed during competition.

# PHYSICAL SKILLS

Your body is your most valuable asset on the golf course, which is why we place immense importance on comprehensive physical preparation. Once again, our work will be highly individualized. After a thorough analysis and assessment, our primary objective will be to ensure that your body is mobile, stable, and capable of swinging without any compensatory movements.

Alongside this targeted work, you'll also engage in group endurance training sessions. The purpose of these sessions is to emulate the physical demands of competitive play, helping you build the stamina and resilience required to perform at your best over the long haul.

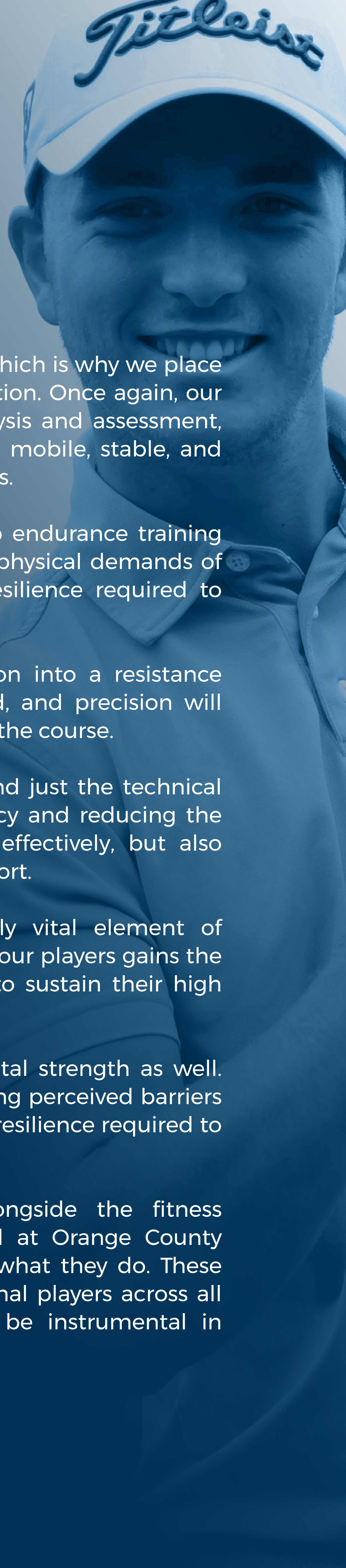
As soon as your trainer deems you ready, we'll transition into a resistance training phase. This focus on developing strength, speed, and precision will directly translate to increased distance and consistency on the course.

The benefits of this physical preparation extend far beyond just the technical aspects of your game. By optimizing your body's efficiency and reducing the risk of injury, we're not only helping you swing more effectively, but also safeguarding your long-term health and longevity in the sport.

In an era where distance has become an increasingly vital element of performance, our physical trainers will ensure that each of our players gains the necessary speed and power, while also building health to sustain their high level of play well into the future.

Our physical preparation is a fantastic way to build mental strength as well. Pushing yourself to new limits, digging deep, and surpassing perceived barriers are key to strengthening your mindset and cultivating the resilience required to excel at the highest levels.

You'll have the exceptional opportunity to work alongside the fitness professionals at The Vault Performance, who are based at Orange County National and are renowned as the best in the world at what they do. These experts have extensive experience working with professional players across all tours (PGA Tour, LPGA, LIV, and more), and they will be instrumental in optimizing your physical potential.









# ELEVATING THE NEXT GENERATION OF CHAMPIONS

In summary, because no two players are the same, our program's emphasis on individualized training, educational partnerships, and comprehensive golf, physical, and mental preparation strategies clearly sets it apart as a committed and supportive community for young athletes aiming for excellence in their sport.

At Altus, we don't just train golfers - we empower the next generation of champions. By tailoring every aspect of our program to the unique needs and aspirations of each individual player, we provide a transformative experience that goes far beyond the confines of the golf course.

Through our strategic collaborations with world-class institutions like Windermere Prep and USPA, we ensure our athletes have access to not only unparalleled golf training, but also a robust academic foundation that will serve them well both on and off the course. And with our cutting-edge performance analysis tools and dedicated mental coaching, we equip our players with the comprehensive skills and mindset required to excel at the highest levels of competition.

But perhaps most importantly, we foster a close-knit community of like-minded individuals who push each other to new heights, celebrate each other's successes, and provide the unwavering support needed to overcome any obstacle.

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If you're a young athlete who is serious about reaching your full potential, we invite you to embark on a transformative journey with Altus. Take the first step by enrolling in our Full-Time Program today, and let us be your guide to greatness.

Contact us now to schedule a personal consultation and learn how Altus can help you achieve your golfing dreams.

**FOR MORE INFORMATION AND TO MEET TEAM ALTUS AT  
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