



ALTUS

ELITE JUNIORS CAMPS



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.



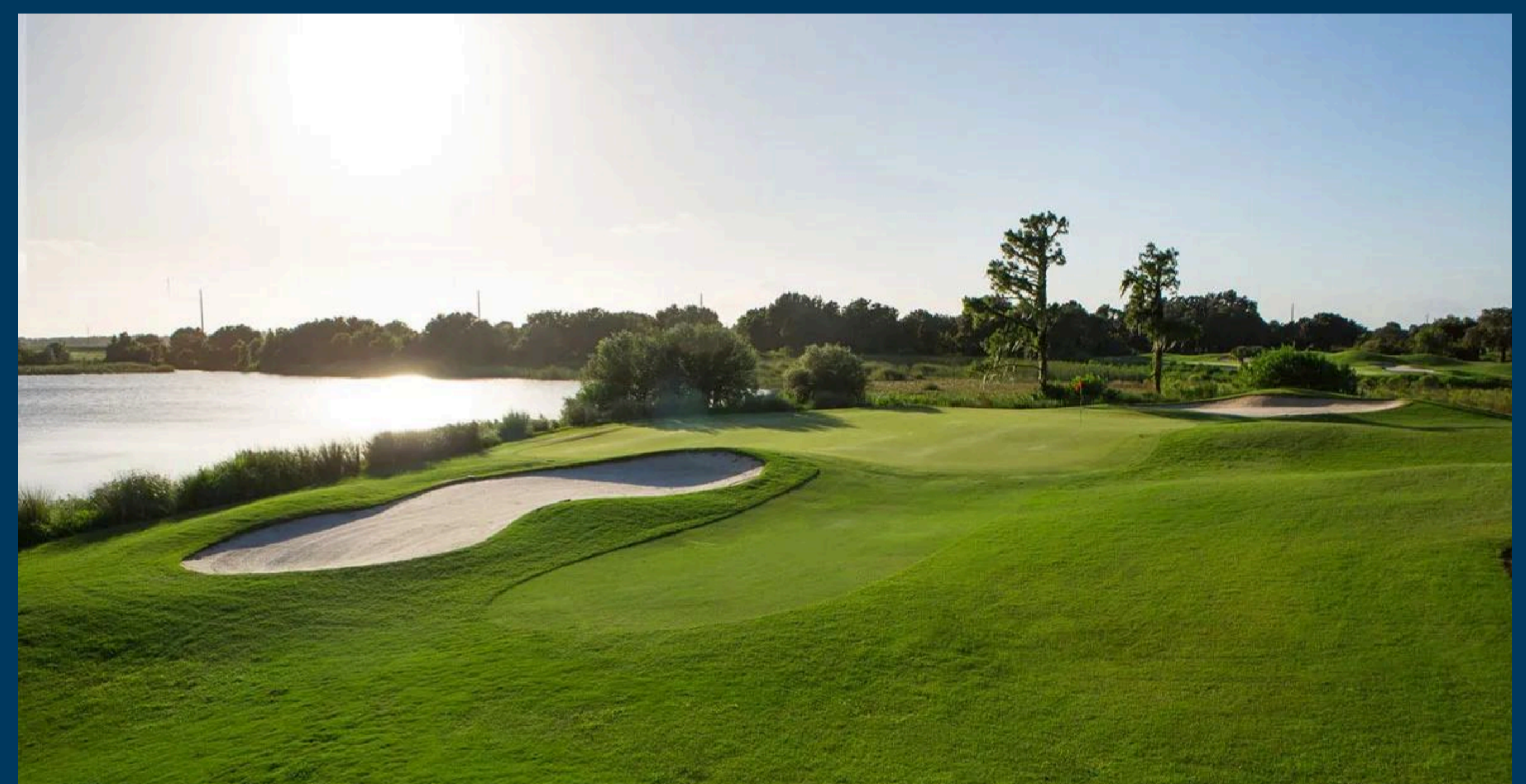
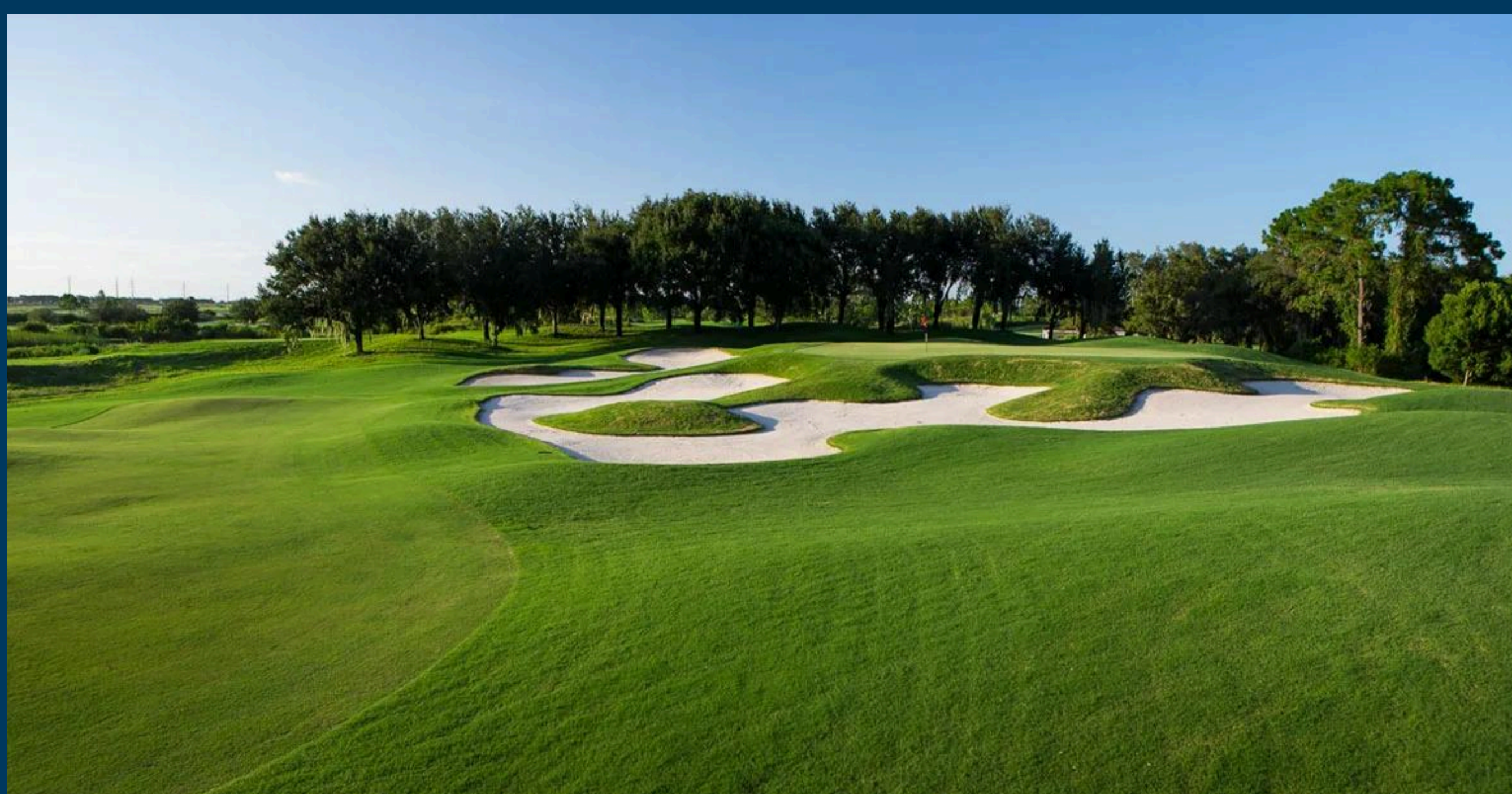
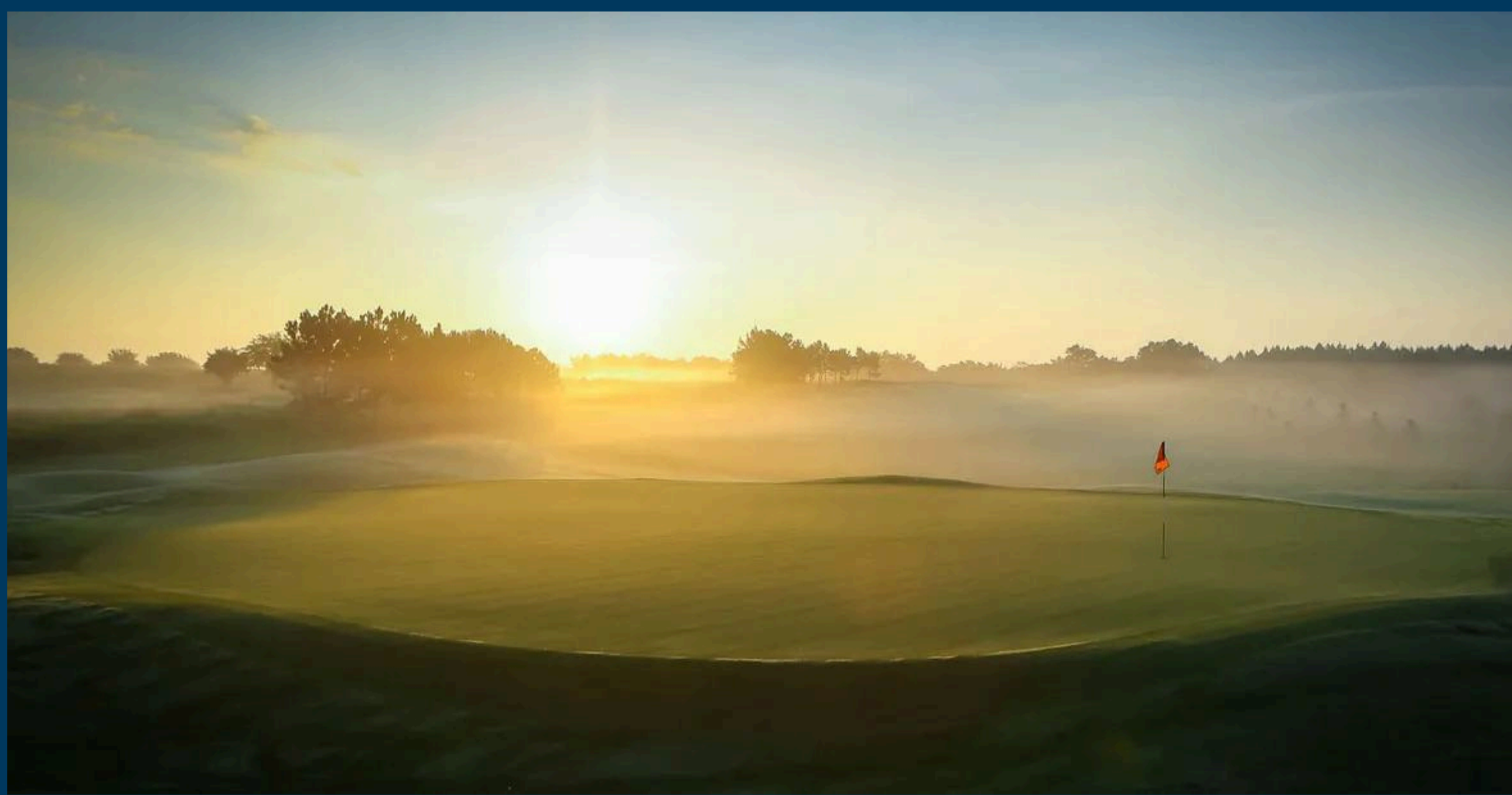


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ORANGE COUNTY NATIONAL GOLF

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.



**ALTUS**

PERFORMANCE

SUMMER CAMP PROGRAM

Our program is designed to blend the best of both worlds, offering tailored coaching within a vibrant group setting. We ensure personalized attention for each participant with a coach-to-player ratio (1:6), focusing on individual progress and tailored coaching to meet each player's unique needs. Our summer camps stand out by striking the perfect balance between customized training and the dynamic, engaging environment of group activities. This helps us make the pursuit of excellence not just rewarding but also enjoyable.

DAY 1 FOCUS ON TECHNIQUE

Monday's session will be dedicated to identifying and prioritizing technical keys for each player in all skill areas.

- 9.00am** Welcome & Introduction
- 9.15am** Ball Striking Assessment with Technical & Training Prescriptions
- 10.15am** Short Game Assessment with Technical & Training Prescriptions
- 11.15am** Putting Skill Assessment with Technical & Training Prescriptions
- 12.15pm** Lunch followed by Classroom Discussion - Separating Skills- Performance outside of traditional skills that separate the best players.
- 1.00pm** Warm-Up with Performance State Discussion
- 2.00pm** 9 Holes- Performance State Coaching on Orange County National
- 4.30pm** Recap of the day and Body Recovery (Stretch & Relax)



DAY 2 FOCUS ON TRAINING

After we diagnose the most critical technical fundamentals for each individual, Tuesday will be dedicated to providing players with a menu of training tasks to support their continued development.

9.00am	Technique Training vs Skill Development Discussion
9.30am	Blocked and Random Ballstriking Supervised Training
10.30am	Blocked and Random Putting Supervised Training
11.30am	Blocked and Random Short Game Supervised Training
12.30pm	Lunch - Classroom Discussion - Edge-Earning Actions - behaviors and actions high performers take to gain an upper hand on the competition.
1.30pm	Warm-Up with Tournament Prep Discussion
2.30pm	Skill work and performance Tests
3.30pm to 5.00pm	9 Holes- Rat Race on Orange County National Short Course Recap of the day and Body Recovery

DAY 3 FOCUS ON TACTICS

After we diagnose the most critical technical fundamentals for each individual, Tuesday will be dedicated to providing players with a menu of training tasks to support their continued development.

9.00am	Tactics and Golf IQ Discussion
9.30am	Using the Range to Train Driving/Approach Tactical Intelligence
10.15am	Green Reading and Aimpoint Express
10.45am	Processing Skills Around the Greens
11.00am	Lunch - Classroom Discussion - High Caliber Characteristics - mindsets and personality traits that lead to high performance.
12.00pm	18-Holes Competition with Tactical Constraints (Team/Individual)
6.00pm	Recap of the day and Body Recovery



DAY 4 FOCUS ON TOURNAMENT PREP

After mastering technique, training and tactics day 4 will focus on course readiness. We will follow the steps from our “Primed to Perform” program that are tailored to course preparation and execution .

- 9.00am** Course readiness - Tee Shot/Approach Analysis with Course Mapping
- Conditions Readiness & Skill readiness.
- 10.30am** Tee Shots - Weapons Check
- 11.00am** Full Swing & Wedges - Distance Control Check
- 12.00pm** Lunch - Classroom Discussion - Primed to Perform - We Will Focus on all the Processes Needed to be Ready to Perform.
- 1.00pm** Warm-Up & Practice Round Objective Conversation
- 2.00pm** 9-Holes of Simulated Practice Round on Orange County National Championship Course
- 4.30pm** Recap of the Day & Body Recovery Time

DAY 5 FOCUS ON MENTAL SKILLS

Final stage of this week will be to go over the mental tools and tactics needed to bring out the best version of yourself during an event.

- 9.00am** Mental Skills Conversation
- 10.30am** 9 hole Choose or lose on Orange County National Short Course.
- 12.00pm** Lunch - Classroom discussion - Alter Ego - How to find an Alter Ego to put yourself in the best conditions to perform under pressure.
- 1.00pm** Ball-striking review & Technical & Training Prescriptions
- 2.00pm** Putting review & Technical & Training Prescriptions
- 3.00pm** Short game review & Technical & Training Prescriptions
- 4.00pm** Body Recovery & Goodbye



Boarding will take place at **Orange County National Lodge**. **Safety** is our top priority for accommodation, and since we're on site, there's **no need for transport to and from the golf course**. The Lodge is conveniently **located between the putting green and Crooked Cat's first hole**, just a short 2-minute walk to the driving range, and 1-minute walk to the club house. Meals will be available in either the clubhouse or the lodge. Players will be housed in double rooms at the lodge, with an option for a single room at an additional cost of \$350.

Location: Orange County National, Orlando, FL

Duration: 5 Days

Non-Boarding Price: \$1,990

Boarding Price: \$2,650 (6 nights) // Lodge at Orange County National

For more information and to meet TEAM ALTUS at Orange County National

Orlando@altusperformance.com

+(561) 719-1573

www.altusperformanceflorida.com

