



# Tour Prep Training

The Golf Academy at St. Johns

## Program Overview

The Tour Prep Program is the premier training pathway at The Golf Academy at St. Johns, designed for home school and online students, college players, aspiring professionals, and elite amateurs.

## Program Components

### 1. Technical Coaching

- Private one-on-one and group instruction
- Advanced swing analysis and data tracking (Flightscope/Onform/Capto)
- Skill testing and personalized practice design

### 2. Competitive Practice Sessions

- Small group sessions available weekly to promote competitive practice
- Pressure-based drills, scoring challenges, and match play
- Live stat and performance tracking via Clippd

### 3. On-Course Development

- Two 9-hole or 18-hole playing sessions per month
- Tournament simulation, course management, and strategic preparation
- Pre/post-round analysis and mental training

### 4. Performance Management

- Monthly player meetings for progress tracking and tournament planning
- Game analytics and strokes-gained analysis
- Goal setting and individualized player roadmap

### 5. Physical & Mental Conditioning

- TPI Physical Screen & Mental Performance Session during first month
- Ongoing TPI-based fitness training available through Dr. Greg recommended
- Optional follow-up sessions for both fitness and mindset training

## Schedule & Structure

- Training Availability: Monday–Saturday
- Customized scheduling based on tournament travel and player commitments.

## Monthly Investment

Tier	Description	Includes	Price (per month)
Tour Prep Elite	College players, elite amateurs & aspiring pros	4 hours of private + 16 hours of group sessions/month including on-course training, player management, data review, full support. Includes initial mental, physical, & nutrition assessments & Clippd stat tracking	\$1,999/month with three-month commitment. Includes St. Johns PDP Membership. (\$2,499 first month)
Tour Prep Lite	Home school/online high-level juniors	2 hours of private + 8 hours of group session/month. Group includes one on-course session a month. Includes initial mental, physical, & nutrition assessments & Clippd stat tracking.	\$1,499/month with six-month commitment. Includes St. Johns Golf & CC Student Membership (\$1,775/ month-to-month)

## Add-On Options

- Additional private lesson: Rate determined by instructor
- Tournament travel/coach support: Custom Quote
- Ongoing mental performance coaching with Coach Dawn of Judgment Matters: \$200/monthly
- Personalized strength/speed training program with Dr. Greg of Movement Driven: Custom quote
- Ongoing nutrition coaching with Cindel: \$75/session

## Program Leadership

Coach Mo Gesualdi — Director of Instruction | [coachmo@stjohnsgolf.com](mailto:coachmo@stjohnsgolf.com)

Wes Altice — Tour Prep Coach | [waltice@stjohnsgolf.com](mailto:waltice@stjohnsgolf.com)

Matt Sheehan — Tour Prep Coach | [msheehan@stjohnsgolf.com](mailto:msheehan@stjohnsgolf.com)

## The Golf Academy at St. Johns

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

Questions or schedule a consultation? Please email [coachmo@stjohnsgolf.com](mailto:coachmo@stjohnsgolf.com)