

# 2015 KPGA

## Player Development Grant Application

Each year funds are granted to deserving programs across the state of Kentucky. These programs can offer scholarships, provide clubs for kids, educate individuals about the game of golf, promote the development of golf for seniors, juniors and women and provide opportunities for golf instruction.

**The Growth of the Game Assistance Grant Application deadline is February 6, 2015.** Each program granted funds is required to complete a Grant Report Form and return it along with any supporting materials (i.e. curriculum, applications, media coverage, photos, etc.). Failure to return a completed Grant Report Form by November 1, 2015 may result in the denial of all future requests for assistance, as well as, reporting the failure to the KPGA Membership.

Program Name: Swing Fit Golf  
Contact Name: Bryan Stone Title: GM/KPGA  
PGA Professional Sponsor: Bryan Stone  
Mailing Address: 2240 Mount Eden Rd.  
City, State, ZIP: Shelbysville, Ky 40065  
Direct Phone: 502-609-1004 Email: stonepga@gmail.com  
Request Amount: 2000. - Fund Request Date: spring '15

1) Please describe the nature and mission of the program.

This Program is designed to help with the People's Fitness & improve their swing all while having fun using the training aids provided & following me step by step through each workout. At the end of the workout, there will be swing instruction/tips to enhance & incorporate the motions w/ the training aids. The Program will keep the students engaged & moving and will not be just another lesson hitting some balls!

2) How is the program structured (i.e. classes, clinics, tournaments); what is the length of the program?

Clinic Format - max 6 per class; 4 week program - meeting once a week for group class + once a week on their own (8 sessions total)

3) Where is the program held?

Weissinger Hills Golf Course - Driving Range; course; inside it will vary.

4) How many participants does the program have or how many do you anticipate?

I anticipate to conduct 2-4 sessions per month w/ the max of 6 in each class; I expect to fill + have up to 144-150 per session

5) Describe the composition and background of participants (age, socio-economic background, gender, golf skill).

I plan to have a Senior Group; Ladies; Juniors; + Introduce to Corporations for wellness programs for their employees.

6) How will the funds be utilized?

I will use the funds to purchase the training aids necessary which will be - 6 Orange Whip Trainers; 6-OW mid; 6-OW wedge; 6-OW Tee

7) Did the program participate in the 2014 Kentucky PGA Golf Day?

No, but I would be willing to include this concept + participate

8) What are the other sources of funding for this program?

I want this to be affordable and I am only charging \$100 for the 4 week sessions; I would have to increase the fees, hold separate clinics + use my own money to purchase the items.

9) Please list two references we may contact about your application. Please include full name, address, phone number and relationship to the program.

Tommy watts, PGA - Wassinger Hills G.C. Assistant - 502-930-4444  
Derrick Griffiths, PGA - Clear Creek G.C. - Aware of Program  
& hopefully it will coincide w/ Golf Stepz Program  
502-345-3285

10) Provide suggested dates for a KPGA Foundation representative to visit the program:

I am currently doing Indoor Individual workouts - Jan 6 - Feb 28<sup>th</sup>

Please return to: Attn: Erin Horn, Director Communications-Membership  
Golf House Kentucky  
1116 Elmore Just Drive  
Louisville, KY 40245  
[ehorn@kygolf.org](mailto:ehorn@kygolf.org)

# Get Swing Fit for Spring '15

With

**Bryan Slone, PGA**

*To sign-up Call me at 502-633-7332 or email [whgc1234@gmail.com](mailto:whgc1234@gmail.com)*

It's time to step it up a notch and have your swing ready for the spring. Here at Weissinger, we have converted an unused room into an indoor training room. I have a nice hitting cage/mat plus a putting mat. I'm excited to be able to continue with lessons through the winter and rainy days during the season.

I have developed a 1 month program that will include a step by step plan and is designed to help with your flexibility, strength, coordination & tempo for your swing. This is not a workout with weights...it is a workout with special training aids & techniques to help develop your swing's potential and your putting stroke.

How the Program works:

You will have:

- \* one session per week with instruction & program and
- \* 1 session per week on your own in the training room performing the program.
- \* Times will be set because there will be limited spaces available with only one hitting area.
- \* Cost is \$100 per session (4 instruction days & 4 training days per month)
- \* Each session will last 45-60 minutes.
- \* Program Schedule: **Session 1**—Jan. 6—Jan. 31<sup>st</sup>; **Session 2**—Feb. 3<sup>rd</sup>—Feb. 28<sup>th</sup>.

Program is available to Seniors, Men, Ladies & Juniors

# Swing For '15

**Name:** \_\_\_\_\_

**Clubhead Speed:** \_\_\_\_\_

<u>Exercise</u>	Reps	Sets
Wrist Rotations	10	2
Deep Squats	10	2
Ball twists left & right	8	2

***On the Orange Peel***  
**Using the Orange whip:**

Torso Twists	10
Right Arm only swing	10
Left Arm only swing	10
¼ swings	5
Full Swings (right & left)	15

***Rest 1 minute***

Below the Feet	10
Uphill	10
Downhill	10
Above the Feet	10
Standard (right & left)	15

***Rest 1 minute***

**Your Clubs: Hold the Follow through**

**Drills to work on:**

Driver (on mat)	15
<i>Holding pose</i>	
6 or 7 iron (on peel)	15
<i>Holding pose</i>	
Wedge (on peel downhill)	15
<i>Holding pose</i>	

**Putting:**

**Orange whip**

Close position make	10
Middle position make	10
Far position make	10