



**TPI
CERTIFIED**

ABOUT ADRIAN COCHET



Adrian Cochet is a movement professional and has worked with multiple varsity athletes including helping the U of S men's hockey team to two national finals. He has also spent some time with the U of S football team.

Adrian holds a Bachelor of Science degree in Kinesiology (2014) and a Master of Science degree in Physical Therapy (2016) from the University of Saskatchewan. He completed his TPI Level 1 Training in 2020 and has been working with golfers in and around Saskatoon!

Adriancochet@shaw.ca

OPTIMIZED GOLF

"THE 300 CLUB"

Junior Golf TPI / Fitness Program

PROGRAM INFORMATION

TPI (Titleist Performance Institute) & general fitness training designed to improve your son/daughters golf swing mechanics and distance.

DATES, TIMES, AND LOCATION

Choose one. Max 10 golfers/class. 16-Week program.

Monday Class: 7:00 – 8:00am - Starts Sept. 27, 2021

Friday Class: 6:30 – 7:30am - Starts Oct. 1, 2021

3012 Arlington Avenue, Saskatoon

COST

Initial Individual Assessment - \$100

16 Group Training Sessions + Personalized At-Home Plan - \$350

Individual Reassessment (Optional) - \$100

- Includes Mackie Physio Gym Access during the program.
- Fees due at time of assessment and at the first group session.
- Depending on your insurance provider, a portion of fees may be reimbursed as Adrian is a licensed physiotherapist.

HOW TO REGISTER

<https://forms.gle/KekgQkNDYR5jwFgQZ>

Limited to 10 per class. Assessments are booked separately.