

## WHAT YOU CAN EXPECT ON A GOLF SCHOOL

Players of all ages and abilities are welcome including children over 12 years. You can come alone or with your partner or a group of friends. The emphasis is on refreshing your basic skills whilst also looking at your specific individual needs in a supportive and fun atmosphere. The schools cover all aspects of the game from;

-  Woods to bunkers
-  Individual V1 video sessions
-  Irons to putting
-  On-course tuition

“My intention when coaching is to help my students understand how to improve their game and enjoy their golf. I do this by providing a full and comprehensive programme which covers all aspects of the game. This includes working with the student to identify what they want to change, making a plan for improvement, providing the necessary technical changes alongside drills and routines and helping them with on-course management. By doing this we take the skills from the practice facilities onto the course and can measure the resulting improvements”.

## TARLETON GOLF

In addition to the schools based in the UK, you can also attend one of Denise's schools in Spain or Turkey. As Director of Golf for Tarleton travel, Denise provides weeks of tuition and fun competitions in the sunshine during the Winter and Autumn.

The resorts used are Islantilla, El Rompido, Almerimar, Valle del Este, Novo Sancti Petri & Benalup in Spain plus The Sueno & The Cornelia Diamond Spa hotel in Turkey. Prices and dates are available from [www.tarletontravel.com](http://www.tarletontravel.com) or +44 (0)1604 633 633. Tarleton travel is ATOL Protected and a member of LAGTO so your trip is fully protected. Tarleton's motto is “we take our job seriously...so you can enjoy your holiday”



## BOOKING FORM

DATE OF SCHOOL

Surname (Mr/Mrs/Miss)

First Name

Address

Email

Phone No.

Signed

Dated

I enclose a cheque for £

Payable to “D A Hastings.”

1. In the event of illness of Denise Hastings, we reserve the right to use another coach, or to cancel the school.
2. In the event of cancellation by Denise, for any reason, all tuition costs will be refunded in full.
3. We reserve the right to cancel any school with reasonable notice if less than 6 participants or if other circumstances make cancellation necessary.
4. In the event of cancellation by you, we reserve the right to retain the following sums:
  - a) More than 60 days before the school - £35
  - b) 28-59 days before the school - 25% of the course fee
  - c) Between 7-28 days - 50%
  - d) Less than 7 days - 80%
5. Payments in full should be made on booking; cheques made payable to “D A Hastings”
6. Provisional bookings must be confirmed in writing within 3 weeks.

23 Grove Court, Rampley Lane,  
Little Paxton, St Neots,  
Cambs. PE19 6PQ  
Tel/Fax: +44 (0)1480 355399  
Denise Mobile: +44 (0)7850 112975



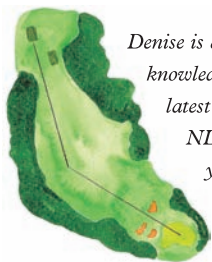
**DENISE HASTINGS**  
**GOLF**  
**SCHOOLS**  
2012

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## DENISE HASTINGS

*Fellow of the PGA  
NLP Practitioner  
Former European Tour Player*

**H**aving been a founder member of the Women's PGA and after playing on the European tour for ten years, Denise expanded her career into coaching and has successfully taught hundreds of individuals in the UK and has also run many golf schools in the UK, Spain, Scandinavia and America. That background and extensive experience means she is able to work with you on the areas of your game which would benefit from attention and give you the skills you need to make the necessary changes.



Denise is a Fellow of the PGA and continues to keep her knowledge up to date so that you can benefit from the latest teaching techniques. Denise is also a qualified NLP practitioner which enables her to explain how your thought processes influence your performance and allows you to take more control over the "mental" aspects of your game.

Denise also uses the latest technology to video your swing or putting stroke and gives you an audio and video analysis to help you plan a programme for improvement.

By offering individual and group lessons to all types of people from beginners to experienced golfers whether they are juniors, men or women, Denise brings her experience to help you play your best golf.

Whether you have a specific part of your game that you want to work on, need your basic skills refreshed, want to start from scratch or take control of the mental and strategic parts of the game, Denise can help you.



## 2012 DATES

### 2-DAY SCHOOLS AT STAVERTON

March/April	Sat-Sun	31st - 1st
May	Sat-Sun	12th - 13th
June	Sat-Sun	9th - 10th
July/Aug	Sat-Sun	30th - 1st
Sept	Sat-Sun	8th - 9th
Sept	Sat-Sun	15th - 16th

**Price £369pp inc. accommodation**  
(2 nights dinner B&B based on twin occupancy)

### NLP MASTER CLASS WEEKEND

Train your brain as well as your body!  
Using practical NLP Techniques, Denise will help you understand how your beliefs affect your performance. By providing specific drills to help you make the most of your pre-shot routines, you'll become more confident and focused when things get tough.

**Please call to arrange a date**

### 3-DAY SUMMER SCHOOL FOR WOMEN

August 13th - 15th

A variety of golf clinics and instruction sessions as well as invaluable on-course Management and Strategy Tuition.

**COST £399pp inc. accommodation**  
(3 nights dinner, B&B, twin occupancy)

### 2-DAY SCHOOL WITH DENISE & GERAINT

2 day schools at Bedfordshire Golf Club dates:  
Sat - Sun 26th - 27th May, Sat - Sun 7th - 8th July  
Sat - Sun 1st - 2nd Sept

**COST £140 per person**

*price to include: 2 days full coaching, full equipment check and associated recommendations, all green-fees, range balls, lunch and refreshments.*

### PRICES

1 to 1 30 minute Lesson - £30

1 to 1 45 minute V1 Video Lesson - £40

Personal Trainer Day

4 hour tuition inc V1 Video, light lunch & coffee £199

Full day clinic for eight people 9.30 to 4.30

inc V1 Video Lesson, light lunch & coffee £480

Short Game day for eight people to cover all the short shots  
9.30 to 4.30 inc light lunch & coffee £480

## STAVERTON PARK SPA & HOTEL

*You'll simply love the relaxing atmosphere at Staverton Park. It's at the heart of England and right in the middle of the action with many local attractions only a short drive away.*

*The purpose-built accommodation offers a wide choice of rooms set within stunning grounds.*

*Facilities include an indoor leisure complex with pool, sauna, steam room and whirlpool spa.*

*And if golf is your passion, Staverton Park has its own PGA standard 18-hole golf course.*

*Easily accessible from the M1, M6, M40 and Birmingham Airport.*

*For further details please visit [www.tarletongolf.com](http://www.tarletongolf.com) or contact Tarleton Golf on 01604 633 633.*

## DENISE HASTINGS & GERAINT DIXON 2-DAY GOLF SCHOOLS

*For 2012, Denise will be running three, 2-day golf schools with good friend and fellow professional Geraint Dixon. Geraint Dixon is Head Professional and Club Manager at Bedfordshire Golf club, has been included in "Today's Golfer" magazine's list of the top 25 coaches in the UK and is a well respected county coach.*

*Denise and Geraint will split the groups by handicap so that appropriate emphasis can be given to different aspects of the coaching. This will avoid some players feeling out of their depth while others feel they require more challenge. Their shared enthusiasm for the game, patience, knowledge, experience and a good sense of humor will combine to show you new techniques, drills and routines and improve the way you think about and play golf. All aspects of the game will be covered plus video, club fitting and on-course tuition. At the end of your school you will go home with new skills, new things to think about and the drills and routines you need to embed them in your game.*

Bedfordshire Golf Club  
Spring Lane  
Stagsden  
Bedfordshire  
MK43 8SR

*This 2 day school is non residential.*

*The school includes :*

*All tuition both group and individual, a talk on club fitting, all range balls and green fees, plus light lunch and coffee.*

*For more info please call Denise.*