



**TOTAL GAME**  
**BLUEPRINT**  
**GOLF SCHOOL**

**4 Golfers Maximum**  
**TPI Evaluation Included**  
**Personalized 90-Day Blueprint**

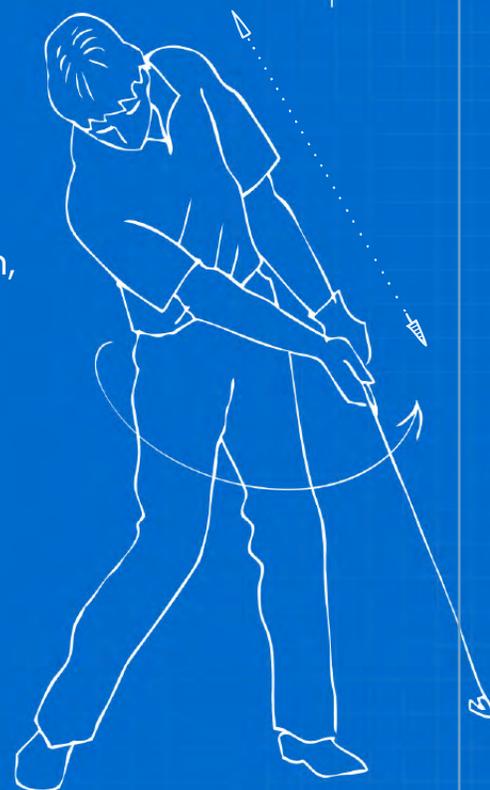
*A 3-Day Weekday Improvement Experience with  
Head Professional Chris Sheffield*

Welcome to the

# TOTAL GAME BLUEPRINT GOLF SCHOOL



The Total Game Blueprint Golf School is a focused, three-day improvement program designed for golfers who want a clearer understanding of their swing, a stronger plan for practice, and the confidence to take their game to the course. With just four golfers per session, this school offers a comfortable, supportive learning environment with plenty of individual coaching. Over the three days, we'll look at how your body moves, how your swing behaves, what your short game really needs, and how you make decisions when it counts. Everything is built around helping you create a realistic, personalized blueprint you can follow long after the school is finished.



## Chris Sheffield

**Head Golf Professional, Yocha Dehe Golf Club**

With advanced training in biomechanics and modern swing principles, Chris helps golfers move better, swing more efficiently, and understand changes in a simple, approachable way. Blending years of experience, modern technology, and personalized planning to create an unforgettable improvement experience.

2026

# BLUEPRINT SCHOOL

## DATES

- 🏏 March 10-12, 2026
- 🏏 April 14-16, 2026
- 🏏 May 5-7, 2026
- 🏏 June 16-18, 2026
- 🏏 September 1-3, 2026
- 🏏 October 6-8, 2026

## WHAT EVERY GOLFER TAKES HOME

- ▶ TPI mobility & movement report
- ▶ Full swing evaluation with video
- ▶ Short game assessment
- ▶ Personalized practice blueprint
- ▶ Launch monitor summary
- ▶ Mental game & routine notes
- ▶ Instruction manual
- ▶ Access to your video library
- ▶ Printed progress report
- ▶ \$80 golf shop gift card
- ▶ Personalized bag tag

# Updated 3-Day Schedule

## DAY 1 Arrival, Lunch & Evaluation

### 12:00PM - 1:00PM Welcome Lunch

A relaxed start to get to know each other, talk about your goals, and outline the three-day plan.

### 1:00PM - 2:00PM TPI Mobility & Movement Evaluation

We take a clear look at mobility, stability, and movement patterns that influence your swing.

### 2:00PM - 3:30PM Full Swing Evaluation (video + launch monitor)

Driver and 7-iron baseline numbers to understand your swing's tendencies and where improvement will come fastest.

### 3:30PM - 4:30PM Short Game Evaluation

Chipping, pitching, wedge contact, and putting patterns.

### 4:30PM Goals Meeting & Day 2 Preview

Evening on your own – hotel check-in, dinner, optional practice.

## DAY 2 Technique, Movement & Skill Development

### 8:00AM - 9:00AM Warm-Up & Review

A simple mobility routine built from your TPI findings.

### 9:00AM - 12:00PM Full Swing Coaching Session

Focused coaching on: 

- sequencing
- movement quality
- pressure & rotation
- simple feels that create repeatable motion

### 12:00PM - 1:00PM Lunch

### 1:00PM - 3:00PM Short Game Stations

Hands-on scoring sessions including: 

- wedge ladder calibration
- pitching trajectory
- bunker exits
- green-reading fundamentals
- putting distance & start-line control

### 3:00PM - 4:00PM Personalized Practice Blueprint

We create your custom plan so you know exactly how to practice going forward.

## DAY 3 Course Management, Mental Game & On-Course Coaching

### 8:00AM - 9:00AM Warm-Up & Discussion Session

### 9:00AM - 12:00PM Course Management, Routine Building & Mental Game

A full morning devoted to: 

- tee shot decision patterns
- dispersion windows & aim strategies
- how to pick the right club
- green-side decision making
- building a consistent pre-shot routine
- mental game frameworks for confidence & commitment

This gives you the why behind your on-course decisions before we head out to apply it.

### 12:00PM - 1:00PM Lunch

### 1:00PM - 3:00PM On-Course Coaching Session

Real shots, real situations, real improvement: 

- shot selection
- lie evaluation
- trouble-shot strategy
- green-side craft
- scoring habits
- post-shot reflection tools

### 3:00PM - 4:00PM Final Review & Graduation

You'll receive your complete blueprint, video summary, mobility findings, and practice plan.