



**2026**

# **WEEKEND WARRIORS GOLF SCHOOL**

**4 Golfers Maximum  
TPI Evaluation Included  
Personalized Practice Blueprint**

*A Two-Day Performance Experience with  
Head Professional Chris Sheffield*



**YOCHA DEHE**  
GOLF CLUB

WELCOME TO

# WEEKEND WARRIORS GOLF SCHOOL

The Weekend Warriors Golf School is designed for golfers who want to improve quickly and confidently in a relaxed, supportive environment. With only four golfers per session, this school offers a highly personal experience where each player receives clear instruction, meaningful feedback, and a focused plan built around their specific swing and movement patterns. This two-day format is built for golfers who want results without needing to commit to a multi-day academy or take time away from their weekday schedule. It's practical, efficient, and built around the way real golfers learn best.



## Chris Sheffield

HEAD GOLF PROFESSIONAL, YOCHA DEHE GOLF CLUB

I've taught several hundred lessons, helping golfers of all skill levels build confidence, improve consistency, and understand why their swing does what it does. My coaching approach is simple, clear, and built on sound fundamentals paired with modern movement and technology.

My certifications include:

- TPI Certified
- Impact Zone Golf Advanced Level 1
- Dr. Kwon Golf Biomechanics Level 2
- Callaway Master Fitter
- Player Development Index Coach

*My goal is to help you move better, strike the golf ball more consistently, and walk away with a plan you actually understand and enjoy following.*

# WEEKEND WARRIORS 2026 DATES

(Limited to just 4 golfers per school)

- **March 21-22, 2026**
- **April 11-12, 2026**
- **May 2-3, 2026**
- **June 13-14, 2026**
- **September 19-20, 2026**
- **October 24-25, 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
- \$50 golf shop gift card
- Personalized bag tag



# Updated 2-Day Schedule

## **DAY 1** Welcome, Evaluation & Foundations

**8:00AM – 8:30AM**

### **Welcome Coffee & Goals**

A relaxed morning start to meet the group, talk about your game, and outline the plan for the weekend.

**8:30AM – 9:30AM**

### **TPI Mobility & Movement Evaluation**

A practical look at how your body moves, where you may be limited, and how those patterns show up in your swing.

**9:30AM – 11:00AM**

### **Full Swing Evaluation (video + launch monitor)**

We capture your driver and 7-iron baselines to understand your ball flight, contact tendencies, and key improvement areas.

**11:00AM – 12:00PM**

### **Short Game Evaluation**

A structured assessment of:

- chipping
- pitching
- wedge contact
- putting patterns

**12:00PM – 1:00PM**

### **Lunch**

**1:00PM – 3:00PM**

### **Full Swing Foundations & Technique Work**

Hands-on coaching built around movement quality, sequencing, simple feels, and ball-striking fundamentals.

**3:00PM – 4:00PM**

### **Recap & Day 2 Preview**

A quick review of what you learned and what we'll build on tomorrow.

## **DAY 2** Skill Development, Scoring & Personal Blueprint

**8:00AM - 9:00AM**

### **Warm Up & Review of Day 1 Findings**

We revisit your TPI results, movement cues, and swing checkpoints.

**9:00AM – 12:00PM**

### **Full Swing Coaching + Wedge Calibration**

You'll refine your technique through:

- mobility-based adjustments
- sequencing work
- wedge distance calibration
- practical on-course shot patterns

**12:00PM – 1:00PM**

### **Lunch**

**1:00PM – 3:00PM**

### **Short Game Stations & Scoring Skills**

Three scoring-focused stations:

- green-reading
- distance control & trajectory
- pitching variations & trouble shots

**3:00PM - 4:00PM**

### **Your Personalized Practice Plan**

We wrap with a clear, realistic, 90-day plan based on your movement, your tendencies, and your goals.