

# *The Synergy of Golf*

***FITNESS***

***MIND***

***BODY***

***SPIRIT***

***TECHNOLOGY***

***&***

***EQUIPMENT***

***MECHANICS***

***&***

***FUNDAMENTALS***

“Fifteen years ago, the average American male golfer’s handicap was 16.2. The average female golfer’s was 29. Today, the average American male golfer’s handicap is 16.2. The average female golfer’s is 29.

American golfers have not gotten any better!” --Bob Rotella, PhD.

“Golf is deceptively simple and endlessly complicated. It satisfies the soul and frustrates the intellect. It is at the same time, rewarding and maddening. It is without a doubt the greatest game mankind has ever invented.” --Arnold Palmer, Champion Golfer