

MEADOW PARK GOLF SUPERSPEED SUNDAY'S

Frequently Asked Questions

What is SuperSpeed Golf?

Superspeed golf training system combines 3 specifically weighted clubs with the science backed principles of overspeed training to increase your speed and distance.

Independent studies show a 5% increase in swing speed over 6 weeks of regular training with the Superspeed training protocols.

What is OverSpeed training?

Overspeed training takes a motor pattern that the body is familiar with, like golf, and trains the body to get a faster muscle response out of that exact motor pattern. Overspeed training has been used by the US Olympic Team and professional athletes for years.

The Goal of SuperSpeed Training

- The goal is to increase the swing speed by 5%
- With the potential to gain 20 yards off the tee.
 - The speed at which a player swings the club affects how far the ball can travel.
 - An increased swing speed of one-mile-per-hour may add up to **three yards** to your tee shot.

I will learn to swing faster from just 3 clubs.

- Yes. The SuperSpeed set contains 3 clubs.
- The first is 20% lighter and allows your body to move much faster than it normally would.
- The second club is 10% lighter and again your body moves faster than it normally would except now there is resistance.
- The third is 5% heavier than your driver. Because your body is now learning to swing faster with the lighter training clubs, you will begin to swing the heavy club faster than your driver as well.
- This is the science behind overspeed training, and you will use all three clubs in each overspeed training session.

Do I have to have my own SuperSpeed equipment?

Yes, owning the equipment is required and is included in the price of the class.

Do I have to have my own Launch Monitor?

No this is not a required purchase. There will be Launch Monitors available to use every Sunday so that the progress can be measured.

I swing a lighter shafted driver does that make a difference in my SuperSpeed equipment?

Any player that has a 55 gram or lighter shaft (or swing speed 85mph) should use the Senior/Ladies set. Any player with a driver shaft above 55 grams (or swing speed greater than 85 mph) should use the Men's set.

Do I have to be a low handicap golfer to participate?

No! SuperSpeed training is for everyone. Men, Women, Seniors, and Juniors regardless of handicap.

I am already taking lessons to improve my swing. Will this training harm what I am learning?

No. The sequence of the golf swing will remain the same. SuperSpeed Training is designed to help you swing the club faster not correct your swing.

How long is the training?

The training is 6 weeks in length and the training is performed 3x's per week. We will meet every Sunday for 6 weeks at the same time you originally signed up for. The training will also consist of training on your own twice a week with at least one day of rest in between training.

Classes will be held, March 5, March 12, March 19, March 26, April 2 and April 9

My child is interested in participating. How old should he/she be?

- Adult overspeed training begins at the Age of 14
- Junior – Players ages 11-14 and under 5'2"
- All-Star Training is for 8-11-year-olds.
- PeeWee Overspeed training is for 5 – 7-year-olds.

My daughter/son participates in the PGA Jr. League. Will this training benefit them before the league starts in April?

Most definitely! The training will begin on March 5 and will be concluded the week before Jr. League begins.

Is SuperSpeed training good for Junior golfers?

- According to TheJuniorGolfer.com

“There is nothing complicated about this training concept and the junior golfer is likely to see a relatively quick improvement in swing speed and distance. This is, of course, attractive to young golfers in our current culture that seeks immediate gratification.”

- Windtreegolf.com said the following.

“This product is also great for junior golfers, looking to develop speed in their golf swing. The best time to learn speed is when you are young...”

“Awesome product for junior golfers – most golf training aids are only designed for adults, but the SuperSpeed provides great benefits for younger players.”

Who is Coaching the Superspeed Training?

Keith Johnson, PGA and Certified in SuperSpeed Golf will be the instructor of the SuperSpeed Training. Keith is a member of the Meadow Park Instruction staff and was first elected to membership in the Professional Golfers Association of America (PGA) in 1996. He combines decades of experience and a passion for the game with the latest advancements in teaching, including Titleist Performance Institute (TPI) Level 1 and being Certified in SuperSpeed Golf.

Keith can be reached at 253.686.2763 or at kmpjohnson@msn.com for questions.