

## Welcome!

**The SuperGolfer54 Training Program leads to discovering and accessing more of your possibilities to become a super player. BE a Player!**

Who will be the super player of the future? These future players will access more of their possibilities.

This 12-session remote training program will give you the foundation to explore new skills and expand your playing potential. Be clear on your goals and vision, maximize practice, and create confidence. You will learn the non-technical / human skills of the game to complement your technique. You'll develop a foundation in other performance and human development skills necessary to play at the highest level. The training is spread out over a longer timeframe for better absorption and effective integration. It's appropriate to do during tournament season or off-season.

This innovative, multi-platform, online training program is being brought to you – anywhere in the world – through the *CoachNow* app / website. The VISION54 principles are delivered using digital instruction, audio and video instruction, and actionable practice assignments since we know it's by doing and exploring that these skills come alive. You train at your own pace through each session's assignments with no schedule or live sessions. VISION54 coaches will offer support throughout the training program and you're encouraged to interact with the other players in the group.

To learn more, visit  
[VISION54.com](http://VISION54.com)

**Questions?**  
InTouch@[VISION54.com](mailto:VISION54.com)



### ► Tips:

Set reminders in *CoachNow* to be alerted to new posts.

### How it works:

1. Create an account on the *CoachNow* platform (as an “athlete” for ongoing free access), either through the website ([CoachNow.io](http://CoachNow.io)) or the app (iOS or Android) using the same email you used to purchase the training program. Once signed in, you can access the information on any of your digital devices and computer.
2. You'll receive an email notification that you've been added to two groups: ***SuperGolfer54 Training*** and ***SuperGolfer54 Q&A***. You can start right away.
3. Read the ***SuperGolfer54 Training Welcome*** doc in the General channel, then start with the first session when you're ready to begin.
4. Answer the summary questions for the session, then post questions or comments on *CoachNow* in the separate ***SuperGolfer54 Q&A*** group. VISION54 coaches will comment / answer your questions regularly.
5. Each channel includes the training PDF, audios and videos for that session's topics. You can plan on approximately 1-2 hours a session, in one or several learning sessions, to go through the training with an additional 4-6 hours a session of actionable exercises to do immediately or at a later time. You can post questions / comments anytime.
6. After the training period, you'll continue to have access to the training materials on *CoachNow* for six months. Make sure to download all the PDFs.