Class Meeting Time: Tuesdays & Fridays @ 1:10 PM – 2:25 AM

Instructor: Tomas Adalsteinsson, Assistant Professor of Phy, Ed. & Head Women's Golf Coach

Program Overview: This program is designed to introduce students to the game of golf at a beginner level. We will go over the basic fundamentals of the game and provide instruction on mechanical skills and mentality. Classes will include: rules and etiquette, full swing, chipping, pitching, sand play, putting, and more. On completion of this program students will have the skillset to play golf on their own. The goal should be to understand the basic fundamentals of golf and how to execute most golf shots.

Sept./Oct.

13th – [Classroom #1] – Introduction to the Game of Golf
16th – (Cole Field Driving Range) – Grip, Setup, & Mentality

20th – (Cole Field Driving Range) – Routine & the Full Swing Basics
23rd – (Cole Field Driving Range) – Full Swing Repetition & Feedback

27th – (Taconic Golf Club) – Chipping & Pitching
30th – (Taconic Golf Club) – Putting

4th – (Taconic Golf Club) – San Play
7th – (Taconic Golf Club) – Short Game Challenge

11th – (Cole Field Driving Range) – Full Swing Review
14th – (Taconic Golf Club) – Walk the course.

18th – (Taconic Golf Club) – On Course Instruction
21st – (Taconic Golf Club) – FINAL! – Play One Hole with Coach Tomas.

Please if there is inclement weather do not hesitate to call the golf shop or email your instructor.

Tomas Adalsteinsson – Email: ta6@williams.edu
Taconic Golf Club – Pro Shop Phone #(413) 458-3997
Karen Ware – Athletic Department #(413) 597- 3511