

## Itinerary

### Tuesday September 29<sup>th</sup>

**\*\*\*Must bring your own pillows\*\*\***

Depart Brad's house at 7:30am (Giant's Ridge 3.5 hours on Waze) 1252 Wildwood Place, Chaska, MN 55318

<https://youtu.be/JVeXy7mPL0M> Men's Call

Session #1 and #2 on the road

Arrive 11am

Play Legends Course 12pm (Golf Achievement Scorecard)

Post Round Training (Purposeful Practice Plan optional 4 games to benchmark your skills and develop improvement plan) 4-6pm

6pm dinner at Lodge

7:30pm Bible Study Watch the movie "Seven Days In Utopia"

### Wednesday September 30<sup>th</sup>

7-8am Bible Study #3

8am breakfast

8:30am range and warm-up

9:10 tee time at Quarry

Optional replay at 2:20pm, sunset at 6:50

Bible Study #5 8pm

### Thursday October 1<sup>st</sup>

Depart at 8am Bible Study #6 on the road, 2 hour drive to Minnesota National.

10:40am tee time at Minnesota National  
MNNationalGolfCourse.com

Drive Home Session #7 (About 2:40)

Home by 6pm

## **Giants Ridge Tuesday and Wednesday**

Giant's Ridge 1450', Eden Prairie is 850' (Ball will go a few yards farther.)

**Website:** [giantsridge.com](http://giantsridge.com)

**THE VILLAS AT GIANTS RIDGE**

6266 Giants Ridge Road, Biwabik, MN, United States

Tel: 218-865-4155, Email: [nicki@villasatgiantsridge.com](mailto:nicki@villasatgiantsridge.com)

**Addresses :** Legends Golf Course 6383 Wynne Creek Dr, Biwabik, MN 55708

Lodge 6329 Wynne Creek Dr, Biwabik, MN 55708

Quarry Golf Course 5893 Giants Ridge Rd, Biwabik, MN 55708

**Phone:** Resort (218) 865-3000

Tuesday Low 40, High 54 40% Rain

Wednesday Low 37, High 50 50% Rain

## Minnesota National Thursday

<https://www.mnnationalgolfcourse.com/golf/course-photos>

23247 480th Street McGregor, MN 55760

Phone: (218) 426-4444

Thursday Low 30 High 47 20% Rain

### 7 Days In Utopia Bible Study

Workbook: <https://www.linksplayers.com/wp-content/uploads/2018/04/sacredjourney.pdf>

Videos found on <https://www.linksofutoopia.com/seven-lessons-from-utopia>

#### **LESSON 1: LIVE FOR THE FEET IN THE ASHES (CHAPTERS 1 AND 2)**

How can a game have such an effect on a man's soul? Dr. Cook brings his experience and stories from his work with World, National, and PGA Champions to answer this question and issues a challenge to "Beyond Success" a place of eternal trophies. *31:38 total running time*

#### **LESSON 2: TAKE A STAND IN THE BEAN FIELD (CHAPTERS 3 AND 4)**

The enemy of greatness is in the business of stealing territory. Dr. Cook talks of taking a heroic stand in the middle of the field and to use the weapons God has equipped us with to win the battle for eternity. As Johnny states, "It all starts with Conviction." *33:10 total running time*

#### **LESSON 3: CALL YOUR SHOT (CHAPTER 5)**

All performances start with a blank canvas. In this session Dr. Cook instructs us on how to paint a "Masterpiece." As his mentor taught him at the age of fourteen, "If you don't choose to paint a masterpiece you will spend your life mired in a world of stick figure outcomes." Dr. Cook unpacks the concept of SFT (see, feel, and trust). *32:00 total running time*

#### **LESSON 4: TRUTH ALWAYS TRUMPS TRADITION (CHAPTER 6)**

As Johnny says, "I have a respect for tradition but a passion for truth." Dr. Cook gives a clarion call to break ranks from tradition for traditions sake and become revolutionaries in the fight for truth. He discusses how the Face-On putting method became both a symbol and defining moment in the book and movie and challenges us to do the same in the game of life. *31:29 total running time*

#### **LESSON 5: PRACTICE FOR THE EMERGENCIES (CHAPTERS 7 AND 8)**

Being prepared for the emergencies of life provides the foundation for supreme confidence. Dr. Cook teaches on this juxtaposition and the power of living life fearlessly in the face of constant adversity and interference. *33:29 total running time*

#### **LESSON 6: BURY THE LIES (CHAPTER 9)**

Johnny challenged Luke to, "bury the suffocating lies, right here right now." In this session Dr. Cook opens the door to a life of freedom by disclosing the lies of the enemy of greatness and revealing our true identity on this sacred journey called life. *31:49 total running time*

#### **LESSON 7: PUSH OUT INTO THE DEEP (CHAPTERS 10 AND 11)**

We are all destined for greatness. However, most people wade in the shallow waters of life living an adventure-less life. Dr. Cook speaks of the indescribable journey that awaits the courageous few who "push out into the deep and let down their nets." *36:58 total running time*

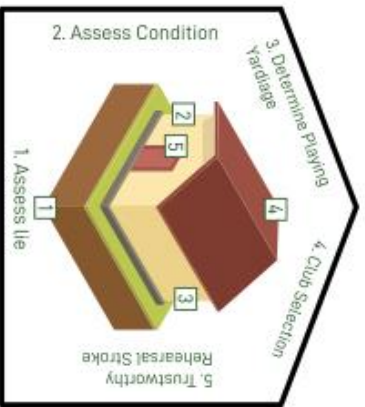




# SCORING MINDSET

Brad Pluth's Golf Achievement Break 100 On-line Training Program

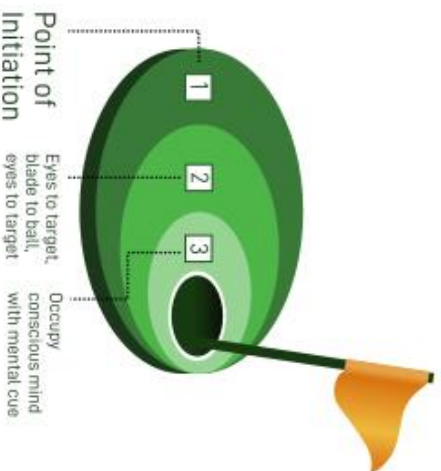
Shape Your Mental Game So You Know What To Think About Before, During And After A Shot.



## ASSESSMENT PHASE

Starts 20-yards from the ball to the initiation phase standing 2-3

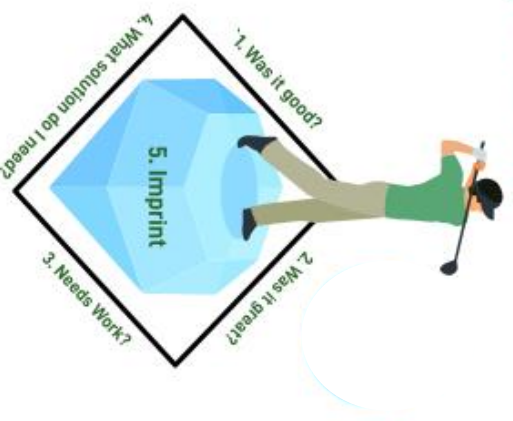
Roughly 5-10 seconds



## ACTION PHASE

Starts 2 steps behind the ball through to when the ball stops

Roughly 15-seconds



## REINFORCEMENT PHASE

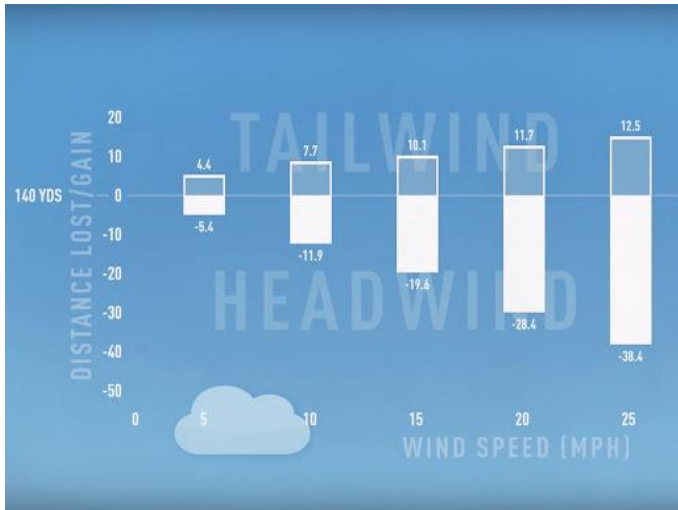
Reinforcement Phase-After the shoot until after you complete your imprint.

Roughly 5-15-seconds

Schedule Coaching Consultation Or Lessons With Brad Pluth  
Call Or Text (952) 401-4653  
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### Info from Trackman University

#### Wind Effects

Club Driver

Speed	90-yards	95	100	105	115	125
No Wind Carry Distance	209	225	241	288	303	318
10 miles an hour headwind Carry Distance	198	213	228	242	271	298
10 miles an hour tail wind Carry Distance	216	233	251	268	302	334

Club PW

Speed	68	73	78	83	88	93
No Wind Carry Distance	97	109	122	134	145	157
10 miles an hour headwind Carry Distance	88	99	109	119	129	137
10 miles an hour tail wind Carry Distance	102	116	131	145	159	172

## Effects on Temperature

Temperature	90 degrees						
Carry	210-yards	227	244	260	276	291	322
Clubhead Speed	90	95	100	105	110	115	125

Temperature	50 degrees						
Clubhead Speed	90	95	100	105	110	115	125
Carry	205	221	236	252	267	281	310

Temperature, humidity, and air pressure all effect air density. Denser air will create a shorter carry, higher apex, and steeper land angle. Less dense air will create a longer carry, lower apex, and flatter land angle.

Changes in temperature has the greatest effect on ball flight.

About 1 yard per ten yards in air temperature.

## Effects of Elevation

Elevation	Sea Level 0'		
Clubhead Speed	95	110	125
Driver Carry Distance	225-yards	273	318

Elevation	800 Eden Prairie		
Clubhead Speed	95	110	125
Driver Carry	227	276	322
	Biwabic 1400'	McGregor is 1200'	
	229	278	324

Bottom Line: add two yards in Biwabic 6500' in Park City Add 15-yards at 6500'



# Dr. Lardon's Scoring Mindset Scorecard



This is designed to measure your planning and commitment of the shot. One point if you pick a smart target that you are capable of striking. One point if you step behind and visualize the target, Four potential points per shot.

	Hole 1	Hole 2	Hole 3	Hole 4	Hole 5	Hole 6	Hole 7	Hole 8	Hole 9	Out	Hole 10	Hole 11	Hole 12	Hole 13	Hole 14	Hole 15	Hole 16	Hole 17	Hole 18	In	Total	
Shot 1																						
Shot 2																						
Shot 3																						
Shot 4																						
Shot 5																						
Shot 6																						
Shot 7																						
Shot 8																						
Shot 9																						
Shot 10																						
Goal																						
Hole Average																						
Score																						

Data from Scott Fawcett's Decade Golf and Dr. Lardon's  
 If you shoot between <68 69-71 72-74 75-77 78-80 81-83 84-87 88-90 91-95 96-100 100+  
 4/4% 93% 91% 89% 87% 85% 83% 81% 79% 77% 75% <74%  
 Problem with this is that it a self-assessment and golfer needs to be clear on task and honest.

Scoring Mindset- Must have a vision of what you want to accomplish. Read the environment and build your house on solid ground. Like the parable of sowing and reaping.

Accountability Scorecard



	PGA TOUR Ave Loft	50	60	70	80	90	LPGA Tour 93	100	Senior Tour 106	110	PGA TOUR 113	120	130	Long Drive 135	140	150	160
Driver (Total)	9.0	129	155	181	206	232	246	258	274	284	289	310	335	348	361	387	413
Driver (Carry)	9.0	120	144	168	192	216	220	240	255	264	269	288	312	324	336	360	384
3-Wood	14.4	108	130	152	174	195	195	217	230	239	243	260	282	293	304	326	347
5-Wood	19.2*	103	123	144	164	185	185	205	218	226	230	246	267	278	288	309	329
Hybrid	19.2*	101	121	141	161	181	-	201	213	221	225	241	261	271	281	301	321
3-Iron	19.2*	95	114	133	151	170	-	189	201	208	212	227	246	256	265	284	303
4-Iron	23.9	91	109	127	145	163	170	181	192	199	203	218	236	245	254	272	290
5-Iron	27.0	87	104	121	139	156	161	173	184	191	194	208	225	234	243	260	278
6-Iron	30.5	82	98	114	131	147	152	163	173	180	183	196	212	221	229	245	262
7-Iron	34.3	77	92	108	123	138	141	154	163	169	172	184	200	207	215	230	246
8-Iron	38.3	72	86	100	114	129	130	143	151	157	160	171	186	193	200	214	229
9-Iron	42.4	66	79	93	106	119	119	132	140	145	148	159	172	178	185	198	211
PW	47.1	61	73	85	97	109	107	121	129	134	136	146	158	164	170	182	194





## 10 KEYS TO SCORING

BRAD PLUTH'S GOLF ACHIEVEMENT

1. No gimmies	The problem is missing short putts, solution is making everything inside four feet.
2. Keep the ball in play off the tee	Avoid penalty strokes at all costs.
3. Safely eliminate as much distance between you and the hole as possible	Play the shot you can make 7 out of 10 times.
4. Eliminate 3-putts	Focus on distance on putts outside 20'. See putts in real time. Do you putt best when you focus on the entry point or spot outside the hole? Is this putt makable? What needs to happen?
5. Under clubbing	Take enough club to get to the hole without having to hit a perfect shot. Add 7-10-yards on all front and middle pins. Play wind as a percentage (into a 10mph wind from 100-yards plays 110-yards) For every two feet up hit had a yard, every three feet downhill, subtract a yard.

18

## 10 KEYS TO SCORING

BRAD PLUTH'S GOLF ACHIEVEMENT

6. Eliminate risky shots	Playing risky shots rather than shots you can pull off seven out of ten times.
7. Avoid short-siding yourself and leaving no green to work with.	7. Avoid short siding yourself and leaving yourself with difficult pitches and lob shots.
8. Playing in the past or future.	The most important shot you will ever hit is the next one. See the target, shape and trajectory before every shot. Categorize into error in judgement or execution.
9. Misreading the lie.	Assess what's possible from each lie before selecting a club. You're not that good... yet!
10. Error in judgement or execution?	Errors in judgement can be chalked up to gaining experience. Errors in execution needs to run reinforcement program, what solutions do I need?

19

11. On and around the green, if you can see the hole, try to make it! Make your last look the entry point of the hole, not the landing point on a chip or pitch or aim point of break on a putt.



- ALWAYS Swing in Balance
- It's not how far you hit it, it's how many times you hit it.
- When you're into the wind, make a fluid motion and make solid contact! When your down wind, make a fluid motion and make
- solid contact!! fluid motion and make solid contact!! When there's no wind, make a fluid motion and make solid contact!!!
- Remember to putt when you can, chip if you have to, pitch if you must and lob if it's your only option.
- Choose a club you can comfortable get to your target. Note the pin is not always your target, aim at the back middle of the green.
- Establish a routine before and after every shot, from putt to drive, focusing on Grip, Aim, Alignments and Stance.
- Be positive and eliminate tension by breathing deeply. Hit shots with positive thought and pictures in mind.
- Precision Pays! Just ask Tiger Woods, LeBron James, Sidney Crosby or any doctor or engineer. Or go admire a Mercedes!
- Never leave a makeable putt short! The goal of the game is to get the ball in the hole, give the ball a chance to go in!

83



Golfer's do not argue with their own data,  
they just don't know what to keep track of,  
until now!

RESOURCES [www.GolfAcievement.com/Resources](http://www.GolfAcievement.com/Resources)

[.Short Game Challenge](#)

[Purposeful Practice Playbook](#)

[Purposeful Practice Form](#)

[Benchmarking Worksheet](#)

[CAL Scoring Challenge](#)

[Exercises and Workouts](#)

[Golf Achievement Scorecards](#)

[Performance Journal](#)

[Launch Monitor Games and Experiments](#)

[How To Be The Most Interesting Golfer In You Next Foursome](#)

[Brad Pluth's Golf Achievement CoachNow App](#)

[Accountability Scorecard](#)

[Scoring Mindset Scorecard](#)