

Cantigny Golf Academy Presents Golf Mastery Workshops

WHEATON, IL, May 4, 2011 — The Cantigny Golf Academy offers a popular evening workshop series designed to help golfers play better and get more enjoyment from the game.

The 90-minute workshops are conducted twice each month by Dr. Paul Callaway, director of golf fitness at the Academy, with assistance from the Academy's PGA professionals. Instruction is presented in an interactive format appropriate for golfers of all ages and skill levels.

"Each session focuses on a key element of successful golf performance," said Callaway. "At the Academy we emphasize an integrated approach to learning the game. It's not just about professional swing instruction. We also cover practice techniques, choosing the right equipment, golf-specific physical training and the mental side of the game. All of these things fit together."

The cost per workshop is just \$10 for individuals or \$15 for couples. Junior players under age 18 are free with a paying adult.

Upcoming Golf Mastery workshops include:

- **Guidelines for Improved Distance, Accuracy and Consistency**
Wednesday, May 11, 7 pm
- **Scoring Secrets of the Pros**
Wednesday, May 25, 7 pm
- **Set-Up Essentials for Maximum Power and Distance**
Tuesday, June 14, 7 pm
- **Achieving a College Golf Scholarship**
Tuesday, June 28, 7 pm
- **Get a Golf-fit Body, Equipment and Swing**
Tuesday, July 12, 7 pm
- **The "Back Pain" Solution for Golf**
Tuesday, July 26, 7 pm

Dates and topics for workshops through the rest of 2011 are online at CantignyGolf.com.

Space is limited. To sign up for one or more workshops, or for more information, golfers should call the Cantigny Golf Academy at 630.260.8199.

###

Cantigny Golf, part of the McCormick Foundation, opened for play in 1989. That year, *Golf Digest* magazine named it the "Best New Public Course in America." Cantigny has

hosted the Illinois State Amateur three times and also the 2007 U.S. Amateur Public Links Championship. The 300-acre Cantigny Golf complex includes 27 scenic holes, the year-round Cantigny Golf Academy, the 9-hole Cantigny Youth Links and a full-service clubhouse with dining and banquet facilities. For more information, please visit CantignyGolf.com.

Media Contact:

Jeff Reiter

Cantigny/McCormick Foundation

630 260 8218

JReiter@McCormickFoundation.org