



# **Chesapeake Bay Golf Club**

## **Invites you to try our new**

### **Golf Academy**

***We are pleased to announce that our facilities will be dedicated to bringing you the finest quality of PGA instruction in the region! We have added two award winning instructors to our staff!***

#### **Dave Seeman-**

*When Dave Seeman was ten years old, a neighbor gave him a set of used golf clubs, noting that the ten year old might want to learn the game since they both lived across the street from the 14th hole of Breton Bay Country Club in Leonardtown, Maryland. Little did the neighbor or Dave know, but that the gift of the golf clubs would provide Dave with the tipping point towards his life's passion, numerous junior tournament wins in both Maryland and New York, a trip to the Junior World Golf Tournament, captaining both the Cold Spring Harbor High School and the Rollins College golf teams, a shot at a PGA tour career, and finally an award winning golf instructional career. All due to a kindly neighbor looking to keep a young boy occupied.*



*Dave Seeman has been an award-winning golf instructor in the Wilmington, Delaware area for nearly 25 years. After playing golf for Cold Spring Harbor High School he was accepted to Rollins College in Winter Park, FL where he walked on as a member of the golf team, captaining it, his senior year.*

*He learned the art of teaching golf under two noted, "Top 100 Instructors", Fred Griffin and Phil Rodgers at the Grand Cypress Academy of Golf in Orlando, Florida.*

*Dave started his teaching in the area at Wilmington Country Club in 1992 and remained as their Head Teaching Instructor for ten years. Since then he has been asked to start two more successful golf academies. Due to a fall during a hunting accident, Dave injured his back and sought guidance with a golf swing that was back friendly, which lead him to noted golf instructor; Don Trahan. Dave credits Don with teaching him a body friendly swing. Dave has been the Director of Instruction for Don's Peak Performance Golf Academy for nearly 3 years. Dave travels the country teaching people a swing that gives them the ability to hit the ball with more consistency and with no pain!*

*Dave has been a fixture in local instruction and has earned many accolades including:*

*Philadelphia's PGA Section Teacher of the Year in 2000.*

*2002 and 2009 "Best Teacher in the State of Delaware" by Golf Digest and one of the "Top 25 Instructors in the Philadelphia Area" by Philadelphia Golf Monthly.*

*Noted player within North Florida and Philadelphia PGA Sections*

*Career Low Score: 62*



# **Chesapeake Bay Golf Club Invites you to try our new Golf Academy**

***We are pleased to announce that our facilities will be dedicated in bringing you the finest quality of PGA instruction in the region! We have added two award winning instructors to our staff!***

## ***Brendon Post-***

***Brendon has been teaching golf for over 20 years and playing golf for over 30 years. He first started teaching in Connecticut at the age of 19 and has taught in Colorado, Florida, Virginia and Maryland. Brendon has a real passion for the game. When he is not teaching he is usually playing or practicing. He loves playing tournament golf having qualified for the PGA Professional National Championship 6 times.***



***At the present time Brendon is the assistant women's golf coach at the University of Delaware, teaching professional at Clubgolf Performance Center in Gaithersburg, MD and teaching professional at Chesapeake Golf Club at Rising Sun.***

***Brendon has a real passion for working with juniors. He has developed a great program at Clubgolf which have placed juniors in colleges and universities all across the country.***

***Brendon also has a passion for physical fitness. He believes that the reason the average golfing adult cannot swing the club the way they want to is because their body is not in golfing shape. If he finds that the body is an issue in making the golfer better he will prescribe a few exercises along with some swing drills to help the help the person become better at golf.***

***When Brendon is not teaching or playing golf he likes to go skiing in the winter with his family and enjoys any outdoor activity with his family in the summertime.***



## Seniors Clinics



***Are you tired after playing golf?***

***Does your body ache?***

***Not hitting it as far as you used to?***

***Can't score to your potential?***

***We have the solution for YOU! Come join us for our 2014 Senior Clinics. These classes are designed by our newest PGA professional to join our staff, Dave Seeman. Dave was the Director of the Peak Performance Golf Schools for the last 3 years and has been all over the country teaching a body friendly swing that doesn't hurt your back and gives you more club head speed! Dave has designed these clinics to help your full swings improve, but also dedicated time for all of you to understand and master the proper techniques used around the greens.***

**When: Class #1 Tuesday's April 8, 15, 22 & 29**

***Class #2 Tuesday's May 6, 13, 20 & 27***

***Class #3 Tuesday's June 3, 10, 17 & July 1***

***\* All Classes are from 2 to 3 pm and taught at the Rising Sun location.***

**Price: \$100.00 for (4) 1 hour sessions or \$30.00 for each.**

***\*\* These clinics are limited to only (6) students, so don't delay and get signed up!***

***Call Dave Seeman at 302-373-4783 or contact him at [daveseeman-golf@gmail.com](mailto:daveseeman-golf@gmail.com)***



## Ladies Clinics



***Are you embarrassed to play golf with your friends or family?***

***Do you feel frustrated every time you play?***

***DO YOU WANT TO FINALLY ENJOY THE GAME?????***

***We have the solution for you!!!***

***Dave Seeman, our newest PGA instructor, has designed these clinics for you LADIES!!!! The clinics run each week, for (4) weeks. You will learn all aspects of the game, including: Short Game Techniques, Full Swing, on course strategies and proper etiquette. If you struggle with this crazy game and are lacking self confidence when you play, then this is the program for you!***

**When:    *Class #1 Tuesday's April 8, 15, 22 & 29***

***Class #2 Tuesday's May 6, 13, 20 & 27***

***Class #3 Tuesday's June 3, 10, 17 & July 1***

***\* All Classes are from 5 to 6:30 pm and taught at the Rising Sun location.***

***Price: \$100.00 for (4) 1 hour sessions or \$30.00 for each.***

***\*\* These clinics are limited to only (6) students, so don't delay  
and get signed up!***

***Call Dave Seeman at 302-373-4783 or contact him at [daveseeman-golf@gmail.com](mailto:daveseeman-golf@gmail.com)***



## **GOLF LESSONS**

***Dave Seeman***

***PGA Professional***

**45 Minutes**

Private Lesson	\$75
5 Lesson Package	\$360
10 Lesson Package	\$675
Semi-Private	\$100

**5 Lesson Package - expires 6 months after date of first lesson**

***“It is my belief that when an individual takes a lesson from a golf professional, the experience for the student should be fun and informative. It should be a time for the professional to listen to the student to find out how he or she learns and to determine the correct course of action.”***

***Dave Seeman***

**Dave uses video analysis for all lessons and emails them to you at the end of each session.**

### **Playing Lessons**

**\$170.00 for (9) Holes**

**\*This includes cart fee for host club**



## GROUP CLASSES



### BEGINNER CLASSES

The Beginner Class is a three-week program that cover the fundamentals of golf including, full swing, putting, pitching and chipping. If you have only played a few times or have no experience, this class is perfect for you!

3 Weeks     \$90

DATES:

Tuesday, April 8, 15 & 22 6-7pm  
Thursday, April 24, May 1 & 8 6-7pm  
Tuesday, May 6, 13 & 20 6-7pm  
Sunday, May 11, 18 & 25 2-3pm

### WOMEN'S CLASSES

The Women's Class is a three-week program that cover the fundamentals of golf including, full swing, putting, pitching and chipping. If you have only played a few times or have no experience, this class is perfect for you!

3 Weeks     \$90

DATES:

Thursday, May 1, 8 & 15 11am-12pm

### INTERMEDIATE CLASSES

The Intermediate Class is perfect for those golfers that have good fundamentals but are still looking to improve to the next level! The 3-Week Intermediate Class focuses on the full swing and includes video swing analysis.

3 Weeks     \$90

DATES:

Wednesday, April 23, 30 & May 7 6-7pm  
Wednesday, May 21, 28 & June 4 6-7pm

**To schedule a lesson call Brendon at**

**571-263-9083**

**[brendonpostgolf@gmail.com](mailto:brendonpostgolf@gmail.com)**



## JUNIOR PROGRAM



All junior classes focus on the middle stages of Long Term Athletic Development (LTAD). The junior golfers in this Program are engaged in a system for improvement, not just a series of tips about the game of golf. The Risings Pros Program features the Smash Zone Training Circuit to turn your kids into rotary ballistic missiles with unlimited potential. The Smash Zone Training Circuit was created based upon the current junior development protocols developed by the Titleist Performance Institute. This program will teach your kids what today's best players did when they were teens.

### **RISING PROS      Ages 12 – 18 years old**

One Session                      \$20

Six 1 Hour Sessions        \$105

Tuesday and Thursdays 4:00-5:00pm

Sundays 3-4pm

### **JUNIOR STARS      Ages 7 – 11 years old**

One Session                      \$20

Six 1 Hour Sessions        \$105

Tuesdays and Thursdays 5:00-6:00pm

### **SUMMER JUNIOR CAMPS**

June 30-July 4      9am-12pm    \$120

July 14-18            9am-3pm    \$240

July 21-25            9am-12pm   \$120

August 4-8            9am-3pm    \$240

**To schedule a lesson call Brendon at**

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**[brendonpostgolf@gmail.com](mailto:brendonpostgolf@gmail.com)**





## GOLF LESSONS

Brendon Post,

PGA Golf Professional



### 45 Minutes

<b>Private Lesson</b>	<b>\$75</b>
<b>5 Lesson Package</b>	<b>\$360</b>
<b>10 Lesson Package</b>	<b>\$675</b>
<b>Semi-Private</b>	<b>\$100</b>

5 Lesson Package - expires 6 months after date of first lesson

## COACHING PROGRAM

(private instruction)

Ever wonder what it would be like to be trained like a touring professional? The coaching program is designed for someone who is serious about their game and has time to work on their game. This program consists of 4 hours of instruction a month plus one 9 hole playing lesson a month. This program is guaranteed to take your game to the next level when you follow these proven practices.

<b>1 month.....</b>	<b>\$420</b>
<b>2 months.....</b>	<b>\$780</b>
<b>3 months.....</b>	<b>\$1080</b>

## TAKE 10 STROKES OFF IN 10 WEEKS

(group instruction)

20 hours of instruction for \$600

5 – 9 hole playing lessons

10 hours on the range

**To schedule a lesson call Brendon at**

**571-263-9083**

**brendonpostgolf@gmail.com**