

**FIRST SWING
Adaptive Golf Clinic**

Registration Form

Complete the following and return by

Wednesday, May 16th, 2011

(to register online - www.greatstepsop.com)

Name: _____

Address: _____

City: _____

State, Zip Code: _____

Phone: _____

Email: _____

I am registering as (check one):

Golf Professional PGA #: _____

Receive one point for every hour of participation

Healthcare Provider

Type: _____

Person with a disability.

Brief description of disability

Interested in **free round of golf**? Yes No

Please clip and mail to:

Heidi Weege

Coordinator of First Swing Golf Clinic
Great Steps Orthotic & Prosthetic Solutions
154 19th Street South
Sartell, MN 56377

SPONSORED BY:

**Disabled American Veterans
Charitable Service Trust**

&

PGA of America Foundation

HOSTED BY:



Orthotic & Prosthetic Solutions



INSTRUCTION PROVIDED BY:

**PGA recognized National Amputee
Golf Association**



First Swing

Adaptive Golf Clinic



FREE EVENT

...for individuals with physical disabilities,
and golf and healthcare professionals

Saturday, May 21, 2011

St. Cloud VA HCS

St. Cloud, MN

The First Swing Program

was designed to bring golf professionals, healthcare professionals and the physically challenged together to teach, learn (or re-learn) and enjoy golf!

Why golf?

Golf offers many possibilities to all ages and all potential abilities. It can contribute dramatically to an individual's emotional and physical well being, instilling self-confidence and pride in personal achievement, and can be a lot of fun!

Golf Professionals and Healthcare Providers will work one-on-one with individuals with physical disabilities to teach:

- How to hold the golf club...**overcoming challenges with the appropriate grip**
- How to assume the stance position...**addressing the ball, set-up and balance**
- The **Rules of Golf** and differences presented by various types of disabilities
- **Elements of the swing**...standing and seated
- Demonstrations of **adapted equipment**
- ADA implications
- Usage of **accessible golf carts**
- **Safety**



Saturday, May 21st

**St. Cloud VA Health Care System
Driving Range / Building 96**

8:30 AM - 1:00 PM

Golf & Healthcare Professionals Only

8:30 AM – 9 AM

Registration and continental breakfast

9 AM – 12 NOON

Lecture on grip, stance/balance, swing, adaptive equipment and ADA

12 NOON – 12:30 PM

Lunch provided by DAV

12:30 PM - 4:00 PM

***Community Participants with
Golf & Healthcare Professionals***

12:30 PM – 1 PM

Registration for participants

1 PM – 4 PM

Hands-on professional instruction for participants

4 PM – 6 PM

One FREE round of golf at VA Golf Course for those interested

What to bring to First Swing:

- *Golf clubs if you have them
(otherwise they will be provided)*
- *Comfortable clothes for golfing*
- *Desire to play golf!*

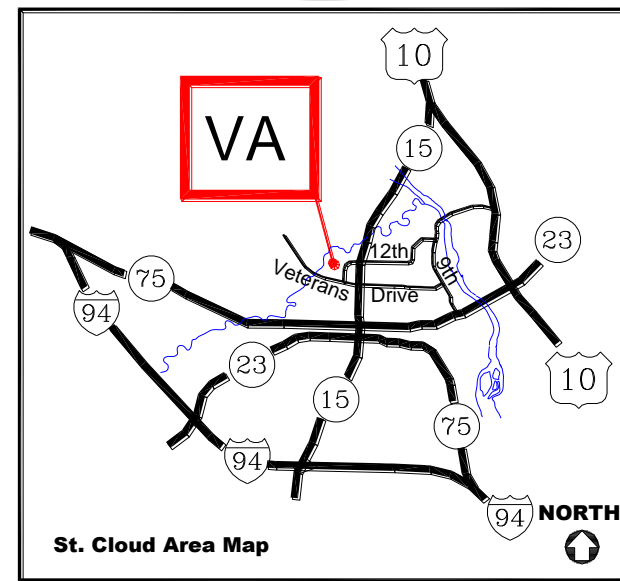
REGISTER NOW!

LIMITED SPACE AVAILABLE

FREE TEE-TIME!

DOOR PRIZES!

GIVE-AWAYS!



**St. Cloud VA Health Care System
Driving Range/Building 96
4801 Veterans Drive
St. Cloud, MN 56303**

To register you may call or fill out the attached form and mail or fax to:

Heidi Weege

Coordinator of First Swing Golf Clinic
Great Steps Orthotic & Prosthetic Solutions
154 19th Street South
Sartell, MN 56377
Fax: 320-229-1671
Work: 320-229-1742 ext. 31
Email: hweege@greatstepsop.com
www.greatstepsop.com