

2025

Coal Creek Training Center

Take your game to the next level



Level Up!

Whether you're starting at Level 0 or looking to take it to 11*,
Missy is eager to help you take your BEST next step.

Each student is different; each learning path is unique. In addition to private lessons, Missy offers three public group training options that can be arranged to match each student's needs. No packages or fixed timeframes - instead just choose from the à la carte menu to best meet your individual schedule and learning needs. Text (or call) Missy at **720.938.2186** to register or to find out more.

Learn Sessions - 60 minutes of group lesson instruction on the practice tee

Example topics include (but are not limited to):

- Basic golf mechanics, warm up, grip, alignment, posture, swing dynamics
- Putting, short game, full swing, handling shot conditions, optimal golf performance

Condition Sessions - 40 minutes of group condition training, specific to golf performance

Each session includes:

- Golf Taiso™ (golf-mechanics-based calisthenics/warm up)
- Core strength training
- Low/no impact cardio
- Deep breathing

Train&Play Sessions - 60 minutes of group instruction on range, followed by 5+ holes of golf

Content will be tailored to participants' ability and interests

After training on range, 3somes of students play 5 holes (with carts); Missy visits/guides each group

* If the Spinal Tap reference isn't familiar, give it a little while – it'll be coming around again soon.

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LEARN SESSIONS

60 minutes
Practice Tee Instruction
10 students max

- Cost: \$45 / student / session (\$40 for 65+/17-)
- Students can register for multiple sessions - regular participation helps!
- Topics covered based on the needs/interests of each session's students
- **2025** Weekly Regular Scheduled Sessions:
 - Thursday mornings, Adults/Seniors (8am, July-October)
 - Thursday afternoons, Juniors (4:30pm, July-October)
 - Thursday afternoons, Adults/Seniors (6pm, July-October)
 - Saturday mornings, Adults/Seniors (8am, July-October)

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CONDITION SESSIONS

40 minutes
Conditioning for Golf
12 students max

- Cost: \$25 / student / session
- Students can register for multiple sessions - routine participation is good
- Sessions take place under the Pavilion
- Bring a yoga mat or large beach towel; wear warm gym shoes & clothes
- **2025** Weekly Regular Scheduled Sessions:
 - Thursday mornings, Open to all (7am, July-October)
 - Saturday mornings, Open to all (7am, July-October)

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TRAIN&PLAY SESSIONS

60 minutes & 5+ holes
Playing Training
9 students max

- Cost: \$95 / student / session
- Students can register for multiple sessions - repeat as often as needed
- Topics covered based on the needs/interests of each session's students
- 60 minutes on the practice tee, followed by 5 holes of on-course training
 - Students play 5 holes of golf in groups of 3,*
 - Missy visits/guides each group in turn*
- **2025** Weekly Regular Scheduled Sessions:
 - Saturday afternoons, All players (4:30pm, July-October)

ABOUT M.E. (MISSY) SCHREINER, PH.D.

Missy loves to train. She took up golf in the early 1980's and has been a student of it ever since. She qualified for the UCLA Women's golf team in the late 1980's, and tried to earn her LPGA Tour card (thereby becoming a professional) in the mid 1990s. She has worked as a golf pro on the Front Range since the mid 2000's. She is currently an apprentice in the LPGA Class A certification program. Missy is also a student of learning and cognition in general, having earned a Joint Ph.D. in Cognitive Science and in Experimental Psychology (from Kintsch and Landauer at CU) in the early 2000's. And she's been training in Ki-Aikido (a defensive martial art) since the mid 2000's, earning her black belt in the mid 2010's. In 2023, with golf/training/learning-science experience spanning 5 decades (including having built various training classes and programs from scratch to sustainability) Missy was very happy to arrive at Coal Creek Golf Course - to continue her training in as many ways as possible. If you would like to train with Missy, the best way to contact her is to text her at **720.938.2186**. She works on all aspects of the game with students of all experience levels and capacities - so long as the student is eager and open to learning and training together.



LET'S TRAIN!