

GOLF WITH LISA



with UP Your Performance



GOLF CAMPS

Female golfing in North Dakota has experienced an increase in participation in the past few years. Simultaneously, female golf scholarships are the most unused dollars within universities nationwide including North Dakota. There is a gap in terms of quality instruction throughout the state for female golfers especially in rural areas. Subsequently, that gap inhibits a natural ability to promote POST K-12 education golf opportunities and take an elevated female golf athlete to infuse the chiefly male focused environment of golf. This can include a post-secondary golf scholarship, or involvement with the Professional Golf Association whether instruction or professional, or simple recreational use within their chosen employment field.

In an elite group, Lisa Schwinden is the 12th female PGA Master Professional in the world and the 12th PGA Professional to earn Master Professional status in the Minnesota Section. Lisa has been providing her instructional talents to primarily the east part of the state, centralized in Fargo as the current coach for Fargo Davies and the instructional coach at the Fargo Country Club. Lisa earned her PGA Class A membership in 2005 and completed the PGA's Certified Professionals Program in Instruction in 2007. Lisa earned PGA Master Professional status in December 2019 by completing an intense research project on the golf swing.

[Lisa Schwinden becomes first woman Master Professional in the Minnesota Section – Fargo Golf](#)

Most recently, she has been selected by the PGA of America for an 18-month program that reinforces the PGA of America's commitment to create a game, workforce, and industry supply chain that better mirror America's demographics. The timing is impeccable as Lisa and Dr. Spelchen hope to bring this way of thinking to the state of North Dakota.

[PGA of America Announces 2024-25 PGA LEAD Class](#)

As a small-town farm kid from Saskatchewan, Dr. Melissa Spelchen has had a varied life of sport. From track to badminton to basketball to fastpitch, Melissa found volleyball to be her most loved, wherein, as a high school student, she competed at higher levels. That play led to a ND university scholarship for volleyball along with a couple years of collegiate softball sprinkled in there. Inducted into her college's hall of fame, she found golf soon after her eligibility was fulfilled. With very few "real lessons", she has had a fulfilling recreational golf life. She has brought CrossFit and pickleball into her current sporting life. She has had a lifelong passion of challenging the lack of equality for females within sport.

Dr. Spelchen was faced with family trauma as a young athlete, wherein her twin sisters and grandmother were hit by a car while walking, in front of their family home. Her granny died instantly, her sister Kristi died later that night, and her miracle sister Carrie survived. This forever changed the trajectory of her life mentally, emotionally, and physically, especially within sport. Since that trauma, she has successfully completed a bachelor's, master's and PhD in Criminal justice, and her work with the Central Regional Education Association as a Healthy Youth and Community Social Service Specialist, focuses on initiatives to help keep kids OUT of the juvenile justice system statewide.

In 2021, the death of five female collegiate athletes to suicide, along with Dr. Spelchen's firsthand experience in North Dakota PK-12 schools wherein female athletes were telling her that playing a sport was the stressor, led to the creation of UP Your Performance, and providing mental performance/mindset, coaching/training.

Dr. Spelchen is motivated to do something at a grassroots level with the pressure athletes now face. The goal is to provide strategies to lessen stress and increase the joy that sports can bring, with hopes of reducing the overall amount of mental health deterioration.

With these golf camps, Lisa, and Melissa hope to take their professional and personal experiences and talents, and address and reduce gaps for female golfers in the state.

Lisa and Melissa have two important musts with these camps: 1) To receive full funding from sources outside of the athlete SO that the athlete that otherwise would not attend a camp of this stature, CAN and be provided opportunities to inspire and empower. This is where Lisa and Melissa believe true growth within the game of golf can happen, finding the hidden gems and helping those that don't believe they can receive it; and 2) take the camps to areas that have not received this level of physical and mental instruction.

With her elite level of golf instruction, Lisa will coordinate and provide physical golf skills for camp attendees. Good players are great on and around the green! Putting, chipping, and pitching can make or break your round. Lisa will cover all the aspects of these shots: the how, where, and why. Attendees will practice these skills, learn drills to practice on their own and have a competition to test them out. Getting the right fundamentals in the golf swing results in a more efficient and consistent swing. Attendees will learn all the important positions to be in and troubleshoot the golf shots not wanted. Attendees will hit irons and the driver, discuss the differences in both and create a consistent pre-shot routine.

"Golf is 90% mental" Jack Nicklaus. Dr. Melissa Spelchen and UP Your Performance will provide mental or mindset golf skills for camp attendees. She will focus on strategies to prepare for golf competitions, handling the stress and pressures that come with golf, and resurrect the importance of enjoyment and fulfillment with the game.

GOLF WITH LISA with UP Your Performance camps will welcome anywhere up to 40 female athletes, with a minimum determined in discussion with the organization and the camp coaches. Cost is pre-determined at a 25-athlete rate (\$3000 for a half day and \$6000 for a full day) and a 40-athlete rate (\$4000 for a half day and \$8000 for a full day). Within the 26-39 athletes is the 25-athlete rate plus \$120 per athlete for half day and \$240 per athlete for a full day. Again, the goal is to find funding for all the athletes, so there is no worry on the athlete's end, AND to try and attract athletes that otherwise would not attend a high caliber camp due to cost.

With the 3-hour half camp day, four circuits with the same number of athletes will take place, with three being physical golf skill, and one being mental golf skill.

Morning ½ day		Afternoon ½ day	Task
9:00-9:10		1:00-1:10	Introduction
9:10-9:40		1:10-1:40	Station 1: Driving
9:50-10:20		1:50-2:20	Station 2: Chipping
10:30-11:00		2:30-3:00	Station 3: Putting
11:10-11:40		3:10-3:40	Station 4: Mindset training
11:40 – END		3:40- END	FUN FINISH

With a 6- hour full camp day, this structure will be doubled.....changing the groups of athletes, and providing different and advanced skills in the physical and mental circuits from the morning sessions. A lunch will be coordinated to break up the morning and afternoon sessions.

Time	Task
9:00-9:10	Introduction
9:10-9:40	Station 1: Driving
9:50-10:20	Station 2: Chipping
10:30-11:00	Station 3: Putting
11:10-11:40	Station 4: Mindset training
11:40-12:00	FUN FINISH before LUNCH
12:00-12:45	LUNCH
12:50-1:20	Station 5: Specialty clubs
1:30-2:00	Station 6: Sand shots
2:10-2:40	Station 7: Unique shots
2:50-3:20	Station 8: Mindset training
3:30-4:00	FUN FINISH BEFORE END

Multiple camp days can be requested, as there is plenty physically and mentally to teach within the game of golf. In addition, if coed or boy's camps are requested, they can be provided if a female camp initially exists.

Lisa and Melissa would love to work with you to assist the overall growth of the game of golf in North Dakota, with an emphasis on enhancing the girls golf landscape, and provide more opportunities for girls to be successful physically and mentally as a person, a student and a golfer.



Lisa Schwinden, PGA Master Professional





Melissa Spelchen, PhD

UP Your Performance, Mental Performance Coach

GIRLS GOLF CAMPS

AGES 6-18





**PRESENTED BY PGA MASTER
PROFESSIONAL LISA SCHWINDEN
& GOLFWITHLISA**


Inspiring & Empowering Girls

Camps Will Include:

- Putting, Chipping, Pitching - the keys to a solid short game
- Irons and Driver - the fundamentals of a good golf swing
- Mental Strength - develop a champion's mindset by learning healthy skills to grasp your full capability

3-6 HOURS OF GOLF SKILL INSTRUCTION AND MENTAL STRENGTH TRAINING

HALF DAY & FULL DAY OPTIONS AVAILABLE



**MENTAL STRENGTH TRAINING BY
DR. MELISSA SPELCHEN &
UP YOUR PERFORMANCE**

More Information
www.golfwithlisa.com

2024 GIRLS GOLF CAMPS

PRESENTED BY GOLFWITHLISA





PGA
Lisa Schwinden
PGA Master Professional, Teaching & Training

HELP US TO INSPIRE & EMPOWER

Girls, ages 6-18, will be provided 3-6 hours of golf skill instruction and mental strength training



MENTAL STRENGTH TRAINING BY DR. MELISSA SPELCHEN & UP YOUR PERFORMANCE

CAMPS WILL INCLUDE:

- PUTTING, CHIPPING, PITCHING - THE KEYS TO A SOLID SHORT GAME
- IRONS & DRIVER - THE FUNDAMENTALS OF A GOOD GOLF SWING
- MENTAL STRENGTH - DEVELOP A CHAMPION'S MINDSET BY LEARNING HEALTHY SKILLS TO GRASP YOUR FULL CAPABILITY

DONATION OPPORTUNITIES:

HALF DAY DONOR OPTION	FULL DAY DONOR OPTION
*INCLUDES 3 HOURS GOLF INSTRUCTION AND MENTAL STRENGTH TRAINING	*INCLUDES 6 HOURS GOLF INSTRUCTION AND MENTAL STRENGTH TRAINING
\$3,000 - 25 ATHLETES	\$6,000 - 25 ATHLETES
*\$120 PER ADDITIONAL ATHLETE (26-39)	*\$240 PER ADDITIONAL ATHLETE (26-39)
\$4,000 - 40 ATHLETES	\$8,000 - 40 ATHLETES



**FOR MORE INFORMATION:
WWW.GOLFWITHLISA.COM**

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HALF DAY DONATION OPPORTUNITY:

*INCLUDES 3 HOURS GOLF INSTRUCTION AND MENTAL STRENGTH TRAINING

\$3,000 - 25 ATHLETES

*\$120 PER ADDITIONAL ATHLETE (26-39)

\$4,000 - 40 ATHLETES

CAMPS WILL INCLUDE:

- PUTTING, CHIPPING, PITCHING - THE KEYS TO A SOLID SHORT GAME
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GOLF SKILL INSTRUCTION BY PGA MASTER PROFESSIONAL LISA SCHWINDEN & GOLFWITHLISA



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FULL DAY DONATION OPPORTUNITY:

*INCLUDES 6 HOURS GOLF INSTRUCTION AND MENTAL STRENGTH TRAINING

\$6,000 - 25 ATHLETES

*\$240 PER ADDITIONAL ATHLETE (26-39)

\$8,000 - 40 ATHLETES

CAMPS WILL INCLUDE:

- PUTTING, CHIPPING, PITCHING - THE KEYS TO A SOLID SHORT GAME
- IRONS & DRIVER - THE FUNDAMENTALS OF A GOOD GOLF SWING
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