

# Barla Golf Academy

## Client | 2026



BARLA  
GOLF  
ACADEMY

|                    |       |                   |       |
|--------------------|-------|-------------------|-------|
| Name               | _____ | Handicap/Scores   | _____ |
| Cell Phone         | _____ | Home Course       | _____ |
| Email              | _____ | Best Score        | _____ |
| Age                | _____ | Current Driver    | _____ |
| Referred By        | _____ | Current FW/Hybrid | _____ |
| Golf Right / Left  | _____ | Irons/Wedges      | _____ |
| What is your Miss  | _____ |                   |       |
| What is Go To Shot | _____ |                   |       |

(Please Circle Service Requesting)

**Golf  
Swing Coach**  
Evaluation-Diagnosis

**Ball & Club  
Data  
Analysis**

**Swing Speed  
Ground Force  
Analysis**

**CLUB or BALL  
FITTING**

### NOTES

| <b><i>GCQuad Iron Club &amp; Ball Data</i></b> |            |             | <b><i>GCQuad Driver Club &amp; Ball Data</i></b> |            |             |
|--|------------|-------------|--|------------|-------------|
| Club Speed                                     | _____      | _____       | Club Speed                                       | _____      | _____       |
| Club Path                                      | _____      | _____       | Club Path  | _____      | _____       |
| Attack Angle                                   | _____      | _____       | Attack Angle                                     | _____      | _____       |
| Lie Angle                                      | _____      | _____       | Lie Angle  | _____      | _____       |
| Ball Speed                                     | _____      | _____       | Ball Speed                                       | _____      | _____       |
| Launch Angle                                   | _____      | _____       | Launch Angle                                     | _____      | _____       |
| Spin Rate                                      | _____      | _____       | Spin Rate  | _____      | _____       |
| Carry Distance                                 | _____      | _____       | Carry Distance                                   | _____      | _____       |
| Total Distance                                 | _____      | _____       | Total Distance                                   | _____      | _____       |
|  | <b>Avg</b> | <b>Best</b> |  | <b>Avg</b> | <b>Best</b> |

|               |  |  |
|---------------|--|--|
|               |  |  |
| Set Up 7 Iron |  |  |
| Set Up Driver |  |  |
| Max 7 Iron    |  |  |
| Max Driver    |  |  |
| Top 7 Iron    |  |  |
| Top Driver    |  |  |
| P 5 7 Iron    |  |  |
| P 5 Driver    |  |  |
| Impact 7 Iron |  |  |
| Impact Driver |  |  |

***SMART To MOVE-Force Plates***

|               | Center Of Pressure % |       | Center Of Pressure % |      | COPV |
|---------------|----------------------|-------|----------------------|------|------|
|               | Left                 | Right | Toe                  | Heel |      |
| Set Up 7 Iron |                      |       |                      |      |      |
| Set Up Driver |                      |       |                      |      |      |
| Max 7 Iron    |                      |       |                      |      |      |
| Max Driver    |                      |       |                      |      |      |
| Top 7 Iron    |                      |       |                      |      |      |
| Top Driver    |                      |       |                      |      |      |
| P5 7 Iron     |                      |       |                      |      |      |
| P5 Driver     |                      |       |                      |      |      |
| Impact 7 Iron |                      |       |                      |      |      |
| Impact Driver |                      |       |                      |      |      |

**GC QUAD-Putting Metrics**

| 5 Feet |         |       | 10 Feet |         |       | 20 Feet |         |       |         |
|--------|---------|-------|---------|---------|-------|---------|---------|-------|---------|
| Back   | Forward | Total | Back    | Forward | Total | Back    | Forward | Total |         |
|        |         |       |         |         |       |         |         |       |         |
|        |         |       |         |         |       |         |         |       |         |
|        |         |       |         |         |       |         |         |       |         |
|        |         |       |         |         |       |         |         |       |         |
|        |         |       |         |         |       |         |         |       |         |
|        |         |       |         |         |       |         |         |       |         |
|        |         |       |         |         |       |         |         |       | Average |

**GC QUAD-Putting Metrics**

|              | 1 | 2 | 3 | 4 | 5 |  |  |  |
|--------------|---|---|---|---|---|--|--|--|
| Face Angle   |   |   |   |   |   |  |  |  |
| Impact Point |   |   |   |   |   |  |  |  |
| Path         |   |   |   |   |   |  |  |  |
| Speed        |   |   |   |   |   |  |  |  |
| Attack Angle |   |   |   |   |   |  |  |  |

**Mental Assessment**

**FOCUS Band**

Initial Timing \_\_\_\_\_

Ratio Percentage \_\_\_\_\_

**Focus Band**

Front L | Front R \_\_\_\_\_

Back L | Back R \_\_\_\_\_

Rest Ave. Activity \_\_\_\_\_

Front L | Front R \_\_\_\_\_

Back L | Back R \_\_\_\_\_

Putting Ave. Activity \_\_\_\_\_

**Body Analysis**

Body Part-Surgery or Injury

Range of Motion

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

Medications \_\_\_\_\_

# BioSwing Dyamics-Screening

| <u>Trail Arm Action</u> |                               |       |
|-------------------------|-------------------------------|-------|
| Left                    | <u>Takeaway Backswing</u>     | Right |
|                         | On-Top Cover-Side             |       |
|                         | Side-Cover/Side Under-On      |       |
|                         | <i>Under Side/Under</i>       |       |
| Left                    | <u>Lever Delivery</u>         | Right |
|                         | Cover-Cover Corner            |       |
|                         | Corner-Cover-Corner EXT       |       |
|                         | <i>Extended-Corner Extend</i> |       |

| <u>HIP Differential</u> |                             |             |
|-------------------------|-----------------------------|-------------|
| Good                    | <u>Dynamic Test</u>         | Improvement |
|                         |                             |             |
|                         | <i>25 degrees or less</i>   |             |
|                         | 30 degrees to 45 degrees    |             |
|                         | <i>More Than 45 degrees</i> |             |

| Yes | <u>Clearing Action-Match Linkage</u>                            | No |
|-----|---|----|
|     | Front Front-Center  |    |
|     | <i>Center-Front, Center-Rear or Center, Rear Center or Rear</i> |    |

| <u>Third Tier Screen</u> |                              |               |
|--------------------------|------------------------------|---------------|
| Low Torque               | <u>Wing span measurement</u> | Full Or Upper |
|                          | Arms 2" + Shorter Than       |               |
|                          | Height Low--Track            |               |
|                          | Arms 2" Shorter or Longer    |               |
|                          | Mid-Track                    |               |
|                          | Arms 2" Longer Than          |               |

| <u>Arc Management</u> |             |       |
|-----------------------|-------------|-------|
| Left                  |             | Right |
|                       | Narrow-Wide |       |
|                       | Deep-Deep   |       |
|                       | Wide-Narrow |       |

| <u>Pelvic Pivot Axis</u> |                              |           |
|--------------------------|------------------------------|-----------|
| Left %                   | <u>Lower Body Pivot Axis</u> | Right %   |
|                          | Front Post Axis              |           |
|                          | Center Post Axis             |           |
|                          | <i>Rear Post Axis</i>        |           |
| Matches                  | <u>Postural Release</u>      | Trail Arm |
|                          | Stand-Up Stand-Post          |           |
|                          | Post-Stand, Post Rotate-IN   |           |
|                          | <i>Rotate-Post Rotate-IN</i> |           |

| <u>Wrist Lever Action</u>                           |  | Needs       |
|---|--|-------------|
| Good  |  | Improvement |
|   | Vertical                                       |             |
|   | Diagonal                                       |             |
|   | Horizontal                                     |             |
| <u>Delivery Plane-Measure Elbow to Middle Knuck</u> |  |             |
|   | <u>Measure Shoulder To Elbow</u>               |             |
|   | Hip-Plane Slot-Tailbone-Navel                  |             |
|   | Torso-Plane Slot-Navel to Bottom of Sternum    |             |
|   | Shoulder-Plane Slot-Bottom of Sternum to Spine |             |

| <u>Upper Body Pivot Axis</u> |                       |       |
|------------------------------|-----------------------|-------|
| Left                         | <u>TEST</u>           | Right |
|                              | Sternum-LINE          |       |
|                              | Center-LINE           |       |
|                              | Spine-LINE            |       |
| Left                         | <u>Golf Posture</u>   | Right |
|                              | Equal to Standing     |       |
|                              | Less than Standing    |       |
|                              | Greater than Standing |       |

| <u>Kinetic Power</u> |                         |       |
|----------------------|-------------------------|-------|
| Left                 | <u>Dominant Sources</u> | Right |
|                      | Launch-Vertical Force   |       |
|                      | Spin-Torque Forece      |       |
|                      | Glide-Horizontal Forces |       |

| <u>Physical Assessment</u>       |       |
|----------------------------------|-------|
| Ball Chest Pass 4 or 8           | _____ |
| Ball Overhead Throw 4 or 8       | _____ |
| Broad Jump                       | _____ |
| 40 Meter Run                     | _____ |
| 20 Meter Run                     | _____ |
| Vertical Jump 2 Feet             | _____ |
| Vertical Jump with Step          | _____ |
| Vertical Jump 2 Feet DVF         | _____ |
| Vertical Jump 1 Foot DVF L R     | _____ |
| Rotation                         | _____ |
| Bench Press 50 75 100            | _____ |
| Single Leg Split Squat 50 75 100 | _____ |
| Romanian Deadlift 50 75 100      | _____ |
| Boxing MPH Right                 | _____ |
| Boxing MPH Left                  | _____ |

| <u>Medical</u>       |       |
|----------------------|-------|
| Weight               | _____ |
| Height               | _____ |
| Wing Span            | _____ |
| Body Fat %           | _____ |
| Water %              | _____ |
| Body Mass Index      | _____ |
| Daily Calorie Intake | _____ |
| Skeletal Muscle      | _____ |

**GOALS**

***Short Term (3 months)  
Physical / Body***

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

***Long Term (1-3 Years)  
Physical / Body***

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

***Short Term (3 months)  
Golf***

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

***Long Term (1-3 Years)  
Golf***

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_