



Every swing tells a story. A launch monitor records it, one club at a time.

KNOW YOUR YARDAGES

Stop Guessing. Start Knowing.

A gapping session reveals exactly how far every club in your bag carries, and why those numbers are the fastest way to lower your scores.

BY THE GOLF LAB COACHING TEAM

YOU'RE 150 YARDS OUT. Is it a 7-iron or an 8? If you have to stop and think about it, you're leaving strokes on the course.

Golf isn't just about swinging hard. It's about precision: knowing which club to pull in every situation and trusting it to deliver. That trust starts with real numbers, and a gapping session is how you get them.

Using a TrackMan launch monitor, a Golf Lab coach measures every club in your bag, shot by shot. The result is a clear picture of how far each one actually carries, not how far you hope it does.

***“Your real yardages, measured.
Not what you hope you hit.”***

WHY IT MATTERS

- ▶ **Distance consistency.** Every golfer's swing is unique. Gapping exposes overlap, and many golfers discover two clubs that carry the same distance, which is a wasted spot in the bag.
- ▶ **Club selection.** On the course, you'll face every kind of distance. Knowing your numbers gives you the confidence to pick the right club for every shot.
- ▶ **Fine-tuning equipment.** A session can reveal gaps in your range that need attention, whether that's a loft adjustment or adding the right hybrid.
- ▶ **Better course management.** Once you know your distances, you can plan your approach shots strategically and bring your scores down.

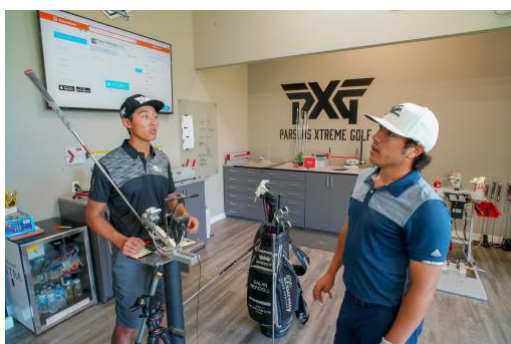


Every dot is a shot and every colour is a club. Where the ovals overlap, so do your clubs.

CLOSING THE GAPS

Numbers are only the beginning. Once your gaps and overlaps are on the table, your coach can recommend how to fix them, so each club in your bag has a distinct job.

Ultimately, it's about trust. When you know exactly what each club will do, you stop second-guessing and start swinging with conviction. **Better numbers mean smarter decisions, and smarter decisions mean lower scores.**



Loft and lie adjustments can close the gaps your numbers reveal.

THE GAPPING SESSION AT A GLANCE

- **Every club** in your bag measured, shot by shot
- **TrackMan** launch monitor data for real carry distances
- **Overlaps and gaps** identified across your whole set
- **A plan** to fill the gaps, from loft tweaks to the right hybrid

Ready to know your numbers?

BUY YOUR GAPPING SESSION NOW →