



W E L C O M E T O

MARCH 2026 NEWSLETTER

Where Golf Instruction Guarantees Improvement





TREY SONES GOLF ACADEMY

2026 PGA SHOW

Orlando, Florida

I am filled with joy to have had the opportunity to spend time with some of my students at the PGA Show, where they enjoyed an incredible experience at the demo day.

I hope this experience motivated them to continue enhancing their skills through their work with the Trey Sones Golf Academy. As a PGA Professional, we strive to expand our knowledge so that we can share valuable insights with you—our golfing family. It was enlightening to explore some of the latest technology and innovative equipment from leading manufacturers like Callaway and Ping, among others.

Warm regards,
Trey Sones, PGA





Daylight Savings Time

Daylight Saving Time Announcement

On Sunday, March 8th, clocks will spring forward, signaling the arrival of warmer days and extended daylight.

MORE TIME FOR GOLF! LET'S PLAY!

Most of the U.S., including Texas, will continue to observe daylight saving time in 2026, despite ongoing discussions and recent attempts to abolish it. Daylight saving time will commence on Sunday, March 8, 2026, when clocks will move forward one hour at 2 a.m.



Happy St. Patrick's Day

One Time Special!

Tuesday March 17th Only! I would like to offer you
(2) 45 Minute Lessons

\$120

Email Trey for payment link

Tsones@pga.com

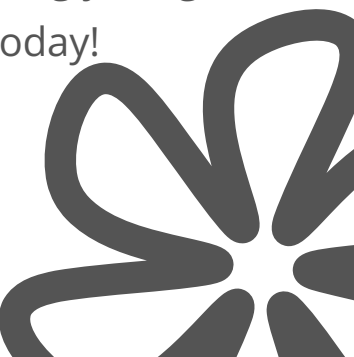


Growing The Academy

Help Us Enhance the Trey Sones Golf Academy

We invite your feedback to help us grow the Trey Sones Golf Academy. What aspects would you like to see changed? Are there specific adjustments you envision for the website, or perhaps modifications to the scheduling process?

Our goal is to simplify your journey in improving your golf game. Share your thoughts with us today!



TREY SONES GOLF ACADEMY

Instruction Tip



Stop Coming Over The Top

Coming over the top is a frequent mistake, often arising when the transition begins with the trail shoulder initiating movement before the hips have moved laterally. This results in a steepening of the swing plane.



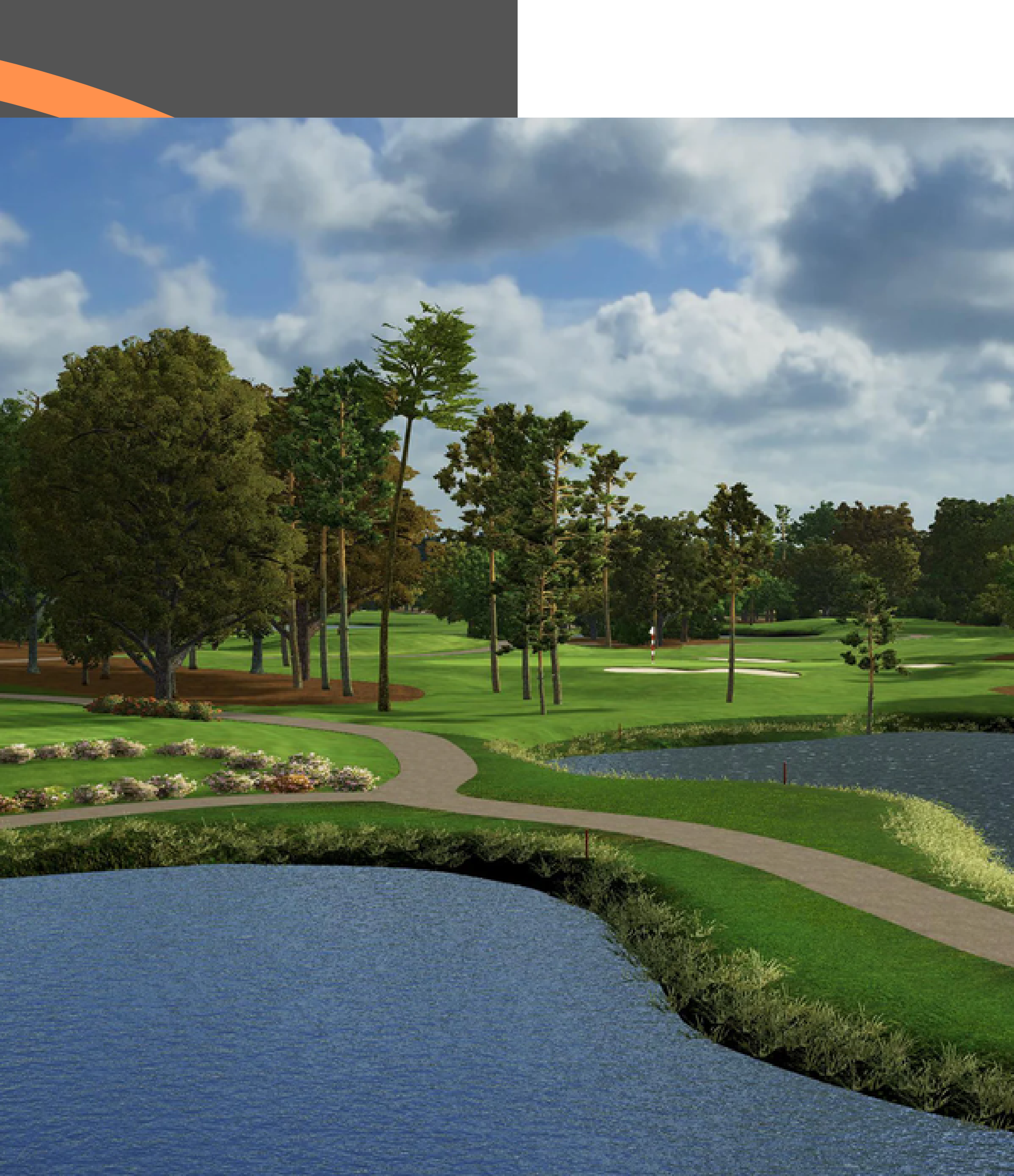
The Sequence

The lower body should shift toward the left toe before the shoulders begin to move. This technique will enable the arms to drop as you start to rotate, allowing the club to reposition in front of your body.



Drill

Place a soft stress ball under your trailing armpit. As you begin your descent, feel your weight transition to your lead foot while squeezing the stress ball with your armpit. If your shoulders move too far over the top, the ball will drop.



TREY SONES GOLF ACADEMY

MARCH SPECIAL

Exclusive One-Time Offer!

Seize this unique opportunity during the delightful month of March! For just \$150, you can enjoy a 45-minute full swing lesson followed by a round of nine holes with PGA Professional Trey Sones.

Why not enhance your skills and apply them on the golf course? Focus on course management and learn how to refine your short game while mastering green reading techniques, all aimed at lowering your scores.

Please email Tsones@pga.com to receive the special payment link.

OFFER ENDS 3/31/2026

Know Your Game!
Trey Sones, PGA





THANK YOU

Let us help you create lasting memories by enhancing your golf skills.

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