

AVA GOLF™

GETTING STARTED. FOR PLAYERS.

Set up your account, connect your rounds and see what to work on first.

DOCS.AVAGOLF.COM

WELCOME TO AVA GOLF

AVA Golf pulls your whole game into one app. It shows you where you're losing strokes and points you to the fix, with videos from Top 100 instructors matched to your game. If your coach invited you, they see the same data and can leave you notes, so your next lesson starts where you left off.

This guide takes about 10 minutes:

01	Create your account and start your 14-day free trial.
02	Connect what you use: Garmin, Arccos, Golf Pad or a launch monitor file.
03	Find your way around the app.
04	Read your numbers and see what to work on first.
05	Connect with your coach.

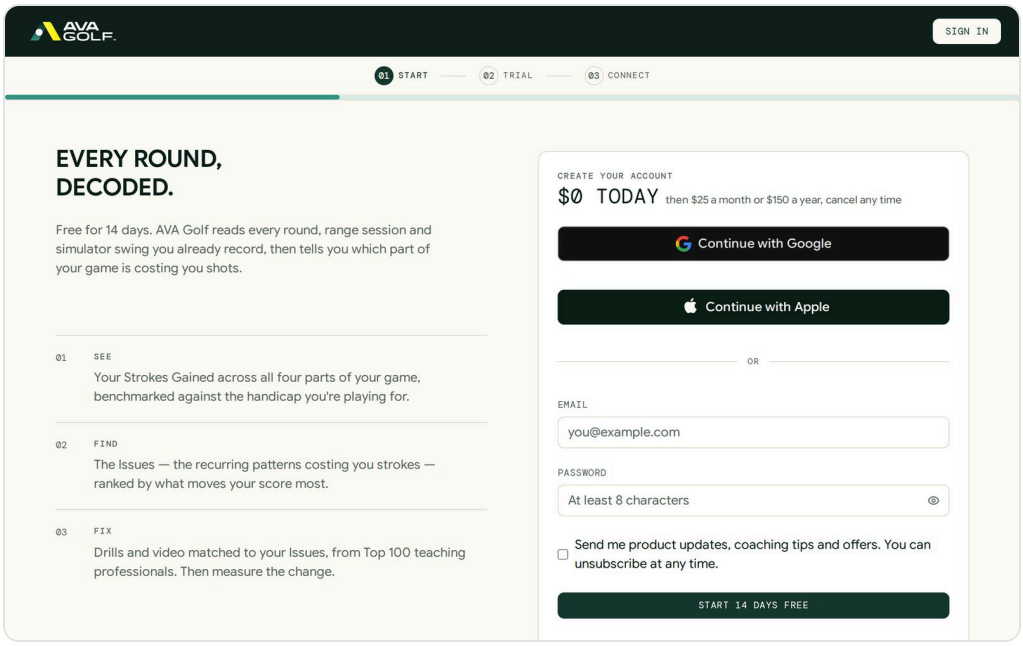
After that, play and practice as normal. New rounds and sessions come in on their own, and your issues and lessons update as they do.

> You don't need a launch monitor. A round tracker like Garmin, Arccos or Golf Pad is enough to start.

01 CREATE YOUR ACCOUNT

Signup takes three short steps: **Start**, **Trial** and **Connect**. Your first 14 days are free.

1. Go to app.avagolf.com/onboarding/start.
2. **Start:** pick **Continue with Google**, **Continue with Apple**, or enter your email and a password of at least 8 characters. Got an invite code? Click **Have an invite code? Enter it**. Then click **Start 14 days free**.
3. **Trial:** choose **Annual** ($150 a year, works out to $12.50 a month) or **Monthly** ($25 a month). On the web, Stripe holds a card, but nothing is charged today. Cancel before day 14 and you pay $0.
4. **Connect:** link your first data source (see Step 2), or click **Skip for now**.



In the iPhone app, you pay through the App Store instead of Stripe.

> **Invited by your coach?** Start from the **Accept invitation** button in their email. It takes you straight to signup. Step 5 covers how the connection with your coach works.

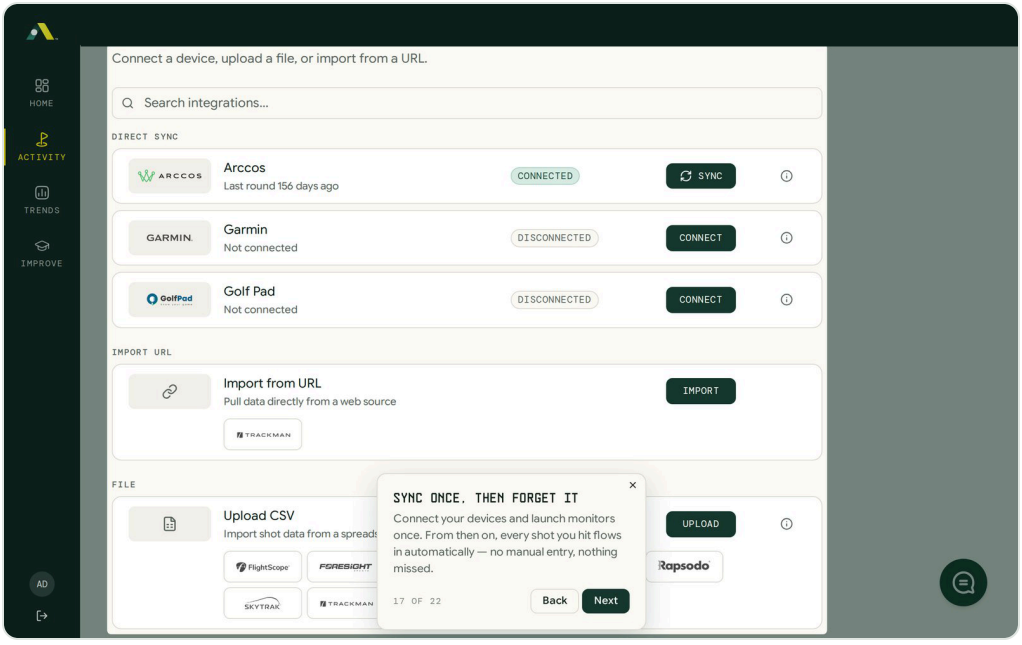
Want to look around first? Open the demo. It shows the full app with a sample golfer's data and a short guided tour. You don't need an account.

On iPhone? Download AVA Golf from the App Store and sign in with the same account.

02 CONNECT YOUR DATA

Connect a source once, and new rounds and sessions come in automatically after that. You can connect during signup or later in **Settings › Connections**.

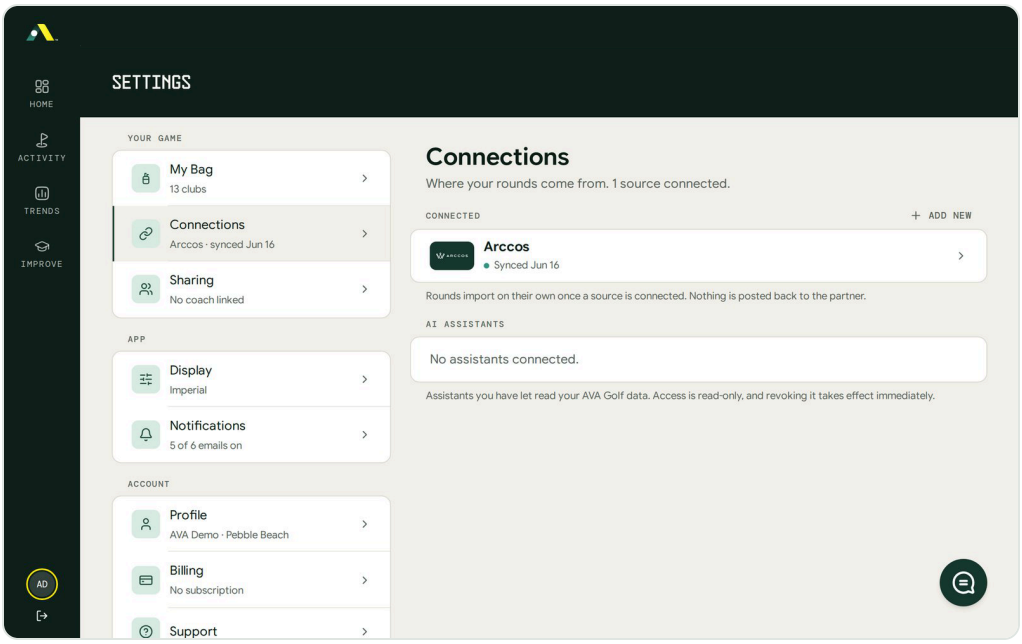
SOURCE	WHAT IT BRINGS	HOW IT CONNECTS
Garmin Connect	Rounds from your Garmin watch	Direct sync, sign in once
Arccos	Rounds with every shot tracked	Direct sync, sign in once
Golf Pad	Rounds from the Golf Pad app	Paste a share link, then it syncs every hour. You can also forward Golf Pad export emails to your personal import address.
USGA (GHIN)	Your Handicap Index®	Direct sync
TrackMan	Range and simulator sessions	Paste a TrackMan link with **Import from URL**
Launch monitor file	Range and simulator sessions	**Upload CSV** from GSPro, Full Swing, FlightScope Mevo+, Garmin Approach R10, Rapsodo MLM2PRO, SkyTrak, Foresight GCQuad/GC3 or TrackMan



No match for your setup? On the Connect step, click **Nothing here fits my setup** and we'll let you know when your device is supported.

To add a source later:

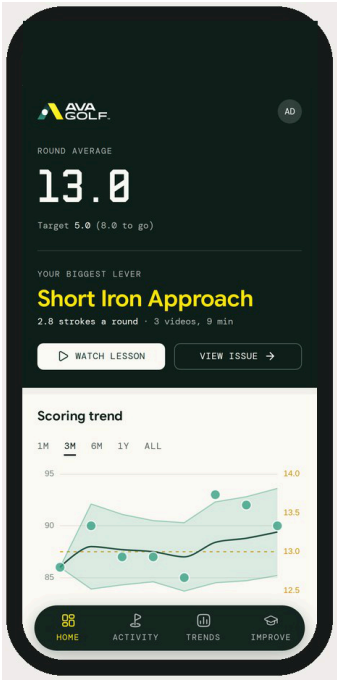
1. Click your user icon at the bottom left, then **Settings**.
2. Open **Connections**.
3. Click **Add new** (or **Add a source** if nothing is connected yet).
4. Pick your source and follow the steps on screen.

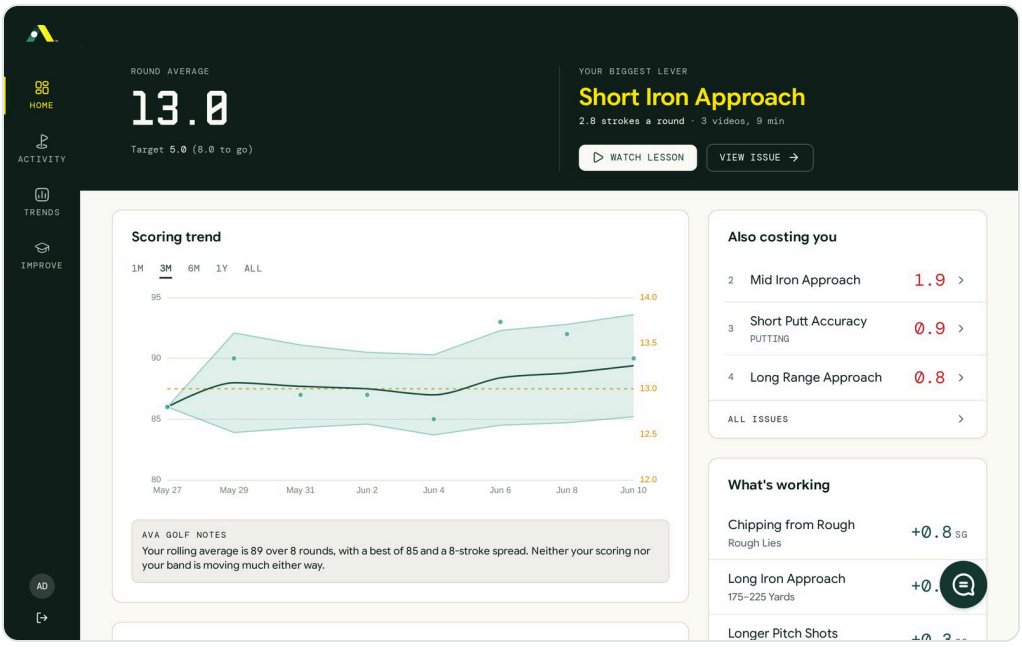


03 FIND YOUR WAY AROUND

The menu on the left (at the bottom on your phone) has four main areas.

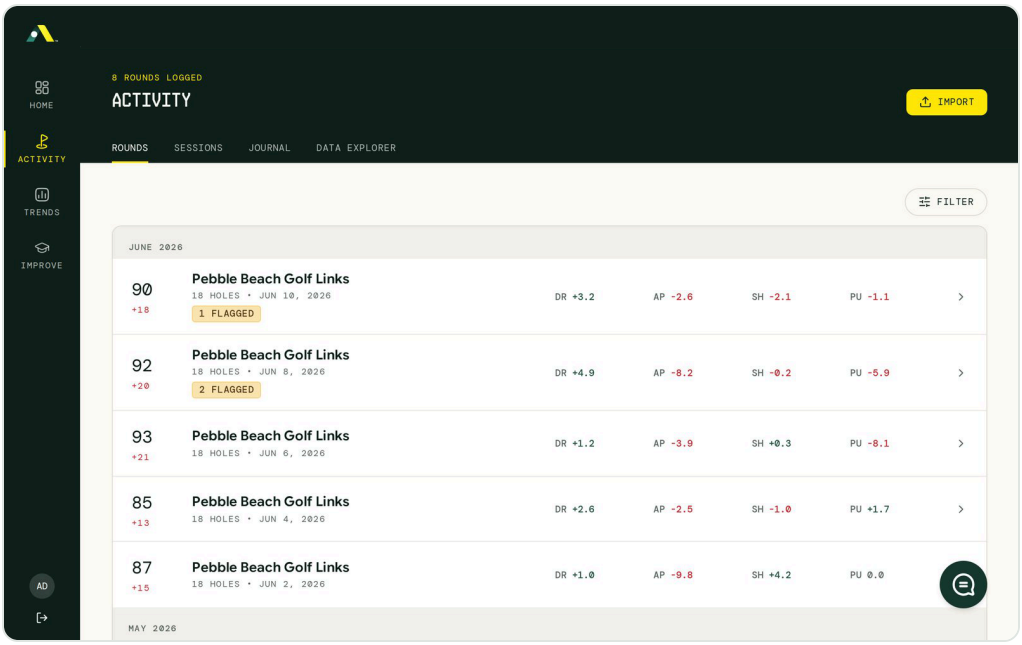
MENU ITEM	WHAT YOU FIND THERE
Home	Your Handicap Index® or Round Average, your scoring trend, and **Your biggest lever**: the one area costing you the most strokes.
Activity	Every round and range session, newest first. Tabs: **Rounds**, **Sessions**, **Journal** and **Data Explorer**.
Trends	Strokes gained over time for **Driving**, **Approach**, **Short Game** and **Putting**.
Improve	Your **Issues**: the patterns costing you strokes, ranked, each with matched video lessons. Your full library is under **Videos**.

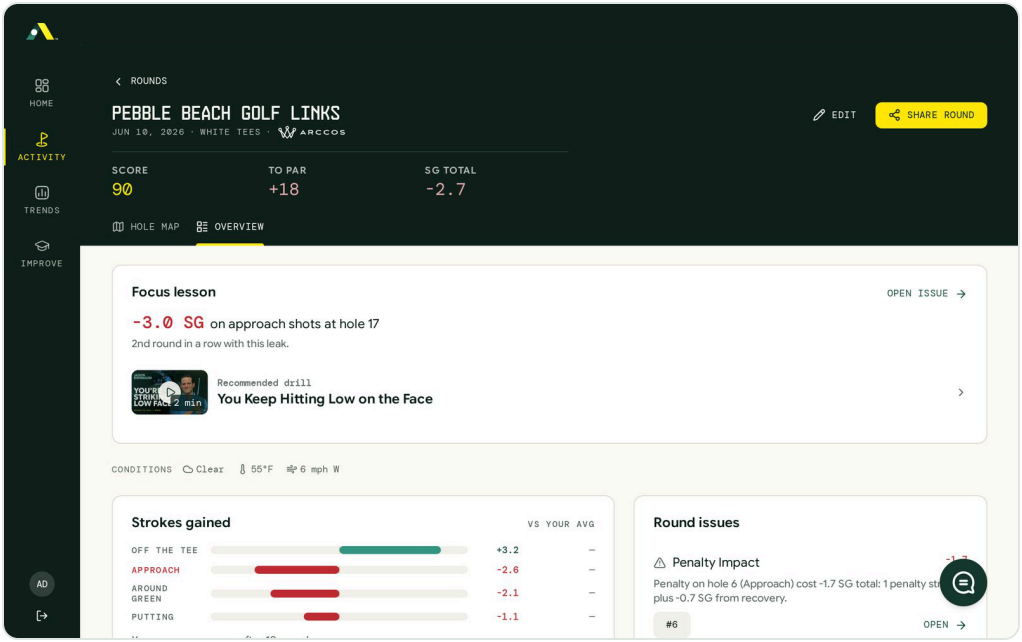


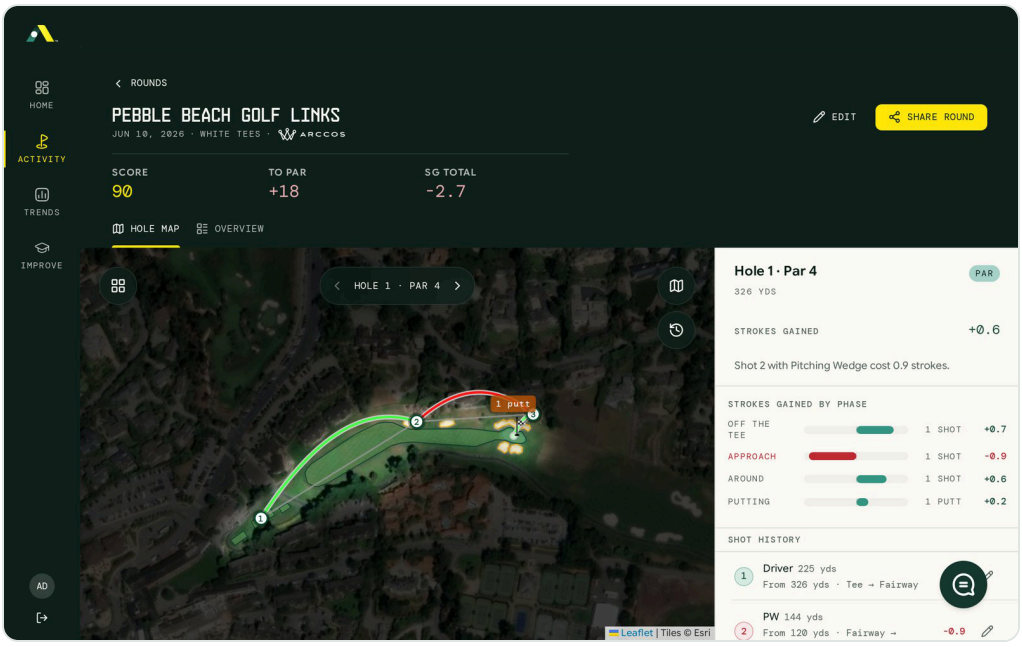


Click your user icon at the bottom left to open **Settings** and **Messages**.

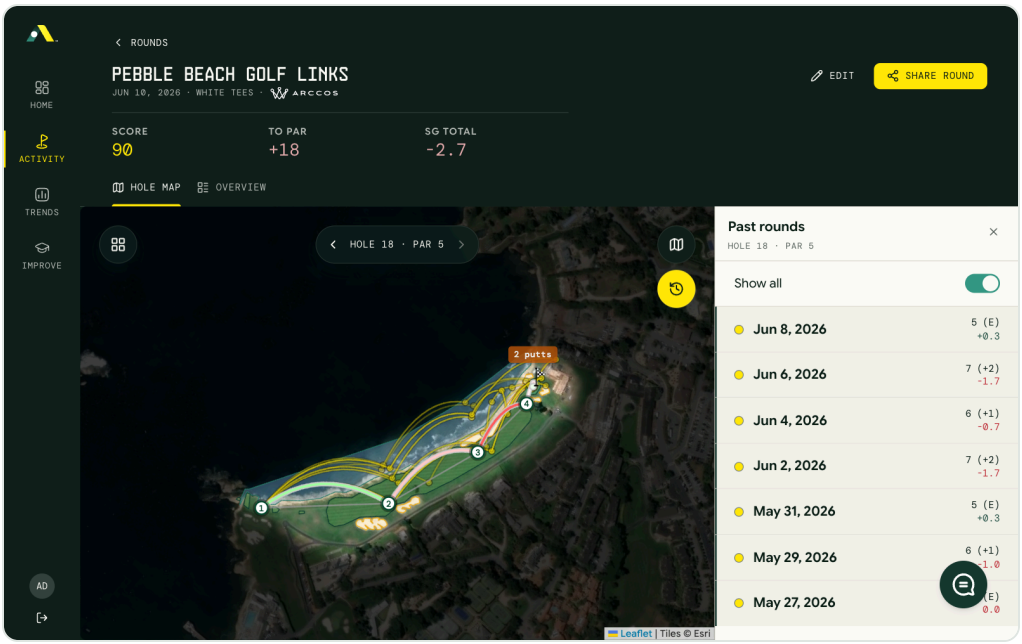
Open a round. In **Activity › Rounds**, click a round. The **Overview** tab shows your score, strokes gained by category and round issues. The **Hole map** tab replays each hole shot by shot.


HOME
ACTIVITY
TRENDS
IMPROVE
AD
8 ROUNDS LOGGED
ACTIVITY
IMPORT
ROUNDS
SESSIONS
JOURNAL
DATA EXPLORER
FILTER
JUNE 2026
90
+18
Pebble Beach Golf Links
18 HOLES • JUN 10, 2026
1 FLAGGED
DR +3.2
AP -2.6
SH -2.1
PU -1.1
92
+20
Pebble Beach Golf Links
18 HOLES • JUN 8, 2026
2 FLAGGED
DR +4.9
AP -8.2
SH -0.2
PU -5.9
93
+21
Pebble Beach Golf Links
18 HOLES • JUN 6, 2026
DR +1.2
AP -3.9
SH +0.3
PU -8.1
85
+13
Pebble Beach Golf Links
18 HOLES • JUN 4, 2026
DR +2.6
AP -2.5
SH -1.0
PU +1.7
87
+15
Pebble Beach Golf Links
18 HOLES • JUN 2, 2026
DR +1.0
AP -9.8
SH +4.2
PU 0.0
MAY 2026

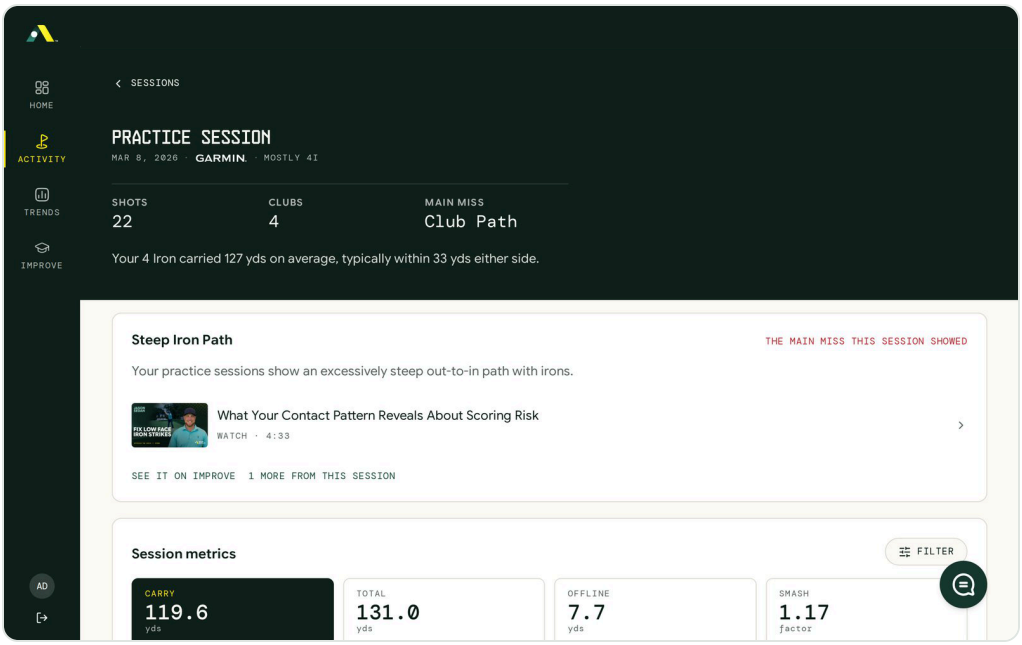

HOME
ACTIVITY
TRENDS
IMPROVE
AD
ROUNDS
PEBBLE BEACH GOLF LINKS
JUN 10, 2026 · WHITE TEES · ARCCOS
EDIT
SHARE ROUND
SCORE
90
TO PAR
+18
SG TOTAL
-2.7
HOLE MAP
OVERVIEW
Focus lesson
OPEN ISSUE
-3.0 SG on approach shots at hole 17
2nd round in a row with this leak.
Recommended drill
You Keep Hitting Low on the Face
2 min
CONDITIONS
Clear
55°F
6 mph W
Strokes gained
VS YOUR AVG
OFF THE TEE
+3.2
APPROACH
-2.6
AROUND GREEN
-2.1
PUTTING
-1.1
Round issues
Penalty Impact
Penalty on hole 6 (Approach) cost -1.7 SG total: 1 penalty str
plus -0.7 SG from recovery.
#6
OPEN



Compare with past rounds. On the **Hole map**, click the clock icon on the right (**Past rounds**). It lists every earlier round you've played on that hole, with your score and strokes gained. Pick one and its shots are drawn over today's, so you can see how you played the same hole before. Turn on **Show all** to overlay every past round at once.



Open a range session. In **Activity › Sessions**, click a session to see carry distances, dispersion and club-by-club patterns.



Take the tour any time. The demo walks through these screens in 22 short steps.

04 UNDERSTAND YOUR NUMBERS

Strokes gained tells you how many shots you gained or lost compared with a benchmark. You choose the benchmark in **Settings › Display › Baseline comparison**:

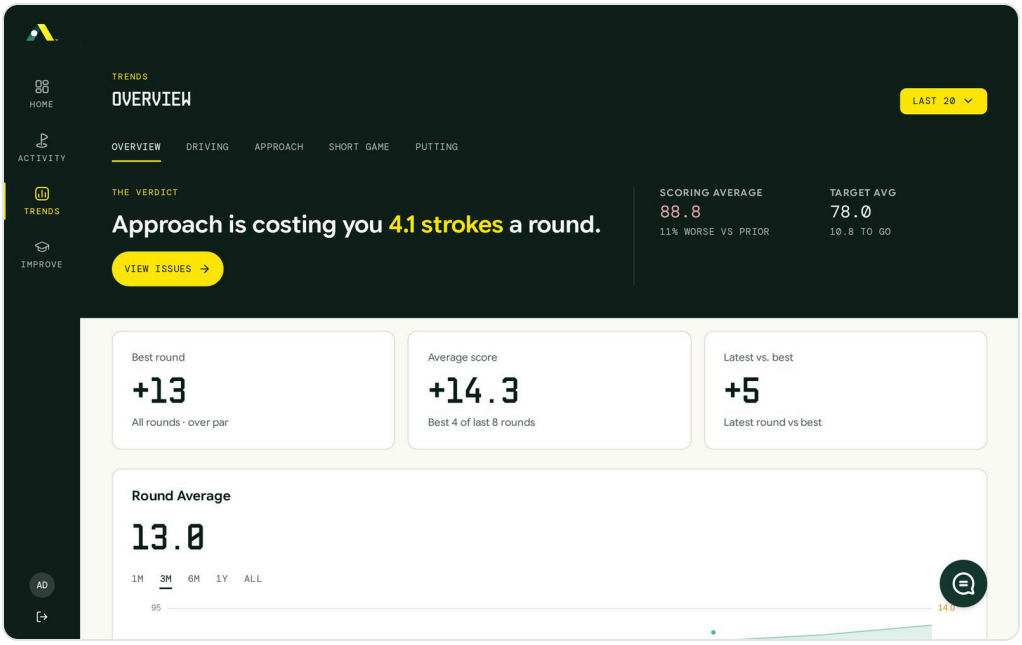
- **Yourself** (the default): each shot is measured against your own average, so the numbers show where you played better or worse than you normally do. A round's **Overview** labels this **vs your avg**.
- **PGA Tour**: each shot is measured against tour players, so you can see how each part of your game compares with the best in the world.

Changing the baseline recalculates all your rounds. Whichever you pick, the numbers read the same way:

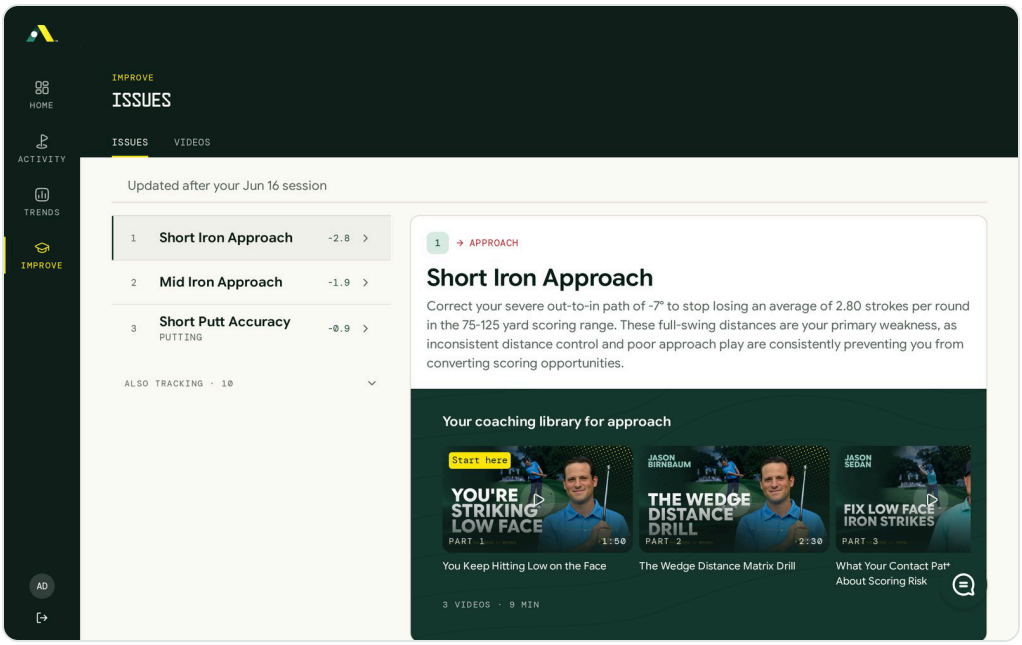
- **Positive number (green):** you did better than the benchmark. +0.8 means you saved almost one shot.
- **Negative number (red):** you lost shots. −2.6 on Approach means approach shots cost you about 2.6 strokes that round.
- **SG Total:** all four parts added up.

The four parts of your game:

PART	SHOTS IT COVERS
Off the tee (Driving)	Tee shots on par 4s and par 5s
Approach	Shots into the green from the fairway, rough or tee on par 3s
Around the green (Short Game)	Chips, pitches and bunker shots near the green
Putting	Every stroke on the green



Where to start: on **Home**, look at **Your biggest lever**. It names the one area costing you the most strokes per round. Click **Watch lesson** for matched videos, or **View issue** to see why.

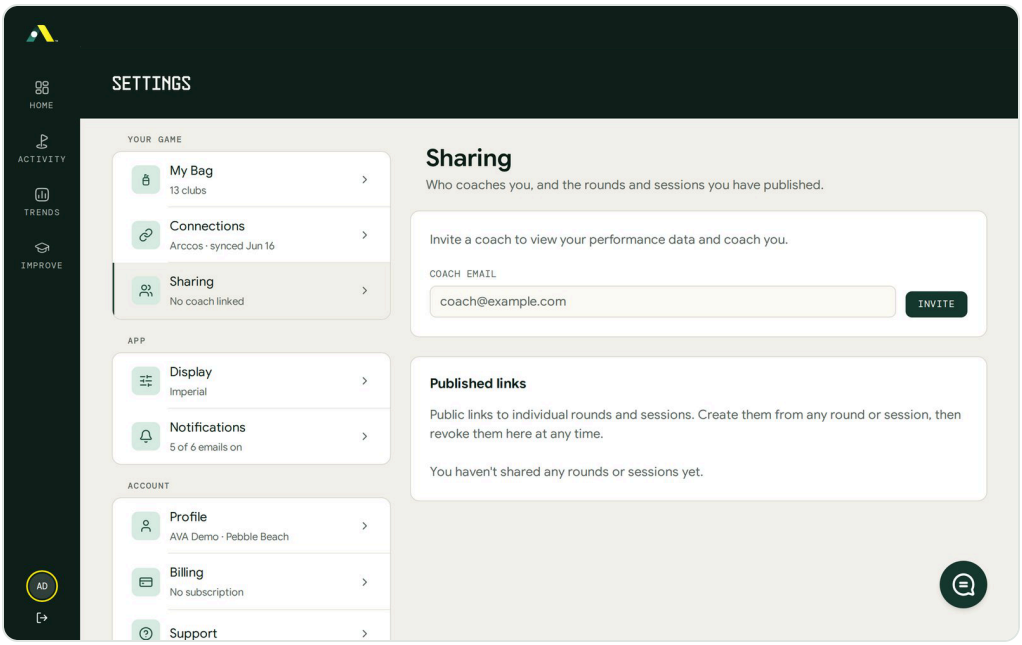


05 WORK WITH YOUR COACH

Your coach sees your rounds, trends and issues with read-only access. They can leave notes on your rounds, shots and video lessons. You can have one coach at a time.

Invite your coach:

1. Open **Settings › Sharing**.
2. Under **Invite a coach to view your performance data and coach you**, type your coach's email in **Coach email**.
3. Click **Invite**. If your coach is new to AVA Golf, they get an email to create a free coach account.



The invite shows under **Pending invites** until your coach accepts. Click **Cancel** to withdraw it.

Did your coach invite you? Check your email for the invite and click **Confirm**. You can also confirm in **Settings › Sharing**, where a **Coach request** card shows **Confirm** and **Decline**. If you don't have an account yet, the email's **Accept invitation** button takes you to signup.

Stop sharing: open **Settings › Sharing** and click **Remove coach**. Your coach loses access right away.

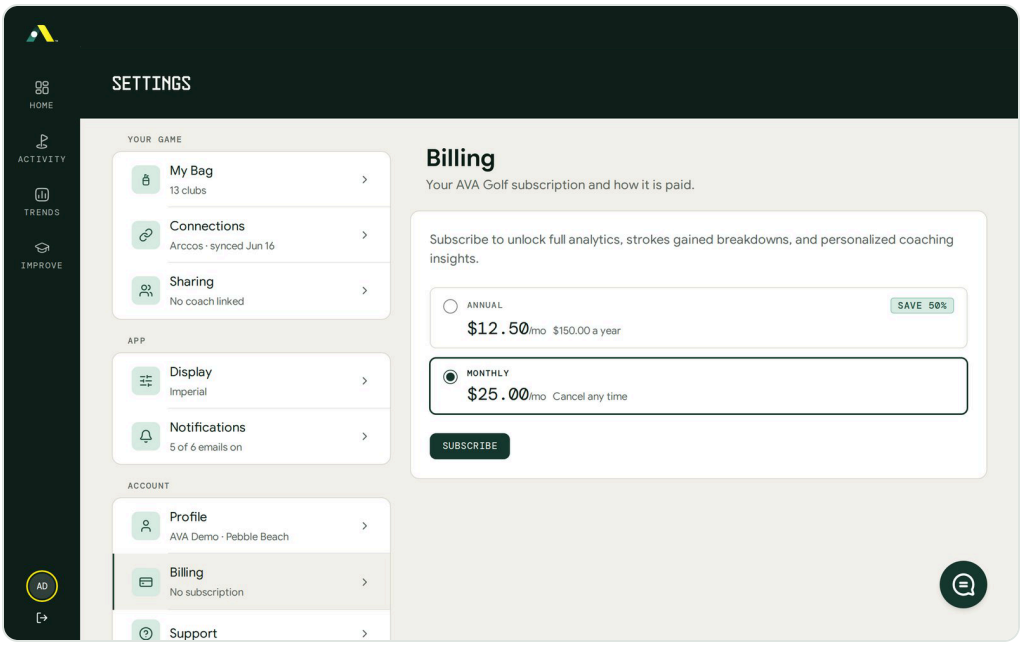
Book lessons: Settings › Lessons is where you book and manage lessons with your coach.

PLANS AND BILLING

PLAN	PRICE	NOTES
Annual	$150 a year ($12.50 a month)	Save 50%
Monthly	$25 a month	Cancel any time.

Every plan starts with 14 days free. Cancel before day 14 and you pay nothing.

Manage your plan: open **Settings › Billing** to see your status, plan and renewal date. Click **Manage subscription in Stripe** to change your plan, update your card or cancel. If you subscribed in the iPhone app, the button reads **Manage subscription in the App Store**.



Playing seasonally? In **Settings › Billing**, choose **Pause for the off-season** instead of canceling.

FAQ AND GETTING HELP

Do I need a launch monitor? No. Rounds from Garmin, Arccos or Golf Pad are enough to start.

My new round isn't showing up. Synced sources check in on a schedule. Golf Pad, for example, syncs every hour. Check that the source shows as connected in **Settings › Connections**.

Can I share one round without a coach? Yes. Open the round and click **Share round**. You can turn off shared links in **Settings › Sharing › Published links**.

Is there an app? Yes, on iPhone. Download it from the App Store and sign in with the same account you use on the web.

Need more help? Open **Settings › Support**, use the chat button at the bottom right of any screen, or visit avagolf.com/support. More answers are in the FAQ.