



COMETS



'Learn to Golf' Program - Ages 7-11

SPRING PROGRAM: April 6 - June 22, 2018

SUMMER PROGRAM: July 6 - Sept. 20, 2018

The COMETS Learn to Golf Program continues to build and develop athletic movement and golf skills learned in the STARS Program, while also introducing on-course playing skills. This program helps to prepare students who are interested in progressing to the Elite level programs in the future.

Classes run on a weekly basis and are designed for all children who are interested in developing into good athletes and proficient golfers. Instructors will provide a fun, socially interactive learning environment, focusing on athletic coordination, games, golf-specific skills and education, some on-course playing opportunities and plenty of positive reinforcement.

By the end of the 3-month session, children will know the basics of the golf swing and put their skills to the test during scheduled 'activity nights.' Some prior golf experience is necessary.

Our course objectives and learning outcomes include:

Golf Fundamentals

- Grip, Stance, Aim
- Posture, Alignment
- Balance, Rhythm
- Full Swing – Short Irons
- Full Swing – Mid Irons/Hybrids
- Full Swing – Metal Woods
- Short Game – Putting
- Short Game – Chipping, Pitching & Sand

Physical Literacy

- Develop Basic Motor Skills
- Agility, Balance and Coordination
- Strength and Power
- Movement/Travelling Skills
- Object Control Skills
- Balance Movements
- Fine Motor Skills (Dexterity & Synchronization)
- Stamina and Flexibility

Golf Education

- Golf Safety & Courtesy for Others
- Golf Course Etiquette
- Basic Golf Rules
- Basic Golf Terminology

Life Skills

- Sportsmanship and Respect
- Basics of Healthy Nutrition and Diet
- Positive Self Talk & Calming Exercises
- Focus and Awareness of Others

Coaches: Derek Thornley (PGA), Blake Ceron (PGA) and Lincoln Li (Assistant Coach).

Classes: Friday sessions from 5:15 to 6:30 pm.

Cost: \$279 + GST (15 classes: 12 regular + 3 extended activity nights: 19 hours total.)

