



ELITE – Competition Level

‘Train to Compete’ Program - Ages 9-17

The ELITE Competition Program is a hybrid program that combines the structure of the Performance Program with the addition of specialized coaching sessions. It is designed for students that are committed to competitive training and who actively compete in local tournaments.

The select number of students who qualify for this program will stay together as a group throughout most of the 8-month program. They will receive ten additional coaching sessions that include on-course playing lessons with a professional, as well as the skills for developing game plans, course management strategies and other mental skills that are essential for tournament preparation.

Although winning certainly has its place in competitive sports, we would rather see young juniors focus on the process of improvement and developing behavioral characteristics of champion golfers. When training to compete, the important statistic is not who wins the most trophies or who has the lowest scoring average ... the critical measure is who learned the most from the competitive experience and who can convert that knowledge into improved performance in the future.

Our course objectives and learning outcomes include:

Golf Education	Life Skills
Golf Safety and Courtesy for Others	Sportsmanship and Respect
Golf Course Etiquette	Basics of Healthy Nutrition and Diet
Essential Golf Rules	Positive Self-Talk and Calming Exercises
Understanding Scoring and Handicaps	Focus, Awareness and Decision-Making Skills
Stroke Play and Match Play Formats	Planning and Goal Setting
Essentials of Properly Fit Equipment	Learning from Experience
Understanding Ball Flight Laws	Overcoming a Fear of Failure
FlightScope Launch Monitor Data	Composure and Confidence Under Pressure

- Coaches: Derek Thornley (PGA), Blake Ceron (PGA) and Lincoln Li (Assistant Coach).
- Schedule: March 5 - October 26, 2018. **Evaluations in late March – dates to be announced.*
- Classes: Mondays 4:15-5:45 pm, Fridays 6:30-8:00 pm and some Wednesday play nights.
- Session Cost: \$999 + GST (70 lessons/events: 105 hours total.)

