

ELITE – Performance Level

‘Learn to Compete’ Program - Ages 9-17

The ELITE Performance Level Program reinforces golf fundamentals, skills training and on-course playing skills and transitions these skills into competitive golf experiences. The focus will be on providing appropriate competitive experiences in which preparation and learning are the top priorities and where winning and results are secondary. Designed to encourage and nurture interested players, competition will be presented as a learning experience, helping to build golf and decision-making skills, positive self-esteem, resiliency and confidence on the course.

Classes run up to three times per week with a monthly schedule of skills challenges and competitive events. Participants will be able to earn Order of Merit Points throughout the season, culminating in the Junior Club Championship and MacGregor Cup tournaments in September. Activities will be planned to provide a wide range of variety and challenge.

New for 2018 will be an increased number of golf education classes, Junior Skills Challenge events, monthly competitions, social events, and individual coaching and performance reviews.

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 and Sand

Physical Literacy

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

Golf Education

Golf Safety and Courtesy for Others
 Golf Course Etiquette
 Basic Golf Rules and Scoring
 Basic Golf Terminology

Life Skills

Sportsmanship and Respect
 Basics of Healthy Nutrition and Diet
 Positive Self Talk and Calming Exercises
 Focus, Awareness and Decision-Making Skills

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: \$879 + GST (60 lessons/events: 90 hours total.)