

## ELITE – Training Level

### 'Introduction to Competition' Program - Ages 8-14

The ELITE Training Level Program focuses on further developing golf skills, positive self-esteem and confidence on the course. Group classes are socially interactive and include a mix of athletic training, golf fundamentals, golf knowledge, and an introduction on how to prepare for competition. Classes offer a balance of technical training, proper practice habits, skills challenges, on-course play, semi-competitive games and a few social activities. Participants will be able to earn Order of Merit Points throughout the season and will be welcomed to join our end-of season Junior Club Championship tournament in mid-September.

Classes run up to two times per week in the late afternoon or early evening, where instructors will provide a fun, socially interactive learning environment with plenty of positive reinforcement.

By the end of the 6-month session, participants will know the basics of the golf swing, golf rules, etiquette, scorekeeping, and how to prepare for events. Prior participation in Academy golf programs is recommended.

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: April 3 - September 20, 2018. *\*Evaluations in late March – dates to be announced.*

Classes: Tuesday sessions from 6:30-8:00 pm and Thursday sessions from 4:30-6:00 pm.

Session Cost: \$629 + GST (40 classes/events: 60 hours total.)