



# GIRLS CLUB



## 'Learn to Golf' and 'Introduction to Competition' Program - Ages 8-17

**SPRING PROGRAM: April 6 - June 22, 2018**

**SUMMER PROGRAM: July 6 - Sept. 20, 2018**

The GIRLS CLUB Program fosters the development of good golf fundamentals, life skills, positive self-esteem and confidence on the course. Group classes are socially interactive and include a mix of athletic training, a wide variety of golf skills, golf knowledge, social events, on-course playing skills and an introduction on how to prepare for competition. Spring Program participants will be welcomed to join our Junior Skills Challenge in early June while Summer Program participants will be welcomed to join our end-of season Girls Club Invitational event in mid-September.

By the end of the 3-month program, participants will know the basics of the golf swing, golf rules, etiquette, scorekeeping, and how to prepare for golf events. This program also helps prepare students who are interested in progressing to the Elite level programs. Prior participation in Academy golf programs is recommended, but not mandatory.

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, Chipping, Pitching & 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)

### 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).  
 Classes: Tuesday sessions from 4:30-6:00 pm and Thursday sessions from 6:30-8 pm.  
 Session Cost: \$449 + GST (24 classes/events: 36 hours total.)

