

Future Links 'Introduction to Competition' Program ELITE Performance Level Ages 9-16



The ELITE Performance Level Program continues to reinforce basic *and* golf fundamental movement skills and build those skills into introductory competitive experiences. The focus will be on providing appropriate competitive experiences in which winning and results are not the top priority. Competition will be presented as a learning experience, designed to encourage and nurture interested players, helping to build golf 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 lightly competitive events. Participants will be able to earn Order of Merit Points throughout the season and culminating in the Junior Club Championship tournament in early September. Some activities will be scheduled at other courses to provide greater variety and challenge.

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

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
Awareness of Others

Instructors: Derek Thornley (PGA of Canada), Blake Ceron (PGA of Canada), Lincoln Li (Assistant)

Schedule: March 27 - October 27, 2017. Mon & Wed (times to be determined), Friday's 6:30-8 pm.

Classes: 60 classes; Averaging 8 classes per month; 11 classes per month in June & July.

Session Cost: \$875 + GST (90 hours total)

