

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



The ELITE Training Level Program focusses 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 to goal setting, pre-game preparation, post-game evaluation and the basics of strategic planning. Classes offer a balance of training, practice, 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 in our end-of season Junior Club Championship tournament in early 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 & 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: April 2 - September 21, 2017.

Classes: 40 Classes (6-7 classes per month); Tuesday's 6:30-8 pm and Thursday's 4:30-6 pm.

Session Cost: \$595 + GST (55 hours total).