



# 'COMETS' Learn to Golf (Ages 7-12)

LONG TERM PLAYER DEVELOPMENT PROGRAM

The COMETS Learn to Golf Program continues to build and develop athletic movement and golf skills learned in the STARS Program, while also introducing on-course playing skills. This program helps to prepare students who are interested in progressing to the Elite level programs in the future.

Classes run on a weekly basis and are designed for all children who are interested in developing into good athletes and proficient golfers. Instructors will provide a fun, socially interactive learning environment, focusing on athletic coordination, games, golf-specific skills and education, some on-course playing opportunities and plenty of positive reinforcement.

By the end of the 3-month session, children will know the basics of the golf swing and put their skills to the test during scheduled "activity nights." Some prior golf experience is necessary.

Our course objectives and learning outcomes include:

## Golf Fundamentals

Grip, Stance, Aim, Posture and Alignment  
Balance, Rhythm  
Full Swing – Short Irons/Mid Irons  
Full Swing – Hybrids/Metal Woods  
Short Game – Putting, Chipping, Pitching and Sand

## Physical Literacy

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

## Golf Education

Golf Safety & Courtesy for Others  
Golf Course Etiquette  
Basic Golf Rules  
Basic Golf Terminology

## Life Skills

Sportsmanship, Respect and Integrity  
Basics of Healthy Exercise, Nutrition and Diet  
Positive Self Talk & Calming Exercises  
Focus and Awareness of Others

Coaches: Derek Thornley (PGA), Will Gunn (PGA) and Lincoln Li (Assistant Coach)

2 Sessions: April Session: April 5,12,19,26; May 3,4,10,17,24,31; June 1,7,14,21

Classes: Friday's 5:15 to 6:30 pm (\*activity nights, May 4 & Jun 1 from 6:15-7:45 pm)

July Session: July 5,12,19,26; Aug 2,9,16,23,30; Sep 6\*,14\*, 20\*

Classes: Friday's 5:15 to 6:30 pm (\*activity nights, Sep 6 & 14 from 6-7:45 pm, Sep 20 5:15-7)

Cost: \$299 (no GST) 12 regular classes + 2 extended activity nights: 18.5 hours total

