



‘ELITE – Performance Level’

Learn to Compete (Ages 9-17)

LONG TERM PLAYER DEVELOPMENT PROGRAM

The ELITE Performance Level Program aims to continue developing and improving skills in all golf-related competencies, including core fundamentals, game knowledge and on-course playing skills - with an increased focus on the process of developing competitive skills and a tournament temperament. Each competitive experience will provide the opportunity to learn, understand and improve. Competition will continue to be presented as a healthy, natural and fun aspect of sport. Students will build skills in goal-setting, prioritization, decision-making, focus, responsibility, perseverance, resiliency and confidence, which are essential to success both on and off the course.

To attain greater efficiency and consistency throughout the program, the following objectives and expectations are key in 2019: Goal setting and progress evaluation, Individual “Performance Journals” (charting practice plans and improvement goals), Fitness and training, Positive behavior and personal conduct standards, as well as Continued education in Rules, Etiquette and Values of the game. Sub-groups within the program will be set up according to effort, focus, age and skill level.

Classes will run two to three times a week, with a balanced schedule of skills challenges, competitive events and social activities. Our course objectives and learning outcomes include:

Golf Fundamentals

Grip, Stance, Aim, Posture, Alignment
Balance, Rhythm, Finesse
Full Swing – Irons, Hybrids, Metals
Short Game – Putting, Chipping, Pitching & Sand

Physical Literacy

Motor Skills, Agility, Balance and Coordination
Aerobic, Strength, Power, Balance Movements
Movement/Travelling Skills/Object Control Skills
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, Respect and Integrity
Basics of Healthy Exercise, Nutrition and Diet
Positive Self Talk and Calming Exercises
Focus, Awareness and Decision-Making Skills

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

Schedule: March 11-October 11, 2019

Cost: \$959 (no GST)

Classes: Mon 4:30-6 pm & Fri 6:30-8 pm

60 classes/events: 90 hours total (*see schedule)

