

## ELITE - Performance Level

### Learn to Compete

Note: This schedule is subject to minor changes which would be announced in advance.

**MARCH Schedule:** Mar 11, 18, 25 (Monday sessions from 4:15 to 5:45 pm)

| APRIL                                    |    |    |    |    |    |     |
|--|----|----|----|----|----|-----|
| SU                                       | MO | TU | WE | TH | FR | SA  |
|  | 1  | 2  | 3  | 4  | 5  | 6*  |
| 7  | 8  | 9  | 10 | 11 | 12 | 13* |
| 14                                       | 15 | 16 | 17 | 18 | 19 | 20  |
| 21                                       | 22 | 23 | 24 | 25 | 26 | 27* |
| 28                                       | 29 | 30 |    |    |    |     |
| APR: Skills/Education                    |    |    |    |    |    |     |
| Mon: 4:15-5:45 / Fri 6:30-8              |    |    |    |    |    |     |
| Apr 6,13,27: Jr Skills Challenge 5-8: pm |    |    |    |    |    |     |

| MAY                            |    |    |    |    |    |    |
|--------------------------------|----|----|----|----|----|----|
| SU                             | MO | TU | WE | TH | FR | SA |
|                                |    |    | 1  | 2  | 3  | 4  |
| 5                              | 6  | 7  | 8  | 9  | 10 | 11 |
| 12                             | 13 | 14 | 15 | 16 | 17 | 18 |
| 19                             | 20 | 21 | 22 | 23 | 24 | 25 |
| 26                             | 27 | 28 | 29 | 30 | 31 |    |
| MAY: Skills Test/Competitions  |    |    |    |    |    |    |
| May 19/26: Jr Skills Challenge |    |    |    |    |    |    |
| M: 4:15-5:45 pm/ F: 6:30-8 pm  |    |    |    |    |    |    |

| JUNE                             |    |    |    |    |    |    |
|----------------------------------|----|----|----|----|----|----|
| SU                               | MO | TU | WE | TH | FR | SA |
| 2                                | 3  | 4  | 5  | 6  | 7  | 8  |
| 9                                | 10 | 11 | 12 | 13 | 14 | 15 |
| 16                               | 17 | 18 | 19 | 20 | 21 | 22 |
| 23                               | 24 | 25 | 26 | 27 | 28 | 29 |
| 30                               |    |    |    |    |    |    |
| JUN: Skills Event/On-Course Play |    |    |    |    |    |    |
| Jun 2: Jr Skills Challenge 5-8pm |    |    |    |    |    |    |
| M: 4:15-5:45pm/ F: 6:30-8pm      |    |    |    |    |    |    |

| JULY                          |    |    |    |    |    |    |
|-------------------------------|----|----|----|----|----|----|
| SU                            | MO | TU | WE | TH | FR | SA |
|                               | 1  | 2  | 3  | 4  | 5  | 6  |
| 7                             | 8  | 9  | 10 | 11 | 12 | 13 |
| 14                            | 15 | 16 | 17 | 18 | 19 | 20 |
| 21                            | 22 | 23 | 24 | 25 | 26 | 27 |
| 28                            | 29 | 30 | 31 |    |    |    |
| JUL: On-Course Playing Skills |    |    |    |    |    |    |
| Game Skills + Play on Course  |    |    |    |    |    |    |
| M: 4:15-5:45 pm/ F: 6:30-8 pm |    |    |    |    |    |    |

| AUGUST                        |    |    |    |    |    |    |
|-------------------------------|----|----|----|----|----|----|
| SU                            | MO | TU | WE | TH | FR | SA |
|                               |    |    |    | 1  | 2  | 3  |
| 4                             | 5  | 6  | 7  | 8  | 9  | 10 |
| 11                            | 12 | 13 | 14 | 15 | 16 | 17 |
| 18                            | 19 | 20 | 21 | 22 | 23 | 24 |
| 25                            | 26 | 27 | 28 | 29 | 30 | 31 |
| AUG: On-Course Playing Skills |    |    |    |    |    |    |
| Game Skills + Play on Course  |    |    |    |    |    |    |
| Volunteer Coord. Play Nights  |    |    |    |    |    |    |
| M: 4:15-5:45 pm/ F: 6:30-8 pm |    |    |    |    |    |    |

| SEPTEMBER                     |    |    |    |    |     |    |
|-------------------------------|----|----|----|----|-----|----|
| SU                            | MO | TU | WE | TH | FR  | SA |
| 1                             | 2  | 3  | 4  | 5  | 6   | 7  |
| 8*                            | 9* | 10 | 11 | 12 | 13* | 14 |
| 15*                           | 16 | 17 | 18 | 19 | 20  | 21 |
| 22                            | 23 | 24 | 25 | 26 | 27  | 28 |
| 29                            | 30 |    |    |    |     |    |
| SEP: Prepare to Perform       |    |    |    |    |     |    |
| M: 4:15-5:45 pm/ F: 6:30-8 pm |    |    |    |    |     |    |
| Club C: Sept 8, 9, 13, 15     |    |    |    |    |     |    |
| MacGregor Cup: Sept 24 & 28   |    |    |    |    |     |    |

**OCTOBER Schedule:** Oct 4, 11, 18 (Friday's 4:15 to 5:45 pm / Oct. 18 Awards Dinner)

### PROGRAM OUTLINE

This program combines higher level skill training to help build confidence while learning to compete.

MARCH - Pre-season training mixed with education classes.

APRIL - Skills development of swing, short game, golf-specific education & Jr Skills Challenges.

MAY - Skills testing, golf fitness, on-course play, begin competitive schedule.

JUNE - Continue competitive schedule, on-course games and social "Schools Out" event.

JULY - On-course playing skills; self and game management skills; various skill & competitive formats.

AUG - On-course playing skills; self and game management skills; various skill & competitive formats.

SEPTEMBER - Preparation for Club Championship week and MacGregor Cup Team Match Play event.

OCTOBER - Post-season training, off-season goal setting and season-ending wrap-up event.

### ELITE PERFORMANCE LEVEL STUDENTS WILL RECEIVE

A "Player Profile" form that includes personal goals, game characteristics and progress reports.

Performance Journals discussed with coaches to review goals, skills, progress and competitive schedule.

Order of Merit Points Race - points awarded for participation, effort, improvement and results.

Development of golf skills, golf knowledge and self/game management skills.

Opportunity to participate in three Junior Skills Challenge events.

Opportunity to participate in monthly competitions and events (April-October).

Opportunity to play in the Junior Club Championship (age-appropriate divisions) and MacGregor Cup.

Encouragement and support to participate in local competitive events outside of the Elite Program.