



# ‘ELITE – Training Level’

## Learn to Golf & Introduction to Competition (Ages 8-14)

LONG TERM PLAYER DEVELOPMENT PROGRAM

The ELITE Training Level Program focuses on 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 on how to prepare for competition. Classes offer a balance of technical training, proper practice habits, skills challenges, on-course play, semi-competitive games and a variety of social activities. Participants will be able to earn Order of Merit Points throughout the season and will be welcomed to play in our end-of season Junior Club Championship in September.

Classes run up to two times per week in the late afternoon or early evening, with instructors providing 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. Sub-groups within the program may be set up according to effort, maturity and skill level. 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  
Aerobic, Speed, Strength and Power  
Movement/Travelling Skills/Object Control Skills  
Balance Movements, Stamina and Flexibility  
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 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: April 4 - September 26, 2019

Cost: \$659 (no GST)

Classes: Tues 6:30-8 pm & Thurs 4:30-6 pm

40 classes/events: 60 hours total

