



'GIRLS CLUB'

Learn to Golf & Introduction to Competition (Ages 8-16)

LONG TERM PLAYER DEVELOPMENT PROGRAM

The GIRLS CLUB Program fosters the development of good golf fundamentals, life skills, positive self-esteem and confidence on the course. Group classes are socially interactive and include a mix of athletic training, a wide variety of golf skills, golf knowledge, social events, on-course playing skills and an introduction on how to prepare for competition. Spring Program participants will be welcomed to join our Junior Skills Challenge in April, while Summer Program participants will be welcomed to join our end-of season Girls Club Invitational event in mid-September.

By the end of the 3-month program, participants will know the basics of the golf swing, golf rules, etiquette, scorekeeping, and how to prepare for golf events. This program also helps prepare students who are interested in progressing to the Elite level programs. Prior participation in Academy golf programs is recommended, but not mandatory.

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)

2 Sessions: April Session (April 2-June 20)
July Session (July 2-Sept. 19)

Classes: Tues 4:30-6 pm & Thurs 6:30-8 pm
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Cost: \$489 (no GST)

26 classes/events: 40 hours total

