



‘GIRLS CLUB – Training Level’

Learn to Compete (Ages 11-17)

LONG TERM PLAYER DEVELOPMENT PROGRAM

The GIRLS CLUB Learn to Compete Program has been created for students who have participated in the regular program and are ready to move up to a more competitive level. This 6-month course will help to nurture both playing and competitive skills, preparing students in areas of focus, course strategy and game management. This program will appeal to students who enjoy golf as one of their primary activities and provide them with multiple opportunities to progressively develop competitive skills, along with a variety of fun, social events.

Learning to compete in a healthy, supportive environment helps prepare students for the realities of life, in which successful advancement comes from a process of goal setting, intelligent planning, interpreting feedback and understanding how to use a variety of analytical skills to help with steady improvement. Learning new competitive skills, in combination with a continual strengthening of golf fundamentals, life skills and positive self-esteem, will help develop greater confidence on the course.

Participants will go through early season skills training before moving into a schedule of monthly events that will include individual skills challenges, team formats, match play, stroke play and our end-of season Junior Club Championship in September. Our course objectives and learning outcomes include:

Golf Fundamentals

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

Physical Literacy

Motor Skills, Agility, Balance and Coordination
Aerobic, Speed, Strength and Power
Movement/Travelling Skills
Object Control Skills, Balance Movements
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), Ye Rin Suh (PGA)

Schedule: April 1-September 29, 2020

Cost: \$699 (no GST)

Classes: Tues 4:30-6:00 pm & Thurs 6:30-8:00 pm

40 classes/events: 60 hours total

