



ELITE – Excel Learn to Compete (ages 10-17)

LONG TERM PLAYER DEVELOPMENT PROGRAM
52 CLASSES: 90 + HOURS TOTAL

The ELITE Excel Program is our newest and highest-level long-term player development program - designed for students who are excelling at golf at a faster rate. It’s an opportunity for students who are passionate about improvement to further develop understanding and self-control in physical, mental, social and emotional skills relative to golf.

This will be a smaller class of students that have demonstrated - or are in the process of acquiring - skills for competitive year-round training and tournament play. Students will be accustomed to playing and practicing on their own time and showing genuine interest in excelling at all skills associated with high-level golf. Our vision is to create a culture of excellence in which students are surrounded by others who have a similar passion for excelling at golf.

The Excel Program will also help serve as a platform and pathway towards advancing students for high school- and university- level teams. Coaches will try to attend one to two selected local tournaments with the Excel Team to assist with preparation and evaluate performance. Desire, work ethic and a “growth” mindset are the most essential qualities required (*search: Carol Dweck Growth & Fixed Mindsets*).

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

Golf and Life Skills

Goal Setting	Course Management: Game Plans, Yardage Books & Decision-Making Skills
Seasonal Planning	Training, Performance, Rest & Recovery Developing Reflective Thinking
Journal Tracking	Self-Management: Healthy Nutrition, Diet, Sleep, Exercise and Fitness
Technical Training	Self-Management: Positive Self-Talk & Behavior; Emotion Control
Use of Technology	Courtesy & Sportsmanship Equipment Fitting Focus & Concentration
Rules and Etiquette	Respect, Responsibility, Perseverance, Confidence & Self-Evaluation

Coaches: Derek Thornley (PGA), Blake Ceron (PGA) and Josh Kujundzic (Assistant Coach)

Schedule: March 15 - September 20, 2021 Mon 4:15-6:00 & Fri 6:30-8:15 pm + Game Nights

Cost: \$1,089 (no GST) 52 classes/events: 90 + hours total

