



## ELITE - GIRLS Learn to Compete (ages 10-17)

LONG TERM PLAYER DEVELOPMENT PROGRAM  
35 CLASSES: 65 HOURS TOTAL

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 continual improvement in the following:

### **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: March 30-September 23, 2021

Cost: \$799 (no GST)

Classes: Tues 4:15-6:00 pm & Thurs 6:15-8:00 pm

35 classes/events: 65 hours total

