



ELITE – Training Learn to Compete (ages 8-14)

LONG-TERM PLAYER DEVELOPMENT PROGRAM: GOLD, SILVER, BRONZE LEVELS
35 CLASSES: 65 + HOURS TOTAL

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 qualify for 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. Gold, Silver and Bronze levels within the program will help keep players challenged and improving at an optimal level that is best suited to their skill and athletic ability. Our course objectives and continual 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), Blake Ceron (PGA) and Josh Kujundzic (Assistant Coach)

Schedule: March 30 - September 28, 2021 Tues 6:15-8:00 pm & Thurs 4:15-6:00 pm

Cost: \$799 (no GST) 35 classes/events: 65 + hours total

www.fraserviewgolfacademy.com

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