



METEORS Learn to Golf – Development Level (ages 8-12)

LONG-TERM PLAYER DEVELOPMENT PROGRAM
18 CLASSES: 32 HOURS TOTAL

The METEORS Learn to Golf Program is new for 2021 and aims to provide students with an intermediate level step towards learning on-course playing skills. Students will receive higher level skill development, an introduction to basic course strategies and mental-emotional-focus skills. This program helps to bridge the gap between “Learn to Golf” and “Learn to Compete” programs for the future.

Classes run on a weekly basis and are designed for all children who are interested in developing into good athletes and proficient golfers. Instructors will provide a fun, socially interactive learning environment, focusing on athletic coordination, games, golf-specific skills, and education.

By the end of the 4-month session, children will know the basics of the golf swing, short-game, rules and etiquette. Completion of the Comets Program or similar prior golf experience is necessary.

Our course objectives and learning outcomes include:

Golf Fundamentals

Grip, Stance, Aim, Posture and Alignment
Pre-shot Routine
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
Strength and Power
Movement/Travelling Skills/Object Control Skills
Balance Movements, Stamina and Flexibility
Fine Motor Skills (Dexterity and Synchronization)

Golf Education

Golf Safety & Courtesy for Others
Golf Course Etiquette
Basic Golf Rules
Basic Golf Terminology

Life Skills

Sportsmanship, Respect and Integrity
Basics of Healthy Exercise, Nutrition and Diet
Positive Self Talk & Calming Exercises
Focus and Awareness of Others

Coaches: Derek Thornley (PGA), Blake Ceron (PGA) and Eva Li (Assistant Coach)

Session 1: March 10 to July 7, 2021 Wednesday's 6:00 to 7:45 pm \$469 (no GST)

Session 2: July 14 to Nov 10, 2021 Wednesday's 6:00 to 7:45 pm \$469 (no GST)

* Classes will run for 18 consecutive Wednesday's in each session (32 hours total)

