



GIRLS CLUB Learn to Golf (ages 7-12)

LONG TERM PLAYER DEVELOPMENT PROGRAM

The GIRLS CLUB Program fosters the development of good golf fundamentals, life skills, positive self-esteem and confidence on the course. Group classes are socially interactive and include a mix of athletic training, a wide variety of golf skills, golf knowledge, social events, on-course playing skills and an introduction on how to prepare for competition. Participants will be welcomed to join either our Junior Skills Challenge (Spring Session), or our Girls Club Team Event in September (Summer Session).

By the end of the 3-month program, participants will know the basics of the golf swing, golf rules, etiquette, scorekeeping, and how to prepare for golf events. This program also helps prepare students who are interested in progressing to the Elite level programs. Prior participation in Academy golf programs is recommended, but not mandatory.

Our course objectives and 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

