



NEW COMPETITOR TEAM

"Introducing the Pillars of Golf Performance"



TEAM HANDBOOK
SPRING / SUMMER 2017

Program Introduction:

The purpose of this handbook is to introduce our 2017 “New Competitor” program offerings and to outline various policies that affect participating athletes and their families. We encourage all prospective families to read it, so that they become familiar with important details pertaining to the program. Beyond the core program details, including dates and pricing, we are confident that you will find this handbook to be helpful as you begin to navigate through the landscape of competitive golf. We’ve included many resources for parents of competitive golfers and we encourage you to ask us many questions after your reading of it.

The program outlined in this document is an attempt at synthesizing many layers of golf coaching into a comprehensive and holistic program for developing junior golfers – usually between the age of 8 -13. This is a critical stage of development for young athletes as it enables them to establish healthy patterns of movement and effective training habits. In fact, this is an ideal “window of trainability” for young athletes, and it could be considered to be the most critical stage in a young golfer’s development. Athletes in the program will receive guidance on themes like time-management, physical development, sports psychology, nutrition, competitive play, tactical strategies, and technical development of golf skills.

The goal of our program is to provide an exceptional golf training program for our athletes while working to foster passion and love for the game of golf. We aim to equip young players with the etiquette and training habits which will ensure continued growth in the game. Furthermore, we aim to prepare athletes for competition at a club and regional level and to assist families with navigating the competitive golf landscape and with gaining a better understanding of the training habits of competitive junior golfers.

This program demands considerable commitment on behalf of the families involved as well as the coaching staff, and we are confident that this program is among the very best in our country. Please look over the entire document and let us know of any questions you may have.

Program Overview:

The “New Competitor” team is designed to help young junior golfers develop strong golf, athletic, and life skills as well as give them the necessary tools needed to begin playing in competition. These athletes will typically enjoy golf as just one of their many sports that they play. The goal is to develop dynamic athletes who understand the fundamentals of golf and, more importantly, how to learn and evolve as athletes. Each team practice covers a theme in golf and helps young athletes draw connections between the game of golf and other skills they already have. We then move to show them how to develop those skills in relation to golf.

Participating athletes must:

- ✓ Have participated in introductory level golf camps or clinics
- ✓ Have been exposed to on-course play
- ✓ Be between the ages of 8 – 13 (some exceptions may apply)
- ✓ Be interested in further developing their golf skills through advanced techniques
- ✓ Be a strong student with good time management skills
- ✓ Be a coachable athlete with a positive attitude towards learning
- ✓ Currently have interest in multiple sports and hobbies

Coaching Staff / Administration:

It could be argued that nothing has more influence on the quality of a child's development in sport than the excellence of the coaching he/she is surrounded with. Golf Performance Coaches is proud to unite the two most decorated coaches in our country together, with both Jeff Overholt and Jon Roy on the front lines at all coaching sessions. Also supporting the program is a team of apprentice GPC coaches - all of whom themselves play competitive golf, and have been mentored by GPC for several years.

All of our GPC coaches specialize in junior golf development, and have exposure to some of the most comprehensive training and certification programs for golf in the world. As a group, we possess expert training and extensive experience in the physiology and psychology of development, as well as the tactical and technical components of competitive golf. Our staff is motivated by the mission to support and develop junior athletes with the finest information available and to provide an awesome experience for them while they learn.

Coaching Support:

The spirit of this program is to offer unconditional support to the players enrolled in this program as they begin their journey into competitive golf. As such, participating athletes can expect to receive lots of "attention" outside of the scope of this schedule. But in an attempt to compartmentalize the offering, players who participate in the New Competitor Team will receive the following core programming.

- Team Practices
- Team Match Play Series Events
- Individual Coaching Sessions
- Parent/Family Support

Team Objective / Skill Development Goals:

General - Program Objectives:

- Develop passion and love for the game of golf
- Learn to train effectively for lasting skill acquisition and proper development of physical abilities
- Enhance motor skills development – help young athletes learn to control their bodies and develop a wide athletic base
- Learn tactical strategies and mental game techniques appropriate to competitive golf
- Introduce players to the rules and etiquette of the game.

Specific – Skills Development Areas:

1. Enhancing swing fundamentals - exhibiting balance and speed, and producing solid contact.
2. Basic understanding of shot selection and ball flight laws
3. Controlling attitudes and reactions to outcomes (self-esteem / emotional control)
4. Developing proper practice and training habits
5. Introducing pre-shot routines & target focus
6. Developing goal setting and self-management
7. Introducing club-fitting and equipment optimization
8. Enhancing physical literacy – Agility, Balance, Coordination
9. Introducing golf history while developing appreciation for the rules and etiquette of golf.

What a typical New Competitor season could look like...

Semester #1: May 1 – June 30

- Attend scheduled team practices
- Coordinate 2 – 3 one-on-one coaching sessions
- Attend Team Match Play Series Events on Saturday or Sunday afternoons
- Register for a few competitive events

Semester #2: July 1 – August 31

- Attend scheduled team practices
- Coordinate 2 one-on-one coaching sessions
- Register / participate in a few competitive events (Bantam/PeeWee, CJGA/MJT, Local tours)
- Participate in a NC Team summer training camp

Semester #3: September 1 – October 1

- Attend scheduled team practices
- Coordinate a one-on-one coaching sessions
- Attend Team Match Play Series Events on Saturday or Sunday afternoon's
- Attend closing day at Wooden Sticks October 1st.

Additional Coaching Support:

We offer many specialized training opportunities for New Competitors throughout the spring and summer months. These training camps and events are available to the New Competitor Team at a reduced cost, and offer an excellent enhancement to the regular work they will be doing as part of the team. We will be posting updated activities as they come about, including interclub matches, multi-day training camps, and field trips to various events.

Multiple Day Training Camps

- June 21 – 23 at Meadowbrook G&CC
- July 26 – 28 at Wooden Sticks GC
- August 12 – 14 at Coppinwood GC

Tournament Observation

We will be at many of the junior events throughout the summer, and for many of them we organize group activities, such as practice rounds or tournament support at events. The schedule for these events will be posted once we've identified which events are most popular this season.

Additional Coaching

Players are welcome to enlist additional hours of one on one coaching services depending on their level of interest and dedication. These arrangements can be made directly with Jon or Jeff at any point in the season.

Tuition Fees:

All fees include HST

OPTION AA.

“Full –Time”

Includes all of the program activities (see appendix)

- 13 x Team practices
- 8 x On-Course Match Play Series Events
- 6 x Hours of Individual coaching sessions

Full Outdoor Season = **\$1750**

OPTION A.

“Part- Time”

Allows a player to come in and out of the program – perhaps from conflicts with other commitments.

Semester #1 = **\$900**

- 6 x Team Practices
- 5 x On-Course Match Play Series Events
- 3 x Hours of Individual Coaching

Semester #2 = **\$450**

- 4 x Team Practices
- 2 x Hours of Individual Coaching

Semester #3 = **\$500**

- 3 x Team Practices
- 3 x On-Course Match Play Series Events
- 1 x Hour of Individual Coaching

NOTE: All players will also be required to pay a set “team fee” which will help us to build a “team” environment and will cover the costs of some logoed clothing and equipment, as well as our closing day event. This fee is applied to any player who joins the team at any point.

Base Team Fee = **\$175**

Appendix I – Coaching Schedule

i. Team Practices

Time: 6:00 – 7:30pm
Location: Within Range / Thornhill
Dates:

Semester #1

- May 11 & 18
- June 1 & 15

Semester #2

- July 13
- August 10

Semester #3

- September 7 & 14

Time: 6:00 – 7:30pm
Location: Carrying Place G&CC
Dates:

Semester #1

- May 25 & June 29

Semester #2

- July 27 & Aug 24

Semester #3

- September 21

ii. On-Course Match Play Series

The players previous experience with on course play and their current skill level will determine whether they compete in the Level 1 or Level 2 match locations.

LEVEL #1

Time: 3:30 – 7:30pm
Location: Mill Run GC

Semester #1

- May 28
- June 4, 11, 18, & 25

Semester #3

- September 10, 17, & 24

LEVEL #2

Time: 3:30 – 7:30pm
Dates / Location:

Semester #1

- May 27th at Carrying Place GC
- June 3rd at Meadowbrook GC
- June 10th at Summit G&CC
- June 17th at Weston G&CC
- June 24th at Wooden Sticks GC

Semester #3

- September 9th at TBD
- September 16th at TBD
- September 23rd at TBD

iii. Individual Coaching Sessions

These coaching sessions will be scheduled on a monthly basis at a date / time which best suits the families calendar. Sessions will take place at one of the following locations:

- Carrying Place GC
- Within Range / Thornhill
- Wooden Sticks GC

Appendix II – Parent Resources

i. The Competitive Pathway:

Competition is often a new and exciting component at this stage of the player development model. Tournament scheduling assistance is available in early May with event recommendations based on the player’s level of skill development. The following chart represents the classic trajectory of a young player, from Local yours up through to International events.



NCG athletes are recommended to play in roughly 5 – 10 competitive events a season. A typical season would have athletes playing in 2 – 4 local, 2 – 3 regional / district, and perhaps 1 provincial event. For most NCG athletes the Golf Ontario “Bantam Championship” will be their biggest event and should be considered as their “major” – it will be played outside of Kingston in late August. Outside of these, players should look into smaller tours, like the US kids tour, The Durham Rookie Tour, the Toronto City Courses tour, or certain CJGA and Maple Leaf tour events as well. Please do not hesitate to ask our coaching staff about good options for your child.

ii. Equipment:

It is the responsibility of the athlete to come prepared for all coaching sessions. Players should have the following items with them at a coaching session:

- ✓ Golf Bag with all golf clubs
- ✓ Golf bag should include tees, golf balls, ball marker, divot repair tool
- ✓ Umbrella & Rain Jacket (outdoor)
- ✓ Proper golf attire – this includes proper golf shoes
- ✓ Bottle of water and snacks

With regards to the clubs a player uses, parents should understand that equipment will necessarily be altered on a frequent basis at this stage. Equipment changes will be most frequent between the ages of 10 – 15 when a young athlete’s growth rate is typically accelerated. During the later portions of this time period, it is recommended that you find a custom club maker in your area to help you with this process. We are happy to assist with the club fitting and equipment maintenance recommendations as well. For the early stages of this age, The US Kids brand is a very well respected option – full sets will run about \$750, while partial sets are closer to \$500.

iii. Sports Parenting:

As you've surely learned in all of the sports and activities you're registered for to date, parents play an important role in the development of the junior golf athlete. To have a successful program there must be understanding and cooperation among parents, golfers, and coaches. The progress your youngster makes depends to a great extent on this triangular relationship. It is with this in mind that we ask you to consider this section as you join program. The following guidelines will help you keep your child's development in the proper perspective and help your child reach his/her full potential as an athlete.

Coach – Parent - Player Interaction

The goal is for the junior golfer to relate to his or her coach as soon as possible concerning golfing matters. This ideal relationship between coach and golfer produces best results for learning and developing skills. When parents interfere with opinions as to how the golfer should golf or train, it can cause considerable, and often times insurmountable, confusion as to who the young golfer should listen to. The coach's job is to motivate and constructively criticize the golfer's performance. Meanwhile it is the parent's job to supply the love, recognition, and encouragement necessary to make the child work harder in practice, which in turn gives him/her the confidence to perform well in competition.

Over the years we have found it to be a good process for specific roles of the parent to be clearly defined in order for optimal success, so here's an attempt at opening the conversation:

- Provide child with unconditional support regardless of their golf performance
- Do not try to help or teach your child with their golf skills – allow the coaches to do their job
- Listen and take advice from coaching staff
- Communicate openly and honestly with coaching staff
- Please make every effort to have your golfers to their coaching session on time.
- Stay away from athletes and coaches during coaching sessions
- Be sure that your own expectations are in line with your child's – but understand the difference between you and them
- Become educated about the game of golf - learn to appreciate the difficulty and the allure of the game
- Understand how one progresses through the sport of golf – skill acquisition is a long-term process, often with many bumps along the road
- Compliment growth with a basic understanding of nutrition and recovery and encourage good athletic behaviors (proper sleep, hydration, etc.)
- Be a role model. Active parents tend to produce active children – and the reverse is also true.

iv. Great Resources for Parents of Golf Athletes

- [Golf Performance Coaches](#)
- [Vision 54](#)
- [Long Term Player Development Guide](#)

v. Code of Conduct:

The majority of the golfing experience happens on the golf course or practice facility, involving athletes and coaches. Because of this, we cannot ask parents to maintain a constant watch to ensure proper behaviour from their children. As an organization with abiding responsibilities for the growth, development, safety and competitive success of dozens of young athletes, we have created this “Code of Conduct”.

Our Code of Conduct applies to everyone associated with the program including golfers, coaches, parents, golf clubs, and volunteers. This program strives to ensure a safe environment for its members and endeavors to foster healthy relationships among its golfers. For these reasons, we have adopted a zero-tolerance policy.

Expectations / Responsibilities of Athletes

- ✓ Respect the efforts of coaches, facility staff, other group members and competitors
- ✓ Respect all public and private property, including practice facilities, clubhouse, and golf course.
- ✓ Give 100% effort at all times throughout coaching sessions
- ✓ Be honest and upfront with all coaching staff
- ✓ Honor the integrity of the game
- ✓ Be a long term learner through the discovery process
- ✓ Have fun and always keep an open mind
- ✓ Attend and be on time for all practices and competitions
- ✓ If asked, help setup or take down any training equipment (picking up golf balls etc.)
- ✓ Ensure that all communication is delivered to parents

Prohibitions

- ✓ Disrespectful, indiscreet or destructive behavior will not be tolerated. It is the responsibility of each golfer to make every effort to avoid guilt by association with such activities at any time during the year.
- ✓ No bullying of any team members, coaches, or competitors.

Discipline

While some behavior is much more unacceptable than others, any breach of a rule may result in some form of disciplinary action up to and including a temporary suspension from the program. Occasionally a coach must discipline an athlete. Depending on the nature of the problem, the coach may speak privately to the individual or to the parents.

At the discretion of the coaching staff any one or all of the following actions will be applied:

1. Golfer may be sent home immediately from a coaching session or tournament at his / her own expense and if there is extra expense it will be golfer’s responsibility.
2. The golfer may be suspended from the team until the golfer and parents have had a conference with the coaching staff and appropriate disciplinary actions have been implemented.