

A NEW JUNIOR PROGRAMME BEGINS TERM ONE, 2019

Redwood Park Golf Club want more young people to play golf and develop active healthy lifestyles. We want to implement a junior programme that follows best practice; is endorsed by NZ Golf; is delivered by trained coaches; uses a variety of coaching resources and activities ; and engages with our Club volunteers.

From February 2019 , Coaches Inc (PGA coaches Adam Bonner and Matthew Davis; PGA Foundation coach Chris Peak) will lead our junior programme with support from our Club volunteers (Kevin, Carol, Taman, Robyn) .

beginners

- coaching on Sunday mornings at 10am
- 1 hour session per week
- coaching is for 8 weeks each term
- each week will alternate between a qualified PGA coach and a PGA foundation coach
- \$120 per school term includes Club membership and coaching

intermediate

- coaching on Sunday morning at 10am (*for term 1, 2019*)
 - 1 hour session per week
 - coaching is for 8 weeks per term
 - each week will alternate between a qualified PGA coach and a PGA foundation coach
 - Sunday afternoon group play on the course , with Club volunteers
 - Monday afternoon sessions, practicing skills from Sunday , facilitated by our Club volunteers
 - Play at other times on the course with an adult (not Sat/Sun mornings)
 - \$140 per school term includes Club membership and coaching
- NOTE: For term 1 , 2019, the fee will be \$120**

advanced

- coaching by arrangement
- Sunday afternoon group play on the course , with Club volunteers
- Monday afternoon practice sessions, facilitated by our Club volunteers
- Play at other times on the course (not Sat/Sun mornings)
- \$357 per year for Club membership

Redwood Park Golf Club is committed to providing a development pathway for our young people. The coaching programme with Coaches Inc will commence Sunday 10th Feb 2019. During term 1, 2019, all players in the junior coaching programme will be assessed as to their ability level . To start the programme off, all players (both beginner and intermediates) will combine in one class at 10am on Sunday . If numbers warrant , another clinic at 11.15am will be offered. We have committed to engaging the services of Coaches Inc based on a minimum of 5 players per coaching clinic.

At the end of term 1, Coaches Inc will advise players/parents as to which group level they will participate in term 2.

Coaches Inc have outlined their approach to coaching below:

1. Creating purpose and a love for the game : Our #1 priority for parents & students. One example of how we achieve this is families are sent a visual 'golf 1o1' resource which paints a clear picture of everything surrounding their child's golf development and playing experiences in the future.

2. Skill development that grows with your child: Skill exposure (golf techniques/physical literacy) aligned to the brain/body development state of students promoting earlier success and increased enjoyment.

3. Testing & re-testing: Used to liberate student motivation and clearly show progression e.g. physical, technical, golf course theory.

4. Learning through play: Skill games/activities/competitions with varying challenge levels to stimulate all student levels with specific objectives that reward good behaviour/performance.

5. 1 on 1 support: Students will receive 'specific to them' key focus points (KFPs') which enables them to achieve the movement or outcome they desire.

6. Training aids: Are a fun and effective way to accelerate skill/movement execution. A wide range of training aids will be used during class time which can also be purchased and used in students own practice time (home or at the golf club).

7. Communication: A variety of methods are used however questioning is at the core of everything we do as we believe this method of support challenges students to think, thereby implanting ownership of the change or idea. Simply speaking, we feel instruction as a means to communicate (although sometimes un-avoidable) is a limiting way to communicate and hence the students form a reliance on the coach for answers. Our stance is that it is our role as mentor's to teach students how to problem solve themselves and/or make informed decisions.

8. Game of life : Coaches Inc. places high importance on caring/developing the person first, and golfer second and use a unique behavioural system which not only prepares our little people for the big wide world, but allows them to get the most out of each and every golf experience. Parents, prepare to be amazed on this one!

To register for the new programme starting term 1, 2019, can you please complete a registration form and leave it at the office or send it to me via email : manager@redwoodparkgolf.co.nz.

If you wish to discuss this new junior programme , please contact me as per details below .

kind regards

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