



GOLF Premier Option – John Paul College, Rotorua

## **TIER 1 - EXPERIENCE GOLF**

*Caters for those from beginner to competent playing level*

### **Expected outcomes**

- to confidently be able to enjoy a game of golf
- to be able to register a golfing handicap or to considerably reduce an existing golf handicap within a year

### **Key Elements of Coaching Programme**

- Development of key swing fundamentals such as grip, stance, posture and pivot motion.
- Understanding of the players swing and creating confidence
- Short game skills including chipping, putting and pitching.
- Playing strategies for peak performance that include course management.
- Practice and playing management including weekly plans and goal setting.
- Coaching including detailed Video analysis (ipad)
- Interschool and possibly club competition
- Monthly progress reports with a more comprehensive quarterly one.
- What each student will learn will be discipline, dedication and determination that will be lifelong traits that each student will carry into areas away from golf.

### **A Typical Week's Schedule**

- One 1 –hour coaching lesson .
- At least one practice session per week (Facilities allow unlimited practicing)
- Optional: School and Club Tournaments on weekends
- Optional: Tier One Students can join the Waiariki Academy of Sport (WAOS) group fitness classes which focus on cardiovascular fitness, circuit and core training. The option is there to join up to 3 sessions per week.