



GOLF Premier Option – John Paul College, Rotorua

TIER 2 – COMPETE IN GOLF

Caters for competent golfers who want to raise their level of playing to a competitive club level.

Expected outcomes

- To further improve their skills of golf so that they can confidently and regularly compete in club tournaments.
- To reduce an approximate handicap of around 15, to the 3-5 HDC level within a year.
- Gaining of NCEA related credits which can be used in the JPC academic programme

Key Elements of Coaching Programme

In addition to the further intensification of the skills promoted in the Tier One Programme, the course would also provide for:

- Bi-weekly coaching sessions
- The development of a consistent swing which is more efficient, stronger and capable to hold under pressure. The constant development of key swing fundamentals will be paramount but we will be able to work strongly on swing efficiency and consistency.
- High Tech Swing Analysis-Flight Scope launch Monitor used weekly alongside video for outstanding detail for swing analysis and improvement.
- Optional: 9 hole Playing lesson to learn key fundamentals of playing such as course management, strategies and game plans.
- Unlimited practice opportunities on exclusive Waiariki 9-hole practice range
- Play rounds on world renowned Rotorua Club 18 hole golf course – (when openings allow)
- Regular club competitions
- Regional tournaments (including NZ Age Group Champs) – once a lower handicap is reached
- Participation in regular group fitness sessions
- Achievement of Waiariki NZQA sport specific unit standards.

A Typical Week's Schedule

- Two 1-hour coaching lessons on Rotorua Golfcourse.
- At least two practice sessions per week (more if student can).
- Optional: One 9 hole playing lesson per week.
- Club Tournaments on weekends and then participation in selected regional tournaments

- Compulsory: Tier Two students can join the Waiariki Academy of Sport (WAOS) group fitness classes which focus on cardiovascular fitness, circuit and core training. This involves up to 3 sessions per week. Tier Two students will be offered golf specific group training sessions once per week.
- The JPC Gymnasium Club is also available for use

Tier Two Expenses

Core costs

- Rotorua Golf Club membership (Annual junior fee of NZ\$150 enables full use of facilities)
- Two individual professional coaching sessions per week - on the practice fairway (20 lessons per term. One will be with Flight Scope NZ\$100 and one without NZ\$60 per week. Reduction if coaching takes place as a double or trio.
- Player management services includes @ NZ\$60 per hour x 1.5 hours per week.

Optional/Additional costs

- One 9 hole playing lesson would be advised by the coach per week at a rate of NZ\$140.00. If shared with other students this can be reduced.
- Flight Scope practice/training sessions can be arranged at a cost of NZ\$75 per hour.
- Tournament costs up to NZ\$100 plus transport and management costs.
- Waiariki Group Gym Fitness (Tier Two programme) - NZ\$ 280 per term
- Own clubs preferred but a hire plan can be arranged or custom fitted clubs can be arranged for each student at the pro-shop at a cost to the parent.
- JPC Gymnasium Annual fee of \$150 gives unlimited use of a full range of modern fitness equipment
- NZQA registration costs - \$380

A suggested prepaid amount of at least \$2,650 for one term's core coaching, can be deposited into the Personal Account managed by John Paul College. This would be a safe and uncomplicated way of managing the golfing activities. Statements can be issued at any time and any unused money can be refunded. This Tier Two core coaching package will cover 10 Flight Scope and 10 conventional coaching sessions, club fees, as well as the 10 management/planning sessions.

Flight Star
Radar Technology

