



## **TIER 3 – EXCELL IN GOLF**

*Caters for those high performance athletes who wish to excel in regional and national competitions and who have aspirations to be a professional golfer.*

### **Expected outcomes**

- To further improve their skills of golf so that they can confidently compete in regionally and nationally recognised tournaments.
- To reduce an approximate golf handicap of around 10, to below the 3-5 HDC level - within a year.
- Optional: to gain NCEA related credits which can be used within the JPC academic programme

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

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

- Three coaching sessions per week including a 9 hole playing lesson.
- State of the art Swing Analysis-Flight Scope launch Monitor used weekly alongside video for outstanding detail for swing analysis and improvement.
- Key fundamentals of elite golfers taught as well as the implementation of essential traits of PGA Tour Players. A professional approach to each students golf will be taught and will apply to their practice, play and off the course. Their practice will be periodised and monitored so they do all they can to reach their peak at key tournaments.
- Unlimited practice opportunities on exclusive Waiariki 9 hole practice range
- Regular rounds of golf on world-renowned Rotorua Club's 18 hole course
- Regular club and regional competitions
- The playing of NZ Order Of merit tournaments (if possible)
- Compulsory participation in regular group fitness sessions
- Personal one-on-one fitness training
- Achievement of Waiariki NZQA sport specific unit standards -(optional)

## Typical Week's Schedule

- Two-1 hour practice sessions per week plus a two hour 9 hole playing lesson.
- At least two practice sessions per week (expected to do more)
- Club Tournaments on weekends and then participation in selected regional tournaments
- Compulsory: Tier Three 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 Three students will be offered golf specific group training sessions once per week as well as a one-on-one personal training and conditioning sessions – also once per week.
- Tournaments would involve participation in events lasting up to three days. JPC would allow attendance if it clashed with classes.

## Tier Three Expenses

### Core costs

- Rotorua Club membership ( Annual junior fee of NZ\$150 enables full use of facilities )
- Two professional coaching sessions per week @ NZ\$100 per lesson. (Costs reduced if lesson is shared with others. For Tier 3, Flight Scope used each time)
- Player management services includes practice plans, statistic management and monitoring @ NZ\$60 per hour for 1.5 hours per week.
- 9 hole playing lesson each week @NZ\$140.00.
- Waiariki Group Gym Fitness - NZ\$ 640 per term

### Tournament Costs

Regional and National Tournament costs up to NZ\$100. In addition there are transport and management expenses which can be calculated on a case by case basis.

### Optional costs

- The JPC Gymnasium Club is also available for use at \$150 per annum
- Custom golf gear will be available to purchase from the golf shop or students can bring their own. There may be purchases needed over the period and these will be itemised when needed and will be regarded as extra fees.
- NZQA Registration costs are NZ \$300

*A suggested prepaid Tier Three Core Cost amount of \$5,090 plus estimated tournament expenses 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 Three Core coaching package will cover 20 Flight Scope coaching sessions, 10 x 9 hole course coaching sessions, 10 management/planning sessions, club fees as well as the Waiariki Polytech one-on-one personal Gym training.*