



## 2018 Junior Performance Program

### What is the Junior Performance Program?

- A fun way for kids to learn and develop their athletic and golf skills
- A way for kids to develop social and competitive skills while interacting with other kids their age and skill level
- A program of coaching that will challenge your kids to grow and mature on and off the golf course
- An 8 week spring, summer and fall session

### Who can participate in the program?

- Any child from the ages of 4-17 who has a **desire** to learn golf, play golf on a competitive level, play golf in college, play professional golf or just play for fun, for life!

### What makes our program so unique?

- We use a system developed by the **Titleist Performance Institute's (TPI) program of Long Term Athletic Development (LTAD)**
- **Every child participates in an assessment of their GOLF SKILLS and PHYSICAL SKILLS.** After the assessments, your child is given a ranking. The program is designed to help them advance to the next level while acquiring new physical and golf skills
- **STUDENT TEACHER ratio is 6:1**

There are 10 ranks or levels and each has a color. The colors are shown below with Black/Silver being the highest achievable.

#### GOLF SKILLS RANK



#### FITNESS SKILLS RANK

### What will your child be doing in our classes?

- A LITTLE BIT OF EVERYTHING!
- A warm-up followed by fitness drills and exercises for coordination, strength, speed and agility.
- A rotation through various golf skills stations
- Playing age appropriate learning games
- Participating in skills challenges/competitions

### How long are the sessions/classes?

- Each session is 8 weeks and each class is 55 minutes.

## **2018 Spring Session (8 weeks)**

Starts March 24th

### **FUNdamentals:** ages 5-7

Saturdays 11:30 a.m.-12:30 p.m. March 24<sup>th</sup> – May 12<sup>th</sup>

Tuesdays 5:00-6:00 p.m. March 27<sup>th</sup>- May 15<sup>th</sup>

### **Learn to Play:** ages 8-10

Saturdays 12:45-1:45 p.m. March 24<sup>th</sup> – May 12<sup>th</sup>

Wednesdays 5:00-6:00 p.m. March 28<sup>th</sup> – May 16<sup>th</sup>

### **Train to Play:** ages 11-13

Saturdays 2:30-3:30 p.m. March 24<sup>th</sup> – May 12<sup>th</sup>

Thursdays 5:00-6:00 p.m. March 29<sup>th</sup> – May 17<sup>th</sup>

### **Learn to Compete GIRLS:** ages 13-18

Saturdays 10:30-11:30 a.m. March 24<sup>th</sup> – May 12<sup>th</sup>

## **Summer Session I (8 weeks)**

### **FUNdamentals:** ages 5-7

Saturdays 11:30 a.m.-12:30 p.m. May 26<sup>th</sup> – July 14<sup>th</sup> (no class on 6/16)

Tuesdays 5:00-6:00 p.m. May 29<sup>th</sup>- July 17<sup>th</sup>

### **Learn to Play:** ages 8-10

Saturdays 12:45-1:45 p.m. May 26<sup>th</sup> – July 14<sup>th</sup> (no class on 6/16)

Wednesdays 5:00-6:00 p.m. May 30<sup>th</sup> – July 18<sup>th</sup>

### **Train to Play:** ages 11-13

Saturdays 2:30-3:30 p.m. May 26<sup>th</sup> – July 14<sup>th</sup> (no class on 6/16)

Thursdays 5:00-6:00 p.m. May 31<sup>st</sup> – July 19<sup>th</sup>

### **Learn to Compete GIRLS:** ages 13-18

Saturdays 10:30-11:30 a.m. May 26<sup>th</sup> – July 14<sup>th</sup> (no class on 6/16)

## MEMBERSHIPS

***Gold Level Membership: \$672 (or 2 payments of \$336)***

Membership includes up to 2 classes per week for 8 weeks

***Silver Level Membership: \$339***

Membership includes 1 class per week for 8 weeks

**NEW STUDENTS:** must complete the Junior Performance Assessment before starting the program - UNLESS THEY ARE A NEW OR BEGINNING GOLFER then they will start at the red level 1. The assessment takes 1.5 hours and the cost is \$100. After the assessment, they will receive their rank and hat, wrist band, bag tag and welcome packet.

**RETURNING STUDENTS** need to register prior to the start of the summer session

**Register on-line at [www.STLgolfacademy.com](http://www.STLgolfacademy.com)**

**For questions contact Helen Kurtin, PGA-LPGA [teamred@golfbodypc.com](mailto:teamred@golfbodypc.com) 314.740.2998**