

St. Michael's & Cullen's Driving Range



Junior Program Overview

Thank you for downloading the Junior Program information.

Here you will find our program for 2009!

A big year ahead which we are certain to have loads of fun and learn vital information on the game of golf.

We have strategically developed a 4 stage program for all junior age groups (entry level to the advanced player)

Please see the following pages for further information.

Tomorrow's Champions!!!

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PROGRAM OVERVIEW

STAGE 1:

Go Go Golf Program: Ages 5 to 9 years

The main objective is to get children playing games with very broad instruction, rules development and hitting. Primary goal is to ensure the children have fun and associate golf with enjoyment and success in a safety conscious environment.

STAGE 2:

Intermediate Programs: Ages 10 to 13 years

Introduce more detailed principles of the grip, posture, alignment and swing. Promote the development of friendships and team play within the group. Introduce exercise and stretching routines. Discuss basic rules of golf. Develop golf etiquette - consideration for others, sportsmanship and safe practices in golf. Start working through all elements of the golf game including the Power and Finesse game.

STAGE 3:

Cadet (Squad Member) Program: Ages 14 to 16 years

Consolidate aspects of the grip, posture, alignment and swing. To develop in more detail the elements of a sound and simple golf action. Develop special shots and particularly the Finesse (short) game. Make sure all members have a sound understanding of the rules of the game, club and competition. Develop further golf etiquette - consideration for others, sportsmanship and safe practices in golf. This is to develop the awareness of player and personal responsibilities to ensure all rules are observed and fairness and equity are maintained.

There will also be development of the basic psychological principles of focus, visualisation and the link between remaining processes oriented while building a scoring mechanism. This stage involves more on course play.

STAGE 4:

Elite Squad Members: Selection based on talent and desire.

Develop in rigorous detail the elements of sound swing mechanics, mental toughness, imagery and course strategy. Short game skill development, sound practice habits and more in depth goal setting and physical conditioning sessions.

CONCLUSION

What we hope to achieve!

At a golfing level we hope to produce a better-equipped player who understands and demonstrates the fundamentals of a sound and simple golf swing. In turn - we hope from this - will come a stream of potential junior and senior pennant players. Our graduates will be well versed in the etiquette, rules and responsibilities of the game.

Socially we hope our program will help to produce healthy, well-adjusted young people who display a sound character, have a good network of friends and will ultimately become valued members of St. Michael's Golf Club.

