

Junior Competitor Coaching

Individual coaching will provide a path for improvement through planning, proper preparation and practicing with a purpose.

When a junior decides to try and test their skills against other players and enter the "competitive" field, a structured "plan of approach" is recommended for best results.

A coach will help a player set goals (long term, short term, immediate), help with tournament scheduling, leisure play time, down time (time management), swing drills and most importantly "how to practice and play with a purpose".

A coach will provide a safe, healthy and fun learning environment for the student and will have good communication skills. The coach will always be available to answer any questions a parent or guardian should have.

A coach will also be able to provide information and/or knowledge of "sports science" (fitness) and proper nutrition to better prepare an athlete for the rigors that competition will bring.

Golf is a game of a lifetime and learning golf also means learning life skills such as determination, patience, self discipline, pride, confidence and self esteem.

Golf is governed by a book of rules and is a game of history, traditions, honour and integrity and should be given this respect at all times.

Golf is a game and should be treated as such. It brings challenges, tests our imagination and skills and will provide rewards. It should also be fun to play! The game of golf also provides opportunities to work on present and future social skills.

I am a firm believer in the fundamentals of a golf swing; grip, balance, tempo, rhythm and good old fashioned hard work to play this game at a high level, always striving to be better.



BLACK BEAR RIDGE GC

Local: 613 - 968 - BEAR (2327)
Toll free: 1 - 866 - 811 - BEAR (2327)



BLACK BEAR RIDGE GC

Skills Development Centre

2011 Junior Competitor Coaching Program

Directed by

Cathy Sherk
CPGA & LPGA Member

Black Bear Ridge GC
Head Teaching Professional
&
Golf Association of Ontario
Regional High Performance Coach

For more information call:

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or email
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JUNIOR COMPETITOR COACHING PROGRAM

An Individual Junior competitor coaching program is now available with Cathy Sherk.

This program is geared to the Junior golfer who is presently playing in competitions or one who would like to be involved in a competitive atmosphere at the District, Provincial or National levels.

This program will provide a more structured, one on one learning and coaching experience which will include:

Skill Development:

- Sound swing & game fundamentals
- How to practice with a purpose
- Course management
- Short game skills and testing
- Setting goals
- Planning & preparing for practice & competition

**Plan, Prepare, Purpose,
Practice, Patience,
Perseverance, Play !!**

As well as:

- Swing drills (as required)
- Video analysis (as required)
- Fitness
- Nutrition
- Creating a competition calendar
- Golf related assignments
- Progress reports
- Year end evaluation report
- Coach attendance at competition

With the opening of the Dome at Loyalist College, instruction can continue into the winter months or start earlier in the year.

Costs:

1/2 hour instruction - \$35.00
1 hour instruction - \$65.00
Playing lesson - \$40.00

A year end "Coach Fee" will apply to any of the Junior Competitor Coaching Programs and is payable at the end of September. The maximum fee is \$250.00. The minimum is \$150.00.

(HST not included)

Program Examples:

A. May – September

- 1/2 hour every two weeks
- 1 playing lesson per month
May - September

B. May – September

- 1/2 hour every week
- 1 playing lesson per month

Programs can be structured to individual needs and your personal timeframe.

A player assessment is a required first step. Parents are welcome and encouraged to sit in.

Additional instruction time is always available.

