



2012 Golf NSW Elite Squad Player Development Program

Information and Induction Meeting

December 22nd, 2011

Golf NSW offices

BACKGROUND



Golf NSW has determined that the NSWIS Golf Program will be discontinued to allow an approach to be adopted that is consistent with Golf Australia's philosophies and that the information provided to potential 'World Class' players is consistent from their time as juniors, through to their involvement in National Squads.

PURPOSE OF THE GOLF NSW ELITE SQUAD PROGRAM



To identify talented and dedicated NSW players with a desire to become National and International level amateur golfers' and assist them maximise their potential on and off the course. Golf NSW will support these players endeavours by impacting on their daily training environments, competitive schedules and personal development by providing structures and assistance in areas such as coaching, sport science provision, travel and competition funding, mentor support and access to modern training technologies.

OBJECTIVES OF THE GOLF NSW ELITE SQUAD PROGRAM



The Golf NSW Elite Squad is an elite player development program with the following functions:

- talent Identification;
- educating the players on the requisites of being an elite National/International amateur and successful tour professional;
- provide a pathway into Golf Australia National Squads and “Rookie Professional” programs;
- holistic player development;
- develop individualised training and competition schedules;
- provide players access to nationally and internationally recognised coaches and sport science providers;
- develop players that are capable of winning National and International Amateur competitions;
- NSW players being selected into National Teams;
- NSW teams that are capable of winning National team competitions;
- supporting National Squad members.

GENERAL SELECTION CRITERIA



The components outlined below provide general detail about the criteria that was used to select players for the Golf NSW Elite Squad program;

- Australian Citizen.
- Dedication to the process of reaching their full potential on and off the golf course and their potential ability to have success at elite national and international amateur level.
- Squad members must have completed secondary school.
- Ranking: At the time of selection International (WAGR), National (GA) and State (Golf NSW) rankings will be taken into consideration.
- Results: Results from the previous 12 months will be taken in consideration.
- Participation: In events from the previous 12 months will be taken into consideration.

SPECIFIC SELECTION CRITERIA



- Players will be invited into the Golf NSW Elite Squad Development Program by the Golf NSW High Performance Manager once they achieve the selection criteria benchmarks and have been ratified by the Golf NSW High Performance Committee. Players can be elevated to a higher level of support during the year when they reach the selection criteria benchmarks.
- Players can also be invited to join the Elite Squad based on their dedication to the process of reaching their full potential on and off the golf course and their potential ability to have success at National and International amateur level. Selections of these players will be made by the Golf NSW High Performance Committee.

NSW ELITE SQUAD TIER ONE (NATIONAL SQUAD TIER 3)



(Must meet two of the following)

- Top 15 National Ranking (Men)
- Top 10 National Ranking (Women)
- Top 120 R & A World Ranking (men)
- Top 100 R & A World Ranking (women)
- Winner of Australian national ranking event
- Top 16 of Australian Amateur
- Qualify for U.S Amateur
- Qualify for match play portion of British Amateur

NSW ELITE SQUAD TIER TWO (NATIONAL SQUAD TIER 4)



(Must meet two of the following)

- Top 25 National Ranking (Men)
- Top 15 National Ranking (Women)
- Top 240 R & A World Ranking (men)
- Top 200 R & A World Ranking (women)
- Top 3 in Australian national ranking event
- Top 32 of Australian Amateur
- Qualify for U.S Amateur
- Qualify for match play portion of British Amateur

PLAYERS – updated June 1st



- National Squad

Tier 1 – Jake Higginbottom, Matt Stieger

Tier 2 – Brett Drewitt

Junior – Cathleen Santoso, Ricky Kato

- NSW Elite Squad

Tier 1 – Luke Humphries (C), Daniel Bringolf(C),
Adrianna Brent (C), Jordan Zunic (S)

Tier 2 – Dimi Papadatos(C), Carly Beck(C), Callan O'Reilly
(C), Ben Clementson (C)

ELITE SQUAD PROGRAM STRUCTURE



Elite Squad Program Athletes

- The Elite Squad Program will comprise of a maximum of 12 athletes (Not including National Squad Players).

Program Duration

- January 1st - October 30th 2012

ELITE SQUAD PROGRAM STRUCTURE



Training Sessions

- As the GNSW Elite Squad Player Development Program is a decentralised program, the training will be a combination of camps, squad training sessions and individual coaching sessions with the player's home based/primary coach or Golf NSW High Performance staff.

ELITE SQUAD PROGRAM STRUCTURE



- *Coaching*

Players will be required to have a home based/primary coach. It would be preferred that the home based/primary coach has experience and a track record of developing elite amateur players. The home based/primary coach should utilise a holistic approach to player development with a focus on continuous improvement and long term results.

ELITE SQUAD PROGRAM STRUCTURE



- *Support Team*

Golf NSW embraces a modern approach to player development which consists of utilising world's best practice in areas such as sports science, coaching and performance improvement. It is Golf NSW's intention to "**value add**" to the players program by providing a support team of nationally and internationally recognised leaders in their respective fields.

The Golf NSW support team will comprise of both Golf NSW and Golf Australia High Performance Staff. The following professionals will be utilised during the program;

ELITE SQUAD PROGRAM STRUCTURE



- *Golf NSW High Performance Staff*
 - ✓ Khan Pullen – Golf NSW High Performance Manager/ Golf Australia National Coach for NSW
 - ✓ Garry Barter- Golf NSW Technical Consultant
 - ✓ Dennise Hutton – Golf NSW Women’s and Girls’ Coach
 - ✓ Matthew Green – Golf NSW Golf Physiotherapist
 - ✓ Christopher Smith – Golf NSW Strength and Conditioning Coach
 - ✓ John Crampton – Golf NSW Sport Psychologist
 - ✓ Ryan Lumsden – Golf Australia 3D Biomechanical Analyst
 - ✓ Noel Blundell – Golf Australia Sport Psychologist

INDIVIDUAL ATHLETE DEVELOPMENT FUNDING



There will be two streams of funding support for players in the State Elite Squad Program which will assist with;

- *Coaching and Sport Science*
 - ✓ This is to support players with home based coaching, strength and conditioning, physiotherapy, sport psychology etc. through the Golf NSW High Performance Staff.
 - ✓ Golf NSW will only assist with costs on “projects” which are part of the player’s annual plan as directed by the Golf NSW High Performance staff.

INDIVIDUAL ATHLETE DEVELOPMENT FUNDING



- *Interstate Competition Support*
 - ✓ In the main this funding is to be used by the Elite Squad members to attend Interstate National Championships or Nominated National Ranking Events

WOMEN'S EVENTS



- ✓ Australian Amateur
- ✓ Riversdale Cup
- ✓ Victorian Stroke Play
- ✓ Western Australia Stroke Play
- ✓ South Australian Stroke Play
- ✓ Queensland Stroke Play

MEN'S EVENTS



- ✓ Australian Amateur
- ✓ Keperra Bowl
- ✓ Golf SA Classic
- ✓ Tasmanian Open
- ✓ Riversdale Cup
- ✓ Mandurah Open

CAMPS 2012



- **Camp 1**
March 21-22
- **Camp 2**
June 6-7 (Cancelled)
- **Camp 3**
August 29-31
- **Camp 4 -TBC**
Possibly October

BENEFITS



- Access to Golf NSW High Performance Staff
- Access to State Based National Camps
- Access to Golf NSW Elite Squad training Sessions
- Individual Athlete Development Funding
- Golf NSW Clothing
- Access to Trackman
- Access to Puttllab
- Access to Shots to Hole Online Statistics Program
- Exempt into 2012 NSW Open (Amateur Only)
- Possible Exemption into 2012 NSWPGA (Amateur Only)
- Funding for 2013 International Travel (2 x BBM Scholarships – criteria applies)

BENEFITS



Individual Athlete Development Funding Levels

Tier 1 - \$6,000

(A of maximum of \$3,000 to be spent on interstate competition support)

Tier 2 - \$4,000

(A maximum of \$2,000 to be spent on interstate competition support)

Note – National Squad Members coaching and sport science costs are paid by Golf Australia. Funding to attend Nominated National Rankings events will be provided by either Golf NSW or Golf Australia

OBLIGATIONS



- Sign and adhere to "Player agreement"
- Dedication to the process of reaching your full potential
- Utilise Golf NSW High Performance Staff and adhere to advice provided
- Expend Individual athlete development funding
- Attend all camps and 80% of squad training sessions
- Complete reports as determined by Golf NSW. These reports include but not limited to the following;
 - Tournament calendar
 - Periodization planner
 - Monthly reports (Monitoring and Action Plan)
 - Tournament debrief
 - Report cards (complete by coach, service providers and player)x 2 per year (May and October)
- Complete a minimum of 40 competition rounds using the "Shots to Hole" stats program
- Satisfy sponsorship obligations where required
- Display behaviours which identify you as a leading amateur golfer in Australia

THREE STRIKE RULE



Examples of a strike can include but is not limited to:

- Not adhering to the conditions outlined in the Golf NSW/Golf Australia players agreement
- Not adhering to the Golf NSW / Golf Australia codes of conduct
- Golf NSW/ Golf Australia receiving notification from “officials” about inappropriate behaviours at events
- Not completing forms or reports on time
- Not returning emails
- Players will be notified once a strike has been allocated. Players will receive a letter after the second strike notifying they are on their last strike. Once a third strike is attained, players will be suspended from any Golf NSW/ Golf Australia squads or teams. The length of suspension will be determined by Golf NSW / Golf Australia High Performance departments.

SHOTS TO HOLE



Instructions to Sign Up and Activate a Token

1. Visit <http://shotstohole.com>
2. Click "Sign Up"
3. Tick "I have a pre-paid subscription token" and click "Next"
4. Agree to the terms and click "Next"
5. Enter your information and click "Create My Account"
6. Activate the subscription token provided
7. Go to Help and view the demonstration screencasts



QUESTIONS

LTAD



- Train to Compete Stage (18-23)

The goal in this stage is to provide high intensity individual and golf-specific training year round.

Upwards of 50 per cent of training is devoted to the development of technical, tactical, skills and fitness improvement and 50 per cent is devoted to competition-specific training.

LTAD – To do list



- Provide year-round, high intensity golf specific training and competition.
- Golfers who are now proficient at performing basic and golf specific skills, to perform these skills under a variety of competitive conditions during training.
- Individually tailor to a greater degree fitness programs, recovery programs, psychological preparation and technical development. Emphasize individual preparation that addresses each golfer's individual strengths and weaknesses.
- Utilize periodization plans as the optimal framework for preparation.

LTAD – To do list



- Training-to-competition ratio to 40:60.
- Maximize physical training to bring about overall improvement.
- Updating, reviewing and understanding the importance of performance and personal goal setting.
- Recognize and plan for appropriate level of competition

LTAD Benchmarks



Training/Practice

- 30 -45 Hours per week
- 2-4 18 hole rounds per week
- 1/3 Long game, 1/3 Short Game, 1/3 Putting
- 70% Random 30% Blocked
- Weaknesses assessed via Shots to Hole statistics and practiced 70% of the time
- 1700 to 2700 quality ball strikes per week(training and competition)

LTAD Benchmarks



Equipment

- 100% custom fitted (including balls)
- Optimised through scientific testing

Competition

- 15 to 30 Events per Year (Mix of 36, 54,72)

Level of Competition

- *State Amateur Championships*
- *National Amateur Championships*
- *Some International Amateur Events*
- *Some Professional Events*

LTAD Benchmarks



Golf Knowledge

- Consistent Use of Yardage Book
- Re-calibrate club distances 4 x per year
- Introduction to use of caddy/course mapping/course management/match equipment to golf course/travel/climate/time zones/nutrition/hydration/recovery/post round analysis

Winner VS Loser



- The Winner – is always part of the answer
- The Loser – is always part of the problem
- The Winner – always has a program
- The Loser – always has an excuse
- The Winner – says “Let me do it for you”
- The Loser – “That’s not my job”
- The Winner – sees an answer to every problem
- The Loser – sees a problem for every answer
- The Winner – sees a green near every sand trap
- The Loser – see two or three sand traps near every green
- The Winner- says “It may be difficult but it is possible”
- The Loser – says “It may be possible but it is too difficult”

“BE A WINNER”