

Golf South East Junior Academy and Development Squad

Programme 2015 (based off Golf S.A Programming)

Beginning April 2015

The Golf SA High Performance & Development Program provides a defined development pathway and program to enable talented golfers to achieve their individual goals. The Golf S.E Development Program leads to the Golf S.A High Performance and Development program being conducted currently in Adelaide.

The Program begins with participation in the **Golf SE Development program** leading to the Academy Program. Players may then be invited to participate at State High Performance and development Camps by Golf S.A

Selection for South East Team Events and individual Representative events is not dependent on being in the Academy program alone.

Academy Squad:

- Aimed at developing talented juniors to their full potential
- Provides 6-8 development sessions annually
- Initial selection in March - April annually with addition to the program available with handicap reduction throughout the year
- Selection Guidelines:
 - Handicap Range > Boys 0 - 18 / Girls 0 - 20 (approx. and not limited to)
 - Age > Boys & Girls 12 to 17 years (approx. and not limited to)
- Includes coaching, Strength & Conditioning, Sports Psychology & Nutrition sessions
- Coordinated by the Golf South East Development Coach – Craig Davis

Development Squads:

- Aimed at identifying talented Juniors and providing a development pathway
- Runs from May to November annually with 6-8 sessions conducted annually
- Selected in March - April annually
- Includes all juniors with handicaps outside the Academy handicap range.
- Approximately 20 juniors (ideally) broken into 2 squads of 10 players
- Includes Coaching from Golf South East Development Coach – Craig Davis
- Players selected by expression of interest and invitation

Academy Squad Schedule

Day	Date	Time	Session	Location
Saturday	4-Apr	1-3pm	Induction and skills Test	Mt Gambier Golf Club
Saturday	2-May	1-3pm	Short game instruction and Practice	Mt Gambier Golf Club
Saturday	6-Jun	1-3pm	Full Swing Session	Mt Gambier Golf Club
Saturday	4-Jul	1-3pm	Nutrition/Strength and Conditioning	Mt Gambier Golf Club
Saturday	1-Aug	1-3pm	On Course Session	Mt Gambier Golf Club
Saturday	5-Sep	1-3pm	Full Swing/Short Game.	Mt Gambier Golf Club
Saturday	3-Oct	1-3pm	Skills Test	Mt Gambier Golf Club
Saturday	7-Nov	10 am depart Mt G	End of year Challenge	TBA - Possible Port Fairy

Development Squad Schedule

Day	Date	Time	Session	Location
Saturday	4-Apr	3-4pm	Full Swing Introduction	Mt Gambier Golf Club
Saturday	2-May	3-4pm	Short Game Introduction	Mt Gambier Golf Club
Saturday	6-Jun	3-4pm	Practice planning.	Mt Gambier Golf Club
Saturday	4-Jul	3-4pm	Nutrition/Strength and Conditioning	Mt Gambier Golf Club
Saturday	1-Aug	2-4pm	On Course Session	Mt Gambier Golf Club
Saturday	5-Sep	3-4pm	Full Swing/Short Game.	Mt Gambier Golf Club
Saturday	3-Oct	3-4pm	Skills Test	Mt Gambier Golf Club
Saturday	7-Nov	10 am depart Mt G	End of year Challenge	TBA - Possible Port Fairy