



ABN 81 497 939 594  
Golf South Australia Inc.  
North Adelaide Golf Course  
Strangways Terrace  
North Adelaide 5006  
PO Box 423  
North Adelaide 5006  
T 08 8267 1353  
F 08 8267 1437  
admin@golfsa.com.au  
www.golfsa.com.au  
f facebook.com/golfsouthaustralia  
t @golfsouthaus

## 2015/2016 Golf SA High Performance Elite Development Program

Golf SA is seeking Applications for its 2015-2016 High Performance Elite Development Program.

The Program has been extended to cover 12 months – commencing in July annually.

The Program outline includes:

- Squad Coaching Sessions with State Coaching Staff (Video, Trackman, SAM Puttlab/Tomi, Effective Practice Techniques)
- Psychology Group Workshops (Develop Mental Strength)
- Parent Workshop (Psychology of Dealing with Athletes)
- Access to Golf SA Physical Training Centre (Gym facility at Unley Physio)
- Strength & Conditioning Individual Program (Learn to Train)
- Musculoskeletal Screenings and Individual Physio Training Program (Identify Imbalances)
- 3D Bio Mechanical Analysis/ Specific Feedback

(Elements of the Program content may change to meet individual player circumstances/ abilities)

### FAQ:

**Q: How do I get into the Program?**

A: Submit completed Application Form to Golf SA by Fri 29<sup>th</sup> May.  
Attend Interview with the High Performance Committee and Coaches.  
Successful Applications will be notified and provided with training program schedule.

**Q: How many athletes will there be in the Squads?**

A: We are looking for four (4) Squads of approximately six (6) athletes per Squad.

**Q: What if I don't make one of the Squads?**

A: If you don't make one of the Development Squads you will be considered for the Talent ID Program. This will prepare you for next time.

**Q: Is there a cost?**

A: The cost of the Development Program is \$350. This includes the Program sessions outlined above, annual subscription to Shots-to-Hole program, access to the Unley Physio Gym in Golf SA squad times.

**Q: Who are the Service Providers?**

A: The Service Providers include State Coaches (Gareth Jones & Jamie Clutterham), Michael Riggs (Strength & Conditioning), Greg Rosenbauer (Physio), Rosie Stanimirovic (Sports Psychology), Ryan Lumsden (3D), Olivia Warnes (Nutrition). All the Service Providers are on the Golf Australia accredited list.

**Q: How do I get more information?**

A: Talk to either Gareth Jones (State Coach Golf SA & Golf Australia National Coach – SA)  
([gjones@pgamember.org.au](mailto:gjones@pgamember.org.au)) mob: 0403 025 585 or  
Chris Luz- Raymond (CEO Golf SA) ([chris@golfsa.com.au](mailto:chris@golfsa.com.au)) Mob: 0419 009 156

play golf



Government of South Australia  
Office for Recreation and Sport

be active.