

Our Term 4 dates are now confirmed so now is the time to register and get involved with the upcoming junior clinics at **The Royal Adelaide Golf Club**

Our program has been developed to help your child learn all the necessary body movement and sport skills required to reach their full golfing potential whilst having a lot of fun in a safe, friendly and enjoyable environment.

WHAT; the Royal Adelaide Golf Club Junior Program (Incorporating <u>MyGolf</u> and Titleist Performance Institute **Programs**).

WHERE; The Royal Adelaide Golf Club Practice facilities and Golf Course – Please check in at the Pro Shop before each session.

HOW MUCH; Clinic costs are \$90 per person per term (payable at the time of registration). All players who register for a full term will be eligible for the term 4 order of merit and most improved awards to be presented at the end of term event on Saturday 5th December. Students may attend individual clinics at a cost of \$15 per person, per session, but will not be eligible for order of merit or most improved awards. Juniors registered for the full term will also have access to two "catch-up" clinics, should they be unable to attend one or more of the scheduled dates.

WHAT'S COVERED?

- Little Hitters;
- Golf fundamentals including grip, posture, alignment and weight shift as well as TPI fundamental movement skills including object control (eg, catching/throwing), locomotion, agility, balance, co-ordination and speed.
 - Big Hitters;
- Revision of sports skills including putting, chipping, pitching, bunker play and full swing.
- Physical activities to enhance speed and strength.

COMPETITIONS; Competitions will be held on selected weeks following each of the clinics. Little Hitters competitions will be conducted on the practice fairway, chipping, pitching and putting greens. Big Hitter competitions will be played from the **Orange** short course tees. Parental supervision for both Little and Big Hitter competitions is essential.

ASSESSMENT DAYS; will run quarterly throughout the year to test your child's fundamental movement and sports skills which are important to help develop the motions necessary to make an efficient golf swing. The dates for these are to be advised.









During the clinics, parents are invited and welcome to remain on site either with their child at the practice facilities or to utilise our clubhouse. Refreshments and food are available for purchase from the clubhouse. Please note that dress regulations apply to all patrons using the clubhouse. Dress regulations can be found at the end of this document or on our <u>club website</u>.

WHAT'S INCLUDED?

- 45 minutes of weekly coaching from a PGA Professional at South Australia's number one golf course and top 10 course in Australia.
- Participation in a nationally recognised program, providing a clearly defined development pathway.
- A safe, inclusive learning environment, ensuring your child has fun, makes friends and improves their golf and general physical coordination and skills.
- Monthly Golf Enews via the MyGolf program.
- Equipment provided if required.
- On course competitions (Big Hitters) utilising our Orange tee course and two practice facility based competitions (Little Hitters). Prizes on offer for each competition.
- Gala event, award presentation and snack food following the assessment day on Saturday 5th December.

Clinic dates	Little Hitters (9yrs & under)	Big Hitters (10-16yrs)
	2:30pm – 3:15pm	3:15pm – 4pm
Saturday October 10 th	Clinic + welcome pack	Clinic + welcome pack
Saturday October 17th	Clinic	Clinic + on course competition
Saturday October 24 th	Clinic	Clinic + on course competition
Saturday October 31st	Clinic + competition	Clinic + on course competition
Saturday November 7 th	Clinic + competition	Clinic + on course competition
Saturday November 14 th	Clinic	Clinic
Saturday December 5 th	Clinic + end of term event	Clinic + end of term event
Sunday October 25 th	Catch-up clinic (10:30–11:15am)	Catch-up clinic (10:30–11:15am)
Sunday December 6 th	Catch-up clinic (10:30–11:15am)	Catch-up clinic (10:30–11:15am)

Term 4 clinic schedule

ORDER OF MERIT;

During term 4 an Order of Merit and Most Improved awards will be on offer. Both competitions will only be open to those players that register for the complete term upfront prior to week one. Order of Merit will be calculated on the









results from the on course competitions for the Big Hitters and the practice facility/skills competitions for the Little Hitter. Most Improved awards will be voted on by coaches and volunteers. All awards will be presented at the end of term event on Saturday 5th December.

THE FINE PRINT;

- Maximum of 12 participants per clinic. If this number is exceeded then a waiting list will be issued.
- Bookings are to be made via the MyGolf website at http://www.mygolf.org.au/ or by contacting the Royal Adelaide Golf Club Golf Operations Manager Chris Crocker on (08) 8356 5511 or chris@royaladelaidegolf.com.
- Registration closes 24 hours prior to the commencement of clinics.
- It is compulsory for all participants to bring; a hat, sunscreen and a bottle of water.
- If your child has/had any current/past medical requirements or conditions, please bring this to the Pro Shop staff's attention when completing the student registration form.
- **Hot weather policy;** should the forecast maximum temperature be 35 degrees or over forecast at 5pm the evening prior, the clinic will be postponed. SMS notification will be sent to those registered.
- Royal Adelaide Golf Club dress regulations; Golf attire consists of collared shirt, tailored trousers or shorts, golf shoes or flat soled runners Unacceptable dress includes; Cargo shorts or cargo pants, ³/₄ length pants, shirts not tucked in, black or coloured socks and socks with markings, shoes without socks, denim and hats in the clubhouse.

For further enquiries or information please contact Golf Operations Manager Chris Crocker on (08) 8356 5511 or email <u>chris@royaladelaidegolf.com.au</u> or alternatively visit our <u>junior webpage.</u>

For bookings please visit <u>http://www.mygolf.org.au/</u> and search for "Royal Adelaide"

We look forward to seeing on course soon





