

## **2016/2017 Golf SA High Performance Program (Tier 3)**

Golf SA is seeking Applications for its 2016-2017 High Performance Program (Tier 3).

The Program covers 10 months – commencing in October.

### **Applications Process**

- 1/ Each player interested in applying for the program **must** request an application form by sending an email direct to the Golf SA High Performance Coordinator.  
Email: [admin@golfsa.com.au](mailto:admin@golfsa.com.au)
- 2/ Once an application request has been logged, the player will be emailed a word version of the application form, to complete and email back by the closing date.

**\*\*APPLICATIONS CLOSE FRIDAY 5<sup>TH</sup> AUGUST 5PM\*\***

The Program outline includes:

- Squad Coaching Sessions with State Coaching Staff (Video, Trackman, SAM Putt lab/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 Immanuel College)
- 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\*

The Golf SA High Performance Program provides a structure to assist players in developing to their full potential and move through the player pathway. The program has led to team success and a number of talented golfers achieving their individual goals. Players including:

Antonio Murdaca (Masters 2015. Turned professional 2015)  
Brad Moules (PNG Open Winner 2016)  
Matt Lisk (Australian Men's Open 2015)  
Jack Williams (Turned Professional 2015)  
Jenny Lee (Turned Professional 2015)  
Stephanie Na (European Tour player, Australian Women's Open 2016)  
Ben Tucker (US College Golf)  
Will Starkey (US College Golf)  
Cassidy Evreniadis (US College Golf)

