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23<sup>rd</sup> February 2018

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Dear Players,

Thank you for your patience and understanding in recent times regarding the changes and development of the Golf SA High Performance Program. Golf SA is now seeking applications for the 2018 High Performance Program (Tier 1 & 2), which will run from March to December. Recently appointed Golf SA High Performance Director, Adrian Wickstein is developing the program in consultation with Golf Australia to have a high class and well structured high performance program.

The program will provide many benefits to athletes, including:

- Access to world class training facilities
- High performance coaching
- High Performance Director at state and national events
- Support services in strength and conditioning, sports science, nutrition, sports medicine and sports psychology
- Potential financial assistance to offset costs associated with high performance coaching, training, competition, travel, accommodation and equipment
- Assistance through to state, national and international sporting institutions and programs
- Training attire
- Cross sport connection with AFL, cricket, baseball, hockey, etc.

The 2018 High Performance Program will remain in the three tier format. Successful applicants will be allocated to either Tier 1 or 2 based on their application. Those that are unsuccessful will be invited to be in the Tier 3 program. Specific program details will be finalised in the coming weeks.

**Tier 1 & 2 Program Outline** (\$525 per player)

- Squad coaching sessions lead by state coaches – includes use of Trackman, SAM Putt Lab, video and similar
- Regular group physio sessions conducted by Greg Rosenbauer (Unley Physiotherapy)
- Regular group strength and conditioning sessions conducted by Tony Checker (Immanuel College)
- A number of psychology sessions (service provider TBA)
- Biomechanical screening run by Ryan Lumsden (Q Golf)



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- Statistical analysis lead by Stuart Leong
- 12-month Shots To Hole subscription
- All Tier 1 and 2 athletes will be provided with a Golf SA HPP squad polo and training shirt

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### From the Director

*I am excited to take up the role working with Golf Australia and Golf SA to create an elite High Performance program for South Australian athletes. This is a fantastic opportunity for golf to be taken to the next level in South Australia.*

*With my focus completely on High Performance athletes in South Australia, I will be here to guide, mentor and assist South Australian golfers. My specific aim is to assist in identifying, nurturing and developing elite golfers with the ultimate aim to become 'Top 100 players' in the World rankings and Olympic Gold Medalists.*

*With the Chair of High Performance Rod Phillips, elite service providers and facilities available to the athletes, I am looking forward to growing success.*

*If you have any questions relating to the program please feel free to contact me on 0431 628 087.*

*- Adrian Wickstein, Golf SA High Performance Director*

### Application Process

Application forms can be downloaded from the Golf SA website or can be emailed upon request.

All applications are to be sent to [admin@golfsa.com.au](mailto:admin@golfsa.com.au) prior to the **strict closing date of Sunday 4<sup>th</sup> March at 5:00pm**. Should you have any questions please contact me via email (as above) or on 8267 1353 / 0408 845 003.

Athletes will be selected by Adrian Wickstein (Golf SA High Performance Director), Rod Phillips (Golf SA Chair of High Performance) in consultation with home coach as outlined in your application. All applications will be notified of their application status at the conclusion of this process.

Kind regards,

Alicia Smith

Golf SA Administration & High Performance Coordinator



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