

2018 High Performance Program

Schedule Outline

Golf

Tier 1 – 3 x weekly sessions and 2 x weekend sessions per month

Tier 2 – 2 x weekly sessions and 2 x weekend sessions per month

Physio

Tier 1 – 1 x session weekly

Tier 2 – 1 x session fortnightly

Strength & Conditioning

Tier 1 – 1 x 1 hour session weekly (evening)

Tier 2 – 1 x 1 hour session weekly (evening)

Open – 1 x session weekly (morning)

What's new from last year?

- More contact hours
- Golf Australia camps with home coaches, service providers and other Golf Australia coaches
- Extra Strength & Conditioning sessions
- All Tier 1 and 2 athletes will receive 2 x squad polos and 1 x squad casual/gym shirt

If you have any further questions please contact:

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