

2018 ELITE PLAYER PROGRAM

Player Information



Golf Victoria Elite Player Program – Tier 2

Overview:

The EPP will enable our HP team to have more contact with the athlete, more focused training opportunities in a squad environment (both in the gym and on the range), and a stronger link with the home coach.

The Elite Player Program (EPP) will consist of a development phase, through our winter months, and a competition phase over the summer.

The EPP provides a training environment and learning opportunities for the athletes. There is not a curriculum (or course of study) as such, rather opportunities within the structure below to learn, benchmark and improve. The personal development workshops encompass broader life skills.

Program Inclusions:

- Induction day camp
- 6 months structured squad training
- On course training sessions and competition monitoring
- Development of an Individual Player Development Plan (player driven)
- Initial player development meeting (players, parents, coaches)
- Sports science and personal development workshops
- Shotstohole account and review
- 3d biomechanics sessions
- EPP membership at Spring Valley (golf training base)
- Access to all practice facilities there, including free range balls at VIS/EPP range
- Squad practices/matches with VIS and/or other programs
- Acushnet player equipment agreement
- EPP uniform and custom bag
- International tournament opportunity tbc (partially supported/funded)
- Access to program mentors

Program Fees: \$2000, payable in 2 instalments.

Athlete Perspective (2017):

“I’ve really enjoyed the program so far. Particular aspects I’ve enjoyed:

The program is as flexible and as structured as we want it to be. If I feel like I need to work on my pitching, I can go do that and I’m not forced to do exactly what the coaches say. At the same time, there’s enough structure that I never feel lost.

Readily available coaching if we require. I’ve enjoyed some short game tips/lessons from Paul and I’m looking forward to more soon. Similarly, the 3D sessions with Marty have been really useful corresponding with what I’ve worked on with my home coach.”

Program Structure:

Squad Golf Training	Weekly	Structured squad/monitored practice	PS, MJ
	Weekly	On course practice and monitoring	PS, MJ
	Bi monthly	Away Games (different courses, practice matches, etc)	

Training sessions are offered 2-3 times per week during the development window and once or twice per week during the tournament window.

*Tuesday (all day), Thurs (pm), Sat (pm) – up to 15 hours available
Saturday session for school age athletes primarily.*



Physical Training	Once	Initial Screening	DL
	Twice	Functional Movements sessions	DL
	Weekly	S and C/fitness training at VIS	LM/BK

Training sessions are offered once per week during the development window, with monthly program monitoring sessions during the tournament window and travel considerations.

Wed (am) – 90 minutes at 6.00am (prior to school times).



Workshops	Goal setting/player performance ratings/squad culture Nutrition for golf		NB VIS
	Personal Development Session Examples: <ul style="list-style-type: none"> ▪ What Makes a Successful Athlete? ▪ Goal Setting and Athlete Road Map ▪ Personal Brand and Brand Development ▪ Preparing for Post Athlete Career ▪ Expectations of a Modern-Day Athlete ▪ Time Management 		SBP
3D	Twice pa Ongoing	3d analysis session 3d analysis check in	MB MJ



Aimpoint	Twice pa	Squad information/practical	SL
Program Mentors	Twice pa	Squad interaction sessions	
Statistics	Ongoing	ShotsToHole access is provided for all athletes	
Reviews	Twice pa	Main reviews are mid year and final	

Key Personnel:

PS	Paul Skinner	DL	Darren Lay
MJ	Marty Joyce	LM	Luke Mackey
NB	Noel Blundell	BK	Ben King
SBP	Sport Business Partners	SL	Stuart Leong
MB	Mark Bull	VIS	Loren Chambers (nutrition)