



2020 Junior *Team Golf*

Swan Lake TeamGolf

TeamGolf is a practice and instructional program for junior golfers of all skill levels from 4 years old through high school.

TeamGolf is conducted in a group setting because it creates the ideal learning environment for kids to **enjoy and excel at golf**. From grade school through to college, kids are part of a golf *team*. This team atmosphere is a vital **support system** for young, growing golfers.

Off season training is recommended by our staff for all golfers, even if it is only once per week. Becoming familiar with the **feel of the swing** during the winter months allows learned skills to stay efficient and fresh, making the transition to the next golf season easier and **more successful**. All junior golfers are encouraged to participate in a variety of sports and *not specialize* in any one sport before the age of 14-15 years.

TeamGolf utilizes the **American Development Model** to increase young golfers overall athletic skills and lay the groundwork for future learning and skill development.

Team Golf Benefits

Fun!

Social skills

Being a good teammate

Balance

Golf etiquette/rules

Sportsmanship

Competition

Coordination

Golf skills

Friendship

Agility

Speed

Levels of commitment

Boys and Girls 4-6

Boys 6-9 and Girls 6-8

ACTIVE START – FUNDAMENTALS Plans *New!!*

\$60 per session

ACTIVE START Plan classes will be conducted on **Sunday afternoons** for 30 minutes each week. Each of these plans are for young golfers to help them develop agility, balance, coordination and speed, depending on their age. The ACTIVE START sessions, children ages 4-6, lay the foundation for more complex motions and is fun, fast moving with games in a less structured environment.

Boys and Girls ages 4-6

The FUNDAMENTALS Plan classes will last 45 minutes. introduces the concepts of grip, aim, posture and weight transfer and structured in some areas with some unstructured play time.

Boys 6-9 and Girls 6-8 years old.

PRACTICE Plan

\$120 per session

PRACTICE Plan classes will be conducted on **Sunday afternoons** for 1 hour. In-season adjustments may be made to maintain ideal group sizes. Team Golf Practice Plan Includes: Flexibility and golf fitness warm up, golf swing athletics, full swing shots, putting.

Grade 4 and Up

LESSON Plan

\$200 per session

LESSON Plan will be all the sessions of PRACTICE Plan **AND** One **thirty minute private lesson** with the Instructor each calendar month of the session. Appointments will be made by the student and scheduled during regularly scheduled *Golf Academy* hours.

Private lessons allow for more in-depth instruction for those interested in **accelerated growth** in skills.

The LESSON Plan is highly recommended for Middle and High Schoolers whose golf match schedule starts immediately in the Spring 2020.

Grade 7 and UP

<u>Class divisions for 2020</u>	<u>Age/Grade</u>	<u>Times</u>
<i>New!</i> Active Start Class	Boys and Girls ages 4-6	11:30 am – 12:00 pm
<i>New!</i> Fundamentals Class	Boys ages 6 -9, Girls ages 6-8	12:15 – 1:00 pm
Grade Schoolers Class	Boys and Girls <u>Grades</u> 4-6	1:15 – 2:15 pm
Junior High Class	Boys and Girls <u>Grades</u> 7 and 8	2:30 – 3:30 pm
High School Class	Boys <u>Grades</u> 9 – 12	3:45 – 4:45 pm
High School Class	Girls <u>Grades</u> 9 – 12	5:00 – 6:00 pm

4 Seasons – 4 Sessions

2020 Winter Session

January 5, 12, 19, 26

February 2, 9, 23

March* 8, 15, 22, 29

*Optional Practice sessions will be offered during the week of Spring Break.

@ Dates may change due to Golf Show calendar.

2020 Spring Session

April 5, 12, 19, 26

May 3, 10, 17, 24, 31

June 7, 14

2020 Summer Session

June 21, 28

July 5, 12, 19, 26

August 2, 9, 16, 23, 30

2020 Fall Session

September 6, 13, 20, 27

October 4, 11, 18, 25

November 1, 8, 15

Sign Up: Contact John Ericsson at (574)935-5680 Ext. or by email at jericsson@swanlakeresort.com

New for this year!

High School Boot Camps

Boot Camp are short term prep sessions for the upcoming season!

Boys* 3 sessions per week (Tues/Thurs/Sun)

January: Tues. 14th, Th. 16th, Sun. 19th
Tues. 21st, Th. 23rd, Sun. 26th

February: Tues. 4th, Th. 6th, Sun. 9th
Tu. 18th, Th. 20th, Sun. 23rd

March: Tues 10th, Th. 12th, Sun. 15th
Tues 17th, Th. 19th, Sun. 22nd

With *TeamGolf* Session \$80 Boot Camp only \$120

Tuesday and Thursday sessions: 6:00 – 7:30 pm

Sunday sessions: TBA

Available for all jr.high golfers with a Spring 2020 season

Girls 3 sessions per week (Tues/Thurs/Sun)

May: Tues. 12th, Thurs. 14th, Sun. 17th
Tues. 19th, Thurs. 21st, Sun. 24th

June: Tues.9th, Thurs. 11th, Sun. 14th,
Tues. 16th, Thurs. 18th, Sun. 21st

July: Tues. 7th, Thurs. 9th, Sun. 12th
Tues. 14th, Thurs. 16th, Sun. 19th

With *TeamGolf* Session \$80 Boot Camp only \$120

Tuesday and Thursday sessions: 6:00 – 7:30 pm

Sunday sessions: TBA

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New for this year!

ACTIVE START - Fundamentals Plans

\$60 per session

Based upon the ADM (*American Development Model*), these new additions to our *TeamGolf* concept prepare young athletes for sports by focusing on their development of agility, balance, coordination and speed. In addition, the programs allow for plenty of fun, unstructured playtime.

ACTIVE START Plan classes will be conducted on **Sunday afternoons** for 30 minutes each week. **The ACTIVE START** sessions lay the foundation for more complex motions. It's fun and fast moving with plenty of golf themed games and activities in a less structured environment. The development of the **ABC's**: agility, balance, coordination and speed will be the courses focus in a very relaxed and low stress environment. Safety and personal space are two important concepts learned during this class. Skills developed in this class will prep them for learning several golf fundamentals in the future.

Activities, fun and games 100% of the time!

Designed for children ages 4 – 6 years old

Fundamentals Plan classes will last 45 minutes on **Sunday afternoons**. **The Fundamentals Plan** will help build on your child's developing **ABC's** and a greater percentage of time will be devoted to golf instruction. Mastering the golf fundamentals of grip, aim, posture and weight transfer is the goal of this plan as well as having FUN! But also learning about fairness and figuring out the basic rules of the game.

Activities, games and unstructured play time 80%, Golf Instruction 20%.

Fun 100% of the time!

Designed for Boys ages 6-9 and Girls ages 6-8.

TeamGolf

ACTIVE START/FUNDAMENTALS Plan