



ELITE TRAINING

LEARN TO COMPETE AGES 8-15

LONG-TERM PLAYER DEVELOPMENT PROGRAM

18 CLASSES: 30 HOURS TOTAL \$799 + GST

The ELITE Training Level Program focuses on developing golf skills, positive self-esteem, and confidence on the course. Group classes are socially interactive and include a mix of athletic training, golf fundamentals, golf knowledge and an introduction on how to prepare for competition. Classes offer a balance of technical training, proper practice habits, skills challenges, on-course play, semi-competitive games, and a variety of social activities. Participants will be able to earn Order of Merit Points throughout the session and qualify for our end-of-season Elite Training Championship in September.

Classes run up to two times per week in the late afternoon or early evening, with instructors providing a fun, socially interactive learning environment with plenty of positive reinforcement.

By the end of the 3-month session, participants will have learned the basics of the golf swing, golf rules, etiquette, scorekeeping, and how to prepare for events. Prior participation in golf lessons is recommended and commitment to practicing regularly on the students' own time outside of class time is expected to continue improving skill and athletic abilities at an optimal level. Our course objectives and continual learning outcomes include:

Golf Fundamentals

Grip, Stance, Aim, Posture and Alignment
Balance, Rhythm
Full Swing – Short Irons/Mid Irons
Full Swing – Hybrids/Metal Woods
Short Game – Putting, Chipping, Pitching and Sand

Physical Literacy

Motor Skills, Agility, Balance and Coordination
Aerobic, Speed, Strength and Power
Movement/Travelling Skills/Object Control Skills
Balance Movements, Stamina and Flexibility
Fine Motor Skills (Dexterity and Synchronization)

Golf Education

Golf Safety and Courtesy for Others
Golf Course Etiquette
Basic Golf Rules and Scoring
Basic Golf Terminology

Life Skills

Sportsmanship, Respect, and Integrity
Basics of Healthy Nutrition and Diet
Positive Self Talk and Calming Exercises
Focus, Awareness and Decision-Making Skills

PGA Coaches: Ryan Kao, Kyle Roszmann

Session 1: Mar 31 to June 16, 2026

Session 2: August 11 to October 17, 2026

Session Cost: \$799 + GST 18 classes: 30 hours total

Tue – Training at Range / Sat – Play On-Course

12 x Tue 4:30-6:00pm

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6 x Sat 6:00-7:45pm

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* See the schedule for more details

Includes Academy T-Shirt, Hat, Championship & Prizes

