

# CALLING GIRLS OF ALL AGES



## THE 4 Steps of how to become a Junior Girl Golfer

Western Province Women's Golf has a very active Junior Development programme for girls of all ages, both new to the game and those with a golf handicap.

### STEP 1 Starting to play Golf and learning more



**1 HOURS FREE RANGE COACHING EVERY SATURDAY MORNING DURING THE SCHOOL TERM:**

**INCLUDES:**

- The basic set-up and technical aspects of the game. Chipping, putting, full swing.
- Progressing bunker play, hybrids and woods play, pitching.
- An opportunity is provided to play on mashie courses /shortened golf course and receive instruction on basic golf rules, etiquette, scoring, safety.

**THE AIM IS:**

- To allow progress with a consistent golf swing to enable them to progress to the mashie course/shortened golf course.

<b>THE RIVER CLUB</b>	<b>09:00 – 10:00</b>	<b>Beginners</b>	<b>Coach: Michael Ball</b>
	<b>10:00 – 11:00</b>	<b>Advanced</b>	<b>Coach: Keagan Beyer</b>
<b>DURBANVILLE GOLF CLUB</b>	<b>13:00 – 14:00</b>	<b>Beginners &amp; Advanced</b>	<b>Coach: Lana Orgovanyi</b>
<b>STRAND GOLF CLUB</b>	<b>09:00 – 10:00</b>	<b>Beginners &amp; Advanced</b>	<b>Coach: Helena Buitendag</b>

### STEP 2 Playing Mashie Course Competitions



**INCLUDES:**

- WP Junior Golf runs competitions on local mashie courses (River Club and Mupine) for the beginner golfers down to 24 handicap golfers (boys and girls) during the school holidays.
- Advertised on WP Golf website
- Our Coaching nodes can assist entries
- No Competition fees.

**THE AIM IS:**

- To allow progress with a consistent golf swing and course management to enable them to progress to a full Golf Course.

### STEP 3 Joining a Golf Club



**INCLUDES:**

Western Province Golf – Women's Golf encourage getting a handicap as soon as possible by:

- Playing a few holes and progress to playing 9 holes, then progress to scoring 54 strokes over 9 holes
- Putting in 9 hole scores (minimum of 5) in order to gain an official handicap
- Putting in 10 scores to allow your handicap to be a fair reflection of your golfing ability
  - Playing 18 holes as much as possible while entering the first 10 cards
  - Once a handicap is obtained play in a Club competitions or WP Junior tournaments

**THE AIM IS:**

- To be eligible to join WGWP Junior Squad

### STEP 4 Competition experience & Technical Expertise



**FREE RANGE AND ON COURSE COACHING TWICE A MONTH DURING SCHOOL TERMS**

**ELIGIBILITY FOR JOINING**

- Having obtained a handicap,
- Can play to her handicap if it is a 36,
- Has played a minimum of 2 x 18 holes
- Has played in a competition on a full course.

**INCLUDES**

- All aspects of golf – technical swing correction, all clubs hit at the range, chipping bunkers pitching, specialized shots
- On course strategy and situations;
- Self assessment and drills for practise

**INFORMATION CONTENT INCLUDES**

- Rules, Golf formats, Scoring, Etiquette, Goal setting, Mental Focus
- Advice on up-coming tournaments – WP Junior Golf Junior Opens, WP Golf Womens Tournaments, Schools League, Provincial and National Tournaments, SA Girls Junior Championships

**THE AIM IS:**

- To allow all golfing girls to meet, participate and progress to their desired level of golf
- To allow fast tracking for those who wish to excel.

<b>KENILWORTH MOMENTUM RANGE</b>	<b>13:00 - 15:30</b>	<b>Coach: Kurt Stripp &amp; Wayne Bradley</b>
----------------------------------	----------------------	---