

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 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.

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 20 Handicap Index (HI) golfers (boys and girls) during the school holidays.
- Details available 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 a Course Handicap determined by her HI
- 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.

KENILWORTH RANGE

07:45 – 9:00 Advanced Coach: Sevey Links
08:45 – 10:00 Beginners Coach: Sevey Links

DURBANVILLE AREA

Beginners & Advanced (Contact Lana for times)
Coach: Lana Orgovanyi

STRAND GOLF CLUB

09:00 – 10:00 Beginners & Advanced
Coach: Helena Buitendag

We do Junior and Intermediate Squad, free range and on course coaching twice a month during school terms, with Junior Squad at Royal Cape Golf Course 12:30 - 15:30 coaches Kurt Stripp & Wayne Bradley. Intermediate Squad at Steenberg Golf Course 13:30 - 15:00 coaches Etienne Olivier & Murray Smit.