

## **GOLF**

### **WP GOLF GIRLS JUNIOR AND INTERMEDIATE SQUAD FACILITATING THE ADVANCEMENT GIRLS GOLFING SKILLS PART OF THE WP GOLF JUNIOR GIRLS DEVELOPMENT PROGRAM**

The WP Golf Girls Junior and Intermediate Squads focus on providing a safe platform (as far as is financially, organisationally and realistically feasible) for players, of varying ages and golfing skill, who have a golf handicap, the opportunity to develop their golfing ability fully, advance their personal growth and gain valuable life and social skills by funding regular group coaching sessions under the guidance of professional coaches.

It also provides a platform for more experienced Junior WP/WGSA ranked players to develop as role models and mentors to the less experienced players by sharing knowledge and experience.

#### **ELIGIBILITY**

Any girl, who has joined an affiliated golf club and has an official HNA handicap index and:

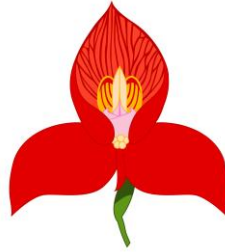
- Is able to play to within an acceptable differential of her course handicap
- Has played a minimum of 2 x 18-hole rounds
- Has played in a competition on a full course

#### **AIM**

- to allow all golfing girls to meet, participate and progress to their desired level of golf
- to provide technical expertise and practice under simulated competition conditions
- to give those who excel, the opportunity to be invited to the WP Golf High Performance squad.

#### **WHAT THE PROGRAM CONSISTS OF:**

- Free registration
- FREE range-based coaching twice a month, which includes once a term on-course coaching.
- Coaching sessions are held during school term at:
  - **ROYAL CAPE** with coaches: Wayne Bradley and Kurt Stripp
  - **STEENBERG** with coaches: Etienne Olivier and Murray Smit



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### **Coaching programme:**

The Junior squad coaching provides for players new to the game (handicap indexes of 15.4 and over), by helping to lay a solid foundation on swing fundamentals with:

- Range coaching sessions: focus on all clubs, including learning chipping, bunker shots, pitching, and specialized shot techniques and putting.
- On-course sessions: learning how best to play holes/courses; specialized shots and test newly learnt range skills.

More experienced players (handicap indexes 15.3 and under - based on tournament scores) are provided with more specialized Intermediate coaching sessions that cover:

- Range coaching sessions: technical aspects of the swing, ball flight, short game skills.
- Group forum sessions: instruction on self-assessment, statistics, practice routines, fitness and good nutrition.
- On course sessions: learn and hone specialized shots and shot shaping techniques.

### **WP Golf Women Executive:**

Provide an organisational supportive framework to assist with:

- Learning the Rules of Golf
- Guiding players on how they should conduct themselves in accordance with the WPG Code of Conduct both on and off the golf course.
- Arranging, from time to time, guest speaker talks on subjects that will be of value to the players. These will be held prior to coaching sessions and players will be timeously informed.
- Furnishing the players with a fixture list of tournaments (appropriate to each age and ability level) they may enter.
- Advising on how to enter competitive golf tournaments from Junior, Club, Provincial to<sup>[1]</sup><sub>SEP</sub> National level.<sup>[1]</sup><sub>SEP</sub>
- Furnishing the players with a fixture list of dates, venues and times of the Junior Squad coaching sessions for the year.

One WP Executive member will be present at the start of each session.

Kindly note that WP Golf in consultation with the coaches reserves the right to amend or change the times, dates or content of the coaching sessions at any time. Players will be timeously informed.

### **The Junior Squad player commitment:**



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WP Golf requires the Junior Squad players commit to the program for the year by:

- Attending as many of the coaching sessions as possible throughout the year – minimum of two (2) sessions per term.
- Practicing and playing between coaching sessions.
- Playing tournaments appropriate to the player's age and skill level – minimum three (3) tournaments per six (6) months.
- Signing and conducting themselves in accordance with the WPG Code of Conduct both on and off the golf course, during coaching sessions as well as before and after these sessions.
- Responding timeously and courteously to all WP Golf, volunteers or coaches communications.

### **Coaching session times:**

#### **Royal Cape Golf Club**

##### Range sessions

13:30 – 15:30 – Group Range session with coaches for all players

##### On-course sessions

15:30 – 17:30 – Warm up & on-course session with coaches to test on-course skills

#### **Steenberg Golf Club**

##### Range sessions

14:00 – 16:00 /16:30– Group Range session with focus on short game skills with coaches for all players

#### **WP Golf Junior Girls Order of Merit Rankings**

WP Golf administers and update the rankings and are published on the WP Golf website using 80% of diffs against Dynamic rating.

#### **Counting rounds for Order of Merit:**

All Junior National Championships

All Junior Provincial Championships

WP Womens Amateur Championships and Ackerman Championships

All WP Junior Championships and tournaments

WP Golf and our coaches look forward to assisting our Junior Squad players to develop their golf skills.



## **GOLF**

Should you have any questions or queries kindly contact:

<b>Responsible member</b>	<b>Executive</b>	<b>Gwen Baumgart</b>	<b>082 315 9468</b>
<b>Support Executive member</b>		Lorette Hegie	072 193 7566
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<b>Support Executive member</b>		Maureen Weimar	082 822 6916
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