

# 2017 Junior Elite - Season Coaching Program



Eagles Glenn of Cavendish is pleased to announce a new coaching program for junior golfers in 2017. This program is designed for junior players that want to improve and are playing (or looking to play) competitively. The program will be lead by PGA of Canada Golf Class 'A' Professional Brad Cook and assisted by Travis Carr and Sean Joyce who are also PGA of Canada Members.

This coaching program will expose each player to all the facets of the game that are required to play your best. Most junior programs are limited to hitting balls on the range but in this program players will learn and incorporate the importance of on course nutrition, game planning, mental strategies and physical fitness into their own games. These skills aren't just for golf; they transferable to other sports and encourage a healthy lifestyle. We hope that players from our program decide to pursue college scholarships for golf because of the skills they've acquire.

Participating players can expect the following:

- Personalized coaching plans that help players know what and how much to practice based on an upcoming tournament and the time of year
- Access to the latest training aids that measure player performance. Eagles Glenn is one of the few facilities in Atlantic Canada that uses a Flightscope launch monitor and a BodiTrak pressure mat. These tools are the same ones that are used on the PGA Tour by the best players in the world
- Players will have use of the best practice facility on the Island during the coaching sessions
- Included in the program price is a junior membership at Eagles Glenn (restricted times) so players will be able to get much on course coaching as well and the ability to practice through the season outside of coaching sessions
- The coaching sessions are scheduled around the PEI ADL Junior Golf Tour so there won't be any conflicts through the season
- Players in the program will be evaluated using the latest Golf Canada testing programs. These tests are the same ones the best players in the country use and help identify strengths and weakness and what should be worked on
- The program will start in late May and run through the summer months. There are over 20 sessions scheduled with more than 50 hours of coaching included

Attached is a season long schedule along with more details around some of the testing and specific objectives of the program.

- Golf Canada Testing – In 2016 Golf Canada released the latest testing protocols to help golf coaches identify where their players are relative to the best players in the country. Testing allows us to see where the player is and where they need to go. The following tests will be done twice during the season (beginning and end of season):
  - Ball Speed
  - Short Game (chipping, pitching & bunker play)
  - Wedges (inside 100 yards)
  - Putting
- Season Planning & Personalized Plans – A goal without a plan is just a wish.....Most golfers start the season and hope for the best which usually ends in another disappointing season. One of the first items on the program agenda is to establish goals for the season and how we are going to achieve them.
- Goal Planning – Setting specific measurable goals that get you to bigger goals is what successful people do in life, not just golf
- Nutrition & Hydration – To play your best how you fuel your body becomes very important. Understanding how certain foods affect your physical and mental state allows you to prepare more efficiently
- Mental Strategies – Imagery, positive thinking and self talk are very powerful tools. Players who play in a negative state of mind have a hard time playing their best or reaching their goals
- On Course Strategies – Yardage books and tactical planning are how the best players in the world move around a golf course. Knowing safe spots and where not to hit the ball is just as important as hitting it at the pin

#### The Coaches

- Brad Cook – Brad has been a PGA of Canada Professional since 2006 and has always been focused on helping junior golfers develop their game. He has developed and instructed programs across Canada, with stops in BC, Alberta, Ontario & Saskatchewan where he coached the Saskatchewan Provincial Boys Development Team in 2012 & 2013. Most recently he was Head Professional & Junior Development Coordinator for Summerside Golf club.
- Travis Carr – Travis is an assistant PGA of Canada professional who is returning to Eagles Glenn of Cavendish for his second season. Prior to joining Eagles Glenn, Travis taught at the Fox Meadow Academy. With nearly 10 years of golf industry experience Travis helps his students with his competitive background, knowledge of fitness and use of the modern ball flight laws.
- Sean Joyce – Sean is an 11-year veteran of the PGA of Canada and is the only certified golf coach in PEI. He is the Head Golf Coach of the Provincial High Performance Team is

always looking for ways for his players to improve and enjoy the game more. When he isn't coaching the High-Performance Team, or running the day to day operations at Eagles Glenn Sean will be assisting with this program.

Program is limited to the first 25 players, cost to participate is \$600 + HST

Contact 902-963-3600 or email [sean@eaglesglenn.com](mailto:sean@eaglesglenn.com) for to register