



JUNIOR GOLF ACADEMY PROGRAM

# SUPPORTING YOUR CHILD ON THE COURSE



## ABOUT

This short guide has been put together to help you to support your child's experience on the golf course outside of organised junior programme classes and events, as well as understand the experiences they will receive during these events.

You have a key role to play in supporting your child's development and we want to provide you with the information you need to ensure their experiences on the course are developmentally appropriate.

**If your child is enrolled on the JGA child we encourage to read this guide.**



## ADAPTED ACADEMY COURSE

It is vital that your child's experience on the golf course is developmentally appropriate. That's why we have adapted the golf course and created an Academy Course that can be used during organised Playing Events and by juniors outside of organised programs.

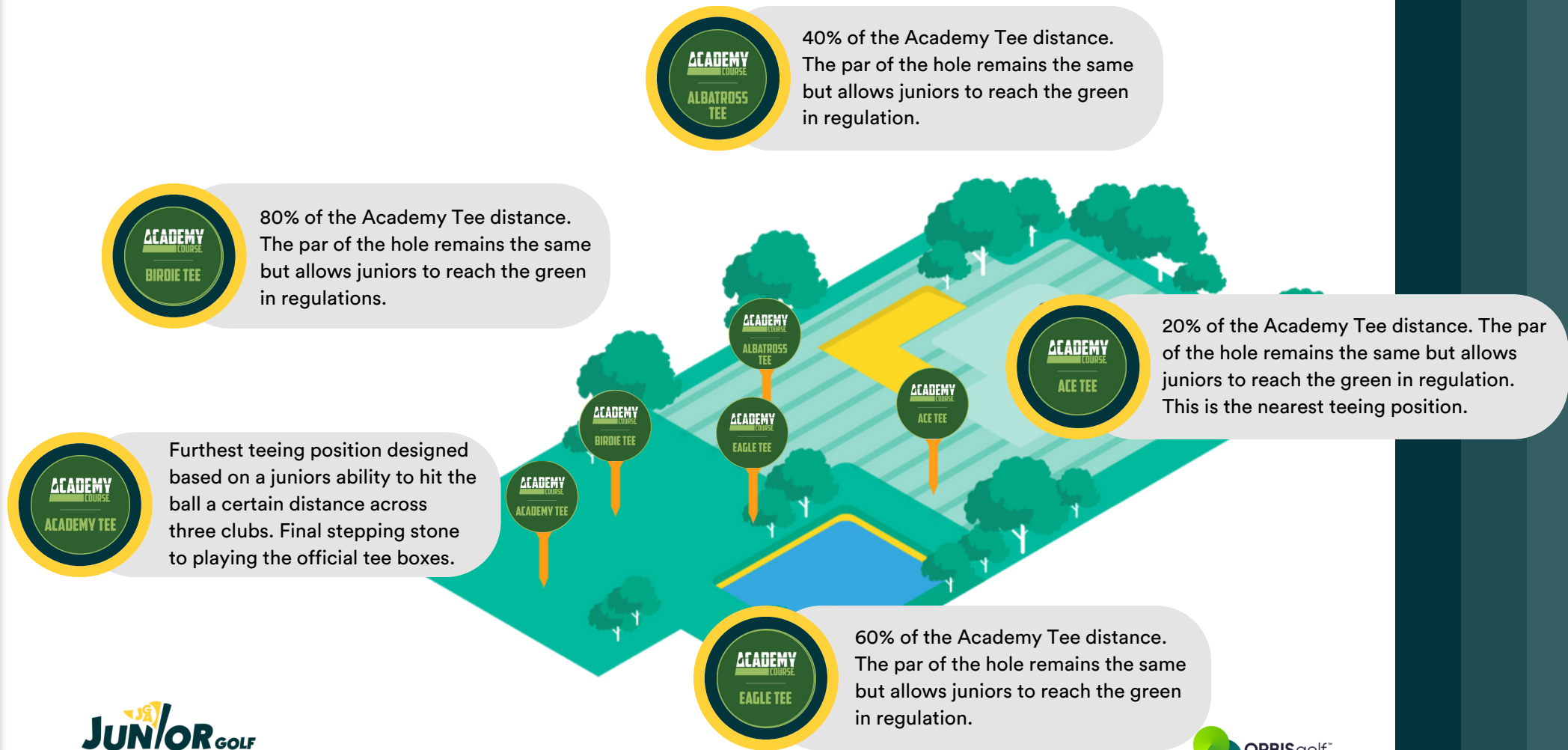
We believe that your child will have even more fun when they shoot a lower score because they have the ability to reach the green in regulation and their participation on the golf course matches their experience, age and ability. Adapting the golf course will also...



- **Set your child up for success when playing the game**
- **Level the playing field across your child's peer group by not unnecessarily rewarding children who are developmentally more mature and thus demonstrate a technical ability to hit the ball further**
- **Allow your child to get a real sense of playing the game and scoring**
- **Reduce dropout and drive long term retention of your child in the game**
- **Allow them to experience success and shooting low!**
- **Build the confidence of your child**
- **Improve pace of play**

## THE ACADEMY COURSE

The Academy Course uses a 5 stage teeing system within the golf course at your club. The different teeing positions allow child to reach the green in regulation based on the distance they hit the golf ball. The 5 stage teeing system consists of the following:



## THE ACADEMY TEE

The Academy Course is built backwards from the Academy Tee on your child's golf course. The Academy Tee has been designed based on a juniors ability to hit the ball a certain distance across three different Clubs. These are the Driver, a Fairway Wood and a Mid-Iron.

To play from the Academy Tee , we recommend a junior should be able to consistently hit their driver a total distance of 200 yards. The fairway wood total distance of 160 yards is calculated at 80% of the driver distance and the mid-iron total distance of 120 Yards is calculated at 60% of the driver distance.



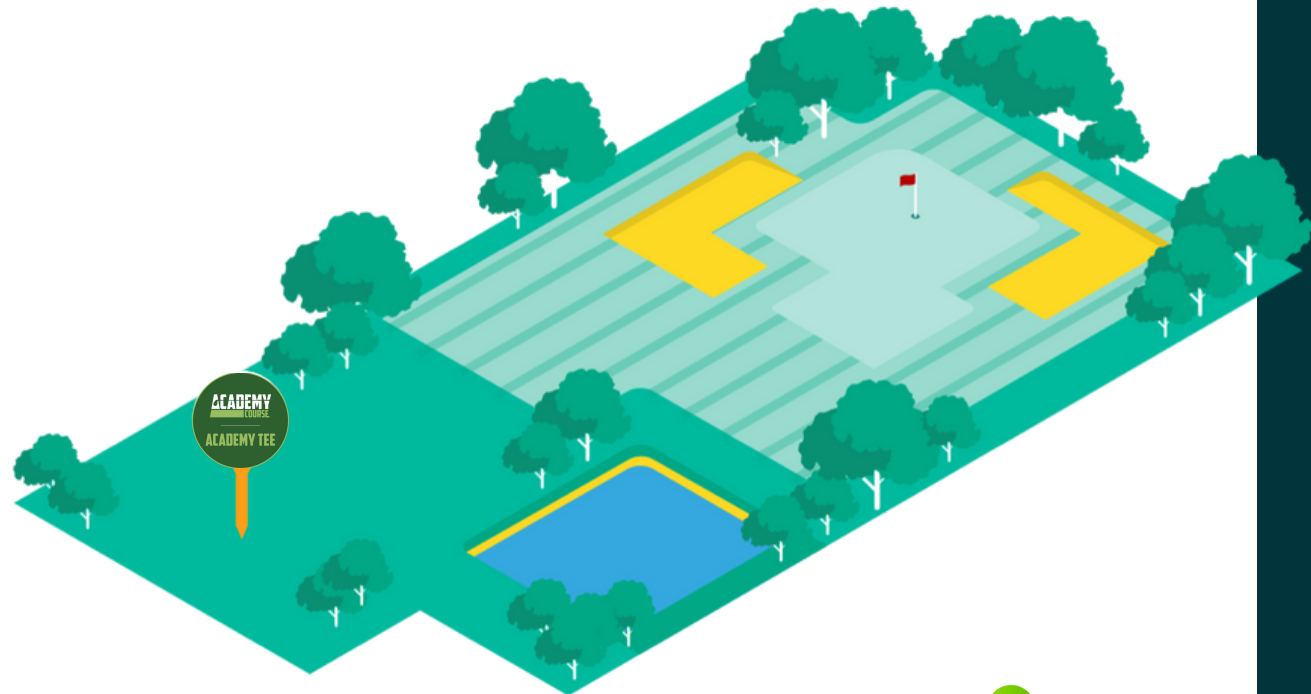
**ACADEMY COURSE**

**ACADEMY TEE**

**DRIVER - 200 YARDS**

**FAIRWAY WOOD - 160 YARDS**

**MID IRON - 120 YARDS**



## PAR 3'S, 4'S AND 5'S

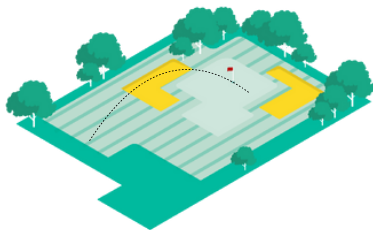
We believe that junior golfers should always have the opportunity to learn to play the course and score like an adult golfer. It is important that children get to experience the nature of the game and scoring in a developmentally appropriate way. Therefore, the golf course your child plays will consist of Par 3's, 4s and 5s regardless of the starting position.

The yardage of each of the pars is set at distances whereby your child can reach the green in regulation from each starting position, just like an adults experience on the course. Using this system allows your child to build their confidence by playing a golf course that is right for their maturity. They will learn the art of scoring, the true nature of the game and also experience the sense of success when playing.

### Par 3

On a Par 3, your child should have the opportunity to reach the green in one shot using a maximum of a Fairway Wood.

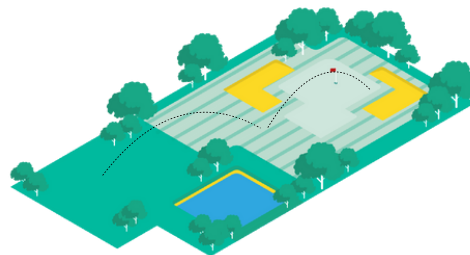
**Maximum of a Fairway Wood**



### Par 4

Opportunity to reach the green in two shots, and the maximum yardage of the hole is recommended to be based on your child using a Driver and Mid-Iron

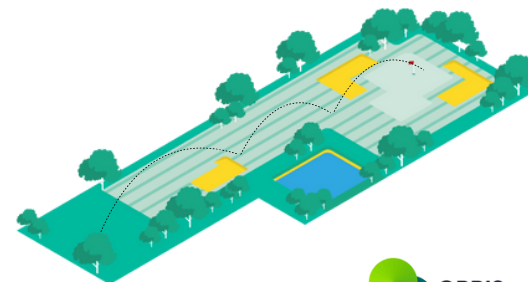
**Driver + Mid-Iron**



### Par 5

Opportunity to reach the green in three shots, and the maximum yardage of the hole is recommended to be based on your child using a Driver and two shots with a Mid-Iron

**Driver + Mid-Iron + Mid-Iron**



## YARDAGE OF PAR 3'S, 4'S AND 5'S

As each starting position is based on a % of the Academy Tee, we have produced a recommended minimum and maximum length for each of the pars on the course. The course that your child plays during playing events will consist of holes within these yardages.

The table below provides an overview of the recommended yardage for each of the pars and teeing positions...

Par	ACADEMY COURSE ACADEMY TEE	ACADEMY COURSE BIRDIE TEE	ACADEMY COURSE EAGLE TEE	ACADEMY COURSE ALBATROSS TEE	ACADEMY COURSE ACE TEE
3	160 yards or less	128 yards or less	96 yards or less	64 yards or less	32 yards or less
4	161- 320 yards	129 - 256 yards	97 - 192 yards	65 - 128 yards	33 - 64 yards
5	321 - 440 yards	257 - 352 yards	193 - 264 yards	129 - 176 yards	65 - 88 yards

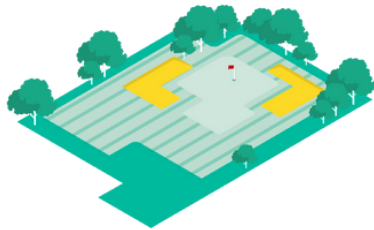
## RECOMMENDED MAKE UP OF A 9-HOLE COURSE

When your child attends a playing event, the number of holes they play will be dependant on their development level. However, to give your child a true reflection of a course make up and so they can experience the varying hole types, the course will be designed at your child's venue with a mixture of hole types and yardages.

The recommended make up of 9 holes is outlined below, although this may differ from venue to venue depending on the layout and accessibility of your child's course...

2

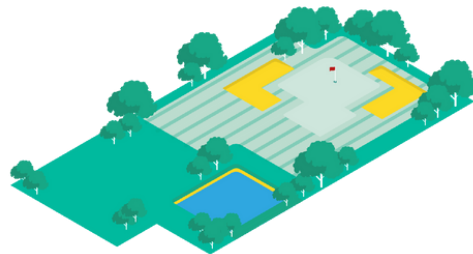
Par 3



There should be two Par 3's on a 9 hole course

5

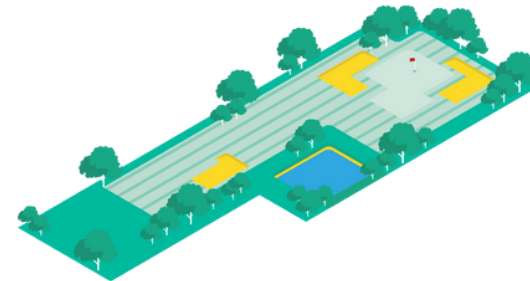
Par 4



There should be five Par 4's on a 9 hole course

2

Par 5



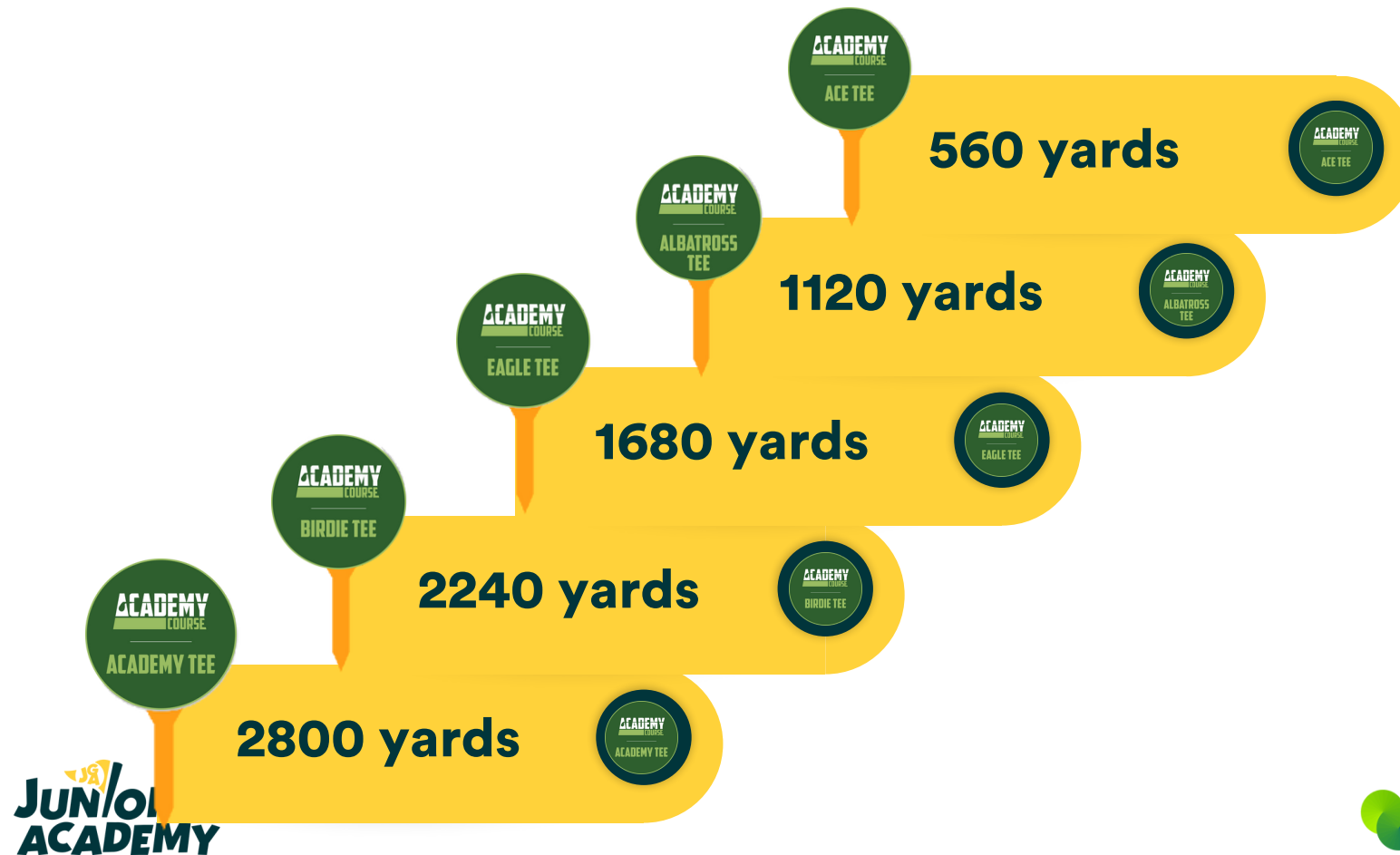
There should be two Par 5's on a 9 hole course



## MAXIMUM 9-HOLE YARDAGE

Using the recommended maximum yardage for each hole type, % distance from each starting position and suggested course layout as outlined, we are able to produce a maximum recommended 9-hole course yardage for your child to play.

The exact yardage of your child's course that they will play in Playing Events will vary due to the number of hole combinations and exact yardages of each hole type. Based on the maximum yardages, a combination of 2 x Par 3's, 5 x Par 4's and 2 x Par 5's hole layouts the maximum yardage for each teeing positions is provided below...



## WHERE TO START YOUR CHILD?

Your child's coach will recommended to your child when attending Playing Events the appropriate starting position on the Academy Course. Your child's coach will consider their confidence, age, friendship groups and the yardage they hit the golf ball when determining their starting position.

You can also use this guide to help when playing on the golf course with your child...



- DRIVER DISTANCE - 80 YARDS +
- FAIRWAY WOOD DISTANCE - 60 YARDS +
- MID-IRON DISTANCE - 40 YARDS +



- DRIVER DISTANCE - 160 YARDS+
- FAIRWAY WOOD DISTANCE -120 YARDS +
- MID-IRON DISTANCE - 90 YARDS+



- DRIVER DISTANCE - 200 YARDS+
- FAIRWAY WOOD DISTANCE -160 YARDS +
- MID-IRON DISTANCE - 120 YARDS+



- DRIVER DISTANCE - UNDER 80 YARDS
- FAIRWAY WOOD DISTANCE - UNDER 60 YARDS
- MID-IRON DISTANCE - UNDER 40 YARDS



- DRIVER DISTANCE - 120 YARDS +
- FAIRWAY WOOD DISTANCE - 90 YARDS+
- MID-IRON DISTANCE - 70 YARDS +

## PLAYING USING ADAPTED RULES

While it is essential that your child always get a true experience of playing the course, it is important that we nurture their confidence, help them develop the art of scoring and also promote speed of play. Given the variable nature of each child's physical maturity, personality and ability we advocate adapted rules for some juniors when playing the course. The adapted rules that are adopted within Playing Events are recommend to be utilised by you when playing the course with your child are...

- **10 Shot Maximum**

When 10 shots are played, pick up your ball and mark 10 on your scorecard.

- **Air Shot Rule**

A swing where the ball is missed does not count as a shot towards your score.

- **Pick & Place Rule**

Mark the ball, pick it up, clean it and replace the ball within 6 inches anywhere on the golf course excluding within hazards.

- **Lost Ball Rule**

The ball can be dropped next to a hazard or where you believe a ball was lost at a penalty of 1 shot.

- **Tee It Up Rule**

The ball may be teed up anywhere on the course excluding within hazards.

- **3 Attempt Bunker Rule**

A maximum of 3 attempts can be made in the bunker. If after an unsuccessful 3rd attempt, you are able to pick up your ball and drop it to the side of the bunker no nearer to the hole without penalty.

- **Bunker Grounding Rule**

You can ground the club in a bunker as long as you are not deliberately attempting to improve your lie.

## PLAYING THE COURSE

We encourage all of our juniors to play on the golf course as much as possible outside of JGA program classes or events as long as their experience is developmentally appropriate. When playing the golf course, we encourage you to follow the steps below to ensure that your child's experience is appropriate for them as well as using the guidelines outlined in this guide....

### PLAYING A JGA COURSE

- 1 Request an Academy Course Scorecard
- 2 Find the correct starting tee using the infographic or speak to their coach
- 3 Look out for Academy Course Teeing position markers

### PLAYING A NEW COURSE

- 1 Find the correct starting tee using the infographic or speak to their coach
- 2 Hit the 1st shot on each hole from within the recommended hole yardages
- 3 Vary the Hole types that you play



## TRACKING SCORES ON GLF. CONNECT

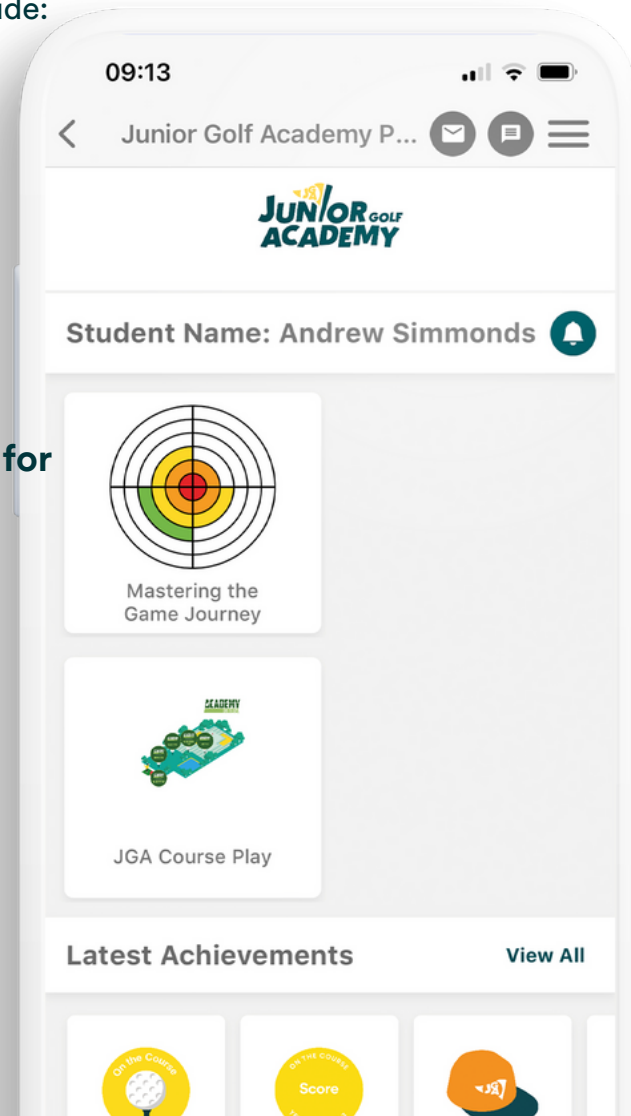
Track and manage your child's journey through the program via the GLF. Connect system. This includes tracking their on course scores via the JGA Course Play feature.

We use the GLF. Connect system and mobile app to power the JGA Program. This gives you the ability to access a range of online features to manage your child's engagement with the program, communicate with their coach and track their journey through the program. Features you can access include:

- View your child's progress wheels
- View the program challenges
- Earn virtual rewards and certificates
- On Course Tracking
- Online Booking of Lessons/ Classes
- Communicate with your child's Coach
- Much more...

Download on the App Store for iOS and Google Play Store for Android by searching 'GLF. Connect'

Speak to your child's coach to learn more or watch a demo by scanning the QR code:



## FREQUENTLY ASKED QUESTIONS

We have put together some frequently asked questions to help you understand this area of the programme and give you further guidance when playing on the course with your child. Of course, this list is not exhaustive and you should speak to your child's coach if you have any additional questions:

- **How many holes should my child play on the course? I notice playing events are only a maximum of 9 holes?**

Playing Events are a maximum of 9 holes partly due to time constraints. However, playing 9 holes isn't right for every child and this decision should be made on a child by child basis.

- **When is the right time for my child to move teeing positions?**

Juniors will develop their competency as well as their confidence and maturity on the golf course at different rates. All of this should be considered when moving juniors to the next teeing position. Consideration should also be made to the fact that your child will engage positively when they can play with children within their friendship groups or those of a similar age. Moving a child from one teeing position to another should primarily be based on when your child can consistently hit the ball the required distance with each of the clubs specified for each starting position, or when they demonstrate the physical maturity to achieve these distances.

- **You mention in the guide assessing my child's starting position based on the 'total' distance across the 3 clubs. What does this mean?**

Total distance relates to the eventual point in which the ball comes to rest. Just like the golf course, allowance must be made for the ball landing and rolling. Using a total distance assessment brings the assessment close to the actual performance on the golf course.

## FREQUENTLY ASKED QUESTIONS

- **Should I be placing an emphasis on score and competition?**

Playing Events present your child with an opportunity to experience playing the course, scoring and competitive experiences with others. However, as every child is different, competition should be introduced at the right time in your child's development. Your child's coach will be best placed to make this judgment given the personal relationship they will have with your child. However, using age as a guideline, for those aged 4-6 the focus on the course should revolve around children experiencing play on the course in a supportive, fun and safe environment. No emphasis should be placed on competition with others or attaching consequence to a certain score. The focus is on participation and experience. For those aged 6-11, the focus should revolve around playing the course safely, within rules of the game and appropriately with others. Children at this age should gain experience of scoring and navigating the course. When developmentally appropriate, children can be introduced to competitive experiences with others and the meaning of score within the game. For those aged 11+, the focus should be on emphasising how children play the game socially and competitively with others within the rules of the game. An emphasis should be placed on scoring and appropriate competition within the child's peer group.

- **How is the distance assessed? How should I decide where my child starts based on these distances?**

Your child's coach will have the necessary expertise to make this assessment and we recommend you talk to them about the correct starting position for your child. However, your child's starting position is assessed either based on their physical maturity or consistency. If your child is demonstrating the physical maturity to achieve certain distances with each club, even if this is inconsistent then this will be considered. Otherwise, your child's current ability to demonstrate a level of consistency in the distance they hit the ball across each of the three clubs should be the main method used.

## FREQUENTLY ASKED QUESTIONS

- **How do I know where the starting positions are on the course and what the yardages are?**

Speak to your child's coach to arrange using the Academy Course Scorecard. This will include the yardage of the hole from each starting position and the par of the hole. Your venue may also have marked the starting position on the cart path of the hole and you can play from adjacent to these.

- **How is playing an adapted course preparing my child for 'real golf' where golf courses are getting longer?**

We advocate using the adapted golf course as this is developmentally appropriate. In our opinion, children are not little adults and their confidence should be nurtured at an early age. Early success is vital in ensuring your child stays in the game in the long term. However, on a child by child basis we would advocate challenging a junior by playing from further teeing positions and shorter teeing positions so they can develop their short game. We recommend you speak to your child's coach during their participation in the program.





# THANK YOU

We hope your child enjoy's their time on the Junior Academy Program.



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