

WELCOME GUIDE



WELCOME

Thank you for registering your child on the Junior Golf Academy programme.

We are excited to welcome you and your child to the programme. This short guide acts as your introduction and will give you all the information you need to understand the programme, what is involved and the journey that your child is about to embark on.

Our team of PGA Professionals is excited to provide your child with the opportunity to develop their skills, create new friendships and have fun every step of the way. Our programme will connect you, your child and their coach at every step on their journey to become club and course ready and ultimately to...

Make golf a game for life!

WHAT'S INCLUDED

Now that your child is registered onto the Junior Golf Academy programme, we have outlined below what is included and some of the additional benefits your child can access. These include:

- **Group Based Classes**

Your child will be registered to attend one of our group based classes. On sign up you will have received details about the dates and times of your child's class sessions.

- **Welcome Pack Access**

We offer a welcome pack for the programme which then includes everything your child needs to support their participation.

- **Additional programme Opportunities**

Your child will have additional opportunities to develop their skills through a variety of additional programme opportunities. Speak to your child's coach to find out what else is available and the benefits you can access.

- **GLF. Connect Access**

We use the GLF. Connect system to power our programme. You will receive access to GLF. Connect which has a range of features to help you manage your child's engagement with the programme and track their progress.

JUNIOR WELCOME PACK

As part of your registration to the programme, your child will receive a welcome pack. This Welcome Pack has been designed to give your child all of the resources they need to actively engage in the programme. The Welcome Pack includes:

- **MyAcademy Folder**

This provides your child with everything they need to know to engage in their journey through the programme and it fits perfectly into your child's golf bag!

- **Junior Lapel Pins**

Used as a symbol of your child's progress through the skill elements within Mastering the Game for each level. As they earn each pin, you can add them to a hat or towel as a sign of success!

- **Level Certificates**

Certificates for each level of the programme. When your child completes a level their coach will sign the certificate and recognise their achievement!

- **Challenge Stickers**

Stickers that can be added to the MyAcademy folder when your child successfully completes a challenge within the programme.

- **Storage Folder**

Folder to keep all of the programme resources so these are protected from weather and stored in your child's golf bag when they attend a class.

WHAT WILL YOUR CHILD LEARN?

The programme develops your child through four learning outcomes which are built into each element of the programme curriculum. These learning outcomes are interlinked and are critical to develop your child's competency and confidence to play the game. They are also vital to help your child to thrive as a person outside of golf and to become an active participant at the club.



1. Mastering the Game

Your child will develop core golf skills to play the game confidently and competently across four categories.



2. Learning the Game

Your child will develop the knowledge to be at the club and to play the golf course independently, socially and/or competitively.



3. Physical Literacy

Your child will develop the necessary movement skills to thrive in golf and the necessary grounding for a healthy and active life.



4. The Whole Child

Your child will develop across a range of social and psychological development elements to thrive in golf and wider life.

MASTERING THE GAME SKILLS

This learning outcome focusses on developing your child across four skills within the game. Within each of these skills are sub-skills that are necessary for your child to develop in order to play the game confidently and competently. These elements shape the learning and coaching opportunities across the programme. Each class focusses on one of three elements, Swing, Around the Green and On the Green. Your child will develop their skills within the On the Course element during on course playing opportunities.

• Swing

Development of the skills required for your child to competently use the clubs in full swing areas of the game including driving, fairway woods and irons.

• On the Course

This element is focused on the development and transference of your child's skills onto the golf course independently, socially and competitively.



• Around the Green

Development of the necessary skills your child will require in situations around the green, including pitching, chipping and bunker play.

• On the Green

Development of the necessary skills your child will require in situations on the green including short putts, long putts and scoring.

LEARNING THE GAME

This element is focused on building your child's knowledge of the game to play the golf course, play with others and engage in life at the club. This is achieved during programme classes via discussion, group activity and games as well as the experience of your child during on course opportunities.



RULES & ETIQUETTE

This element introduces and develops your child's knowledge to play the golf course with others socially and competitively within the rules and standards of the game.



PLAYING & SCORING

This element introduces and develops your child's knowledge to play the golf course in a variety of formats competitively and socially.



PREPARING TO PLAY

This element introduces and develops your child's knowledge to prepare for playing the golf course in a range of conditions and environments.



ORIENTATION

This element introduces and develops your child's knowledge to navigate the course and the club, being safe and to play with confidence.



THE WHOLE CHILD

This element is focused on the social-behavioural and psychological development of your child so they can thrive in golf, the club and in wider life. Your child will develop these elements through active participation in the programmes, & engaging actively in life at the club with others through events and classes.

- **Social**

These are the skills necessary to develop your child's ability to work as part of a team and engage constructively with others.

- **Creative**

These are the skills to develop innovative ways to tackle tasks and challenges within the necessary rules and in a safe way.

- **Cognitive**

These are the skills to develop strategies that will enable your child to complete a variety of tasks in an efficient and confident manner.

- **Personal**

These are the skills intrinsic to your child and include the ability to self motivate and exert self control.



PHYSICAL LITERACY

This element is focused on developing the basic movement and athleticism skills to play golf and thrive to live a healthy and active lifestyle. The physical literacy component is delivered within classes in the form of warm up games and activities in a developmentally appropriate way.

Fundamental Movement Skills (FMS)



Kick



Throw



Skip



Hop



Run



Side-step



Dodge



Jump



Balance



Crawl

Athleticism



Agility



Static & Dynamic
Balance



Coordination



Speed



Strength &
Power



Endurance



Flexibility



ON COURSE ACCESS

As part of the Junior Golf Academy programme, your child will have the opportunity to take what they learn in class out onto the golf course itself. Your child's on course experience will take place on an Adapted Academy Course — real golf, adapted to suit your child's stage of development. There are three teeing positions used across the programme:



EAGLE TEE

9-HOLE TARGET 1,200–1,500 YDS

Ideally suited for juniors hitting the ball up to 120 yards with a driver and 70 yards with a 7-iron.



BIRDIE TEE

9-HOLE TARGET 1,800–2,100 YDS

Ideally suited for juniors hitting the ball up to 160 yards with a driver and 100 yards with a 7-iron.



ACADEMY TEE

9-HOLE TARGET 2,500–2,800 YDS

Ideally suited for juniors hitting the ball up to 200 yards with a driver and 120 yards with a 7-iron.

WHY THE RIGHT TEEING POSITION MATTERS



Builds confidence — reaching the green in the right number of shots helps your child feel like a real golfer — because they are



Levels the playing field — juniors of different ability levels can play together without one child dominating or struggling



Teaches real scoring — your child learns what 'par' means in practice, not just in theory



Sets your child up for success — every hole is designed so they have a genuine chance of reaching the green in regulation



Supports long-term retention — as your child improves and moves to longer tees, the course grows with them — there is always a next step



Reduces dropout — juniors who experience early success on the course are significantly more likely to keep playing in the long term

SUPPORTING YOUR CHILD ON THE COURSE

Playing on the course is one of the most exciting parts of your child's journey — and your support makes all the difference to how much they enjoy it.



Before they play

- Check with your child's coach which teeing position, number of holes and adapted rules that is most appropriate for them when playing.
- Help them arrive prepared, with the right clothing, equipment and their scorecard



While they play

- Be supportive rather than instructive — let the coach lead on technique, and let your child enjoy the experience
- Let them play at their own pace within the adapted rules, without added pressure over score
- Remember the goal is progress and enjoyment, not perfection



After they play

- Ask open, encouraging questions: What went well? What did you enjoy most? What do you want to work on next time?
- Celebrate effort and participation as much as results
- Speak to your child's coach if you have questions about next steps or teeing position

TRACKING PROGRESS

Through participation in the programme, your child, where developmentally appropriate, has the opportunity to progress through a pathway built across six levels. The levels are colour coded across the programme resources and rewards. Through the progression pathway you, your child and their coach can track progression which will shape your child's unique journey through the programme.

- **6 Progressive Levels**

Your child can move across 6 progress levels, from Level 1 (Red) to Level 6 (Black) on their journey to develop the skills to become club and course ready!

- **Earn Rewards at Every Step**

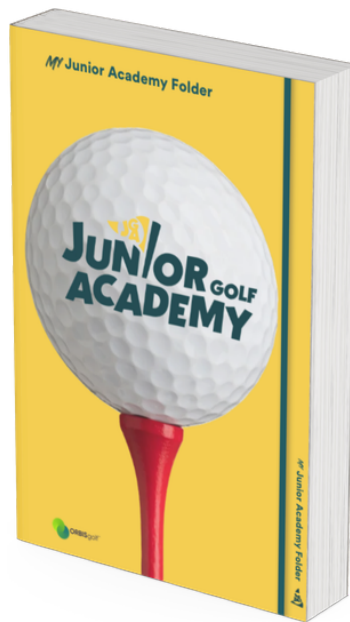
Your child will earn rewards on the completion of individual challenges, skill categories, and when they complete levels of the programme.

- **Fun and Engaging Element to Classes**

Your child will participate in fun skill based challenges during classes and events allowing them earn their rewards and track their progress.

- **Log Progress**

The supporting resources allows your child to log their progress at every stage giving you insight as to their journey on the programme.

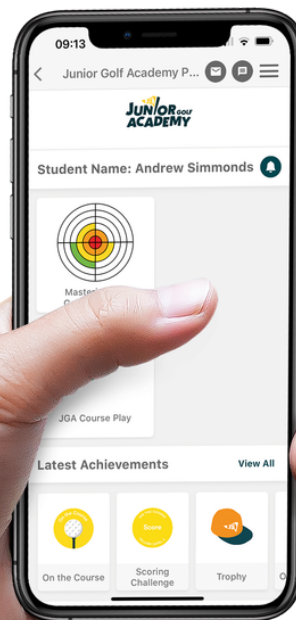


GLF. CONNECT

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

- View your child's progress wheels
- View the programme challenges
- Earn virtual rewards and certificates
- On course tracking
- 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' or use the QR codes below:



WE NEED YOUR SUPPORT!

The family circle plays a vital role in your child's progression and enjoyment of the programmes and we need your support at every step of their journey. We have put together a list of the most important ways in which you can support the delivery of the programme:

- Communicate with your child's coach at any time regarding the programme, life at the club, their progress and any concerns you may have.
- Help your child to attend classes and events on time and be fully prepared with the necessary equipment.
- Be supportive at all times and keep everything you do as fun as possible to promote life-long participation in the game .
- Help your child to understand any resources that may be distributed by their coach to promote the learning outcomes.
- Promote engagement in the yAcademy folder by helping your child to bring it to classes, keep it in good condition and engage in the learning resources .
- Help your child to understand the progression pathway and learning outcomes.
- Attend as many of the additional programme opportunities as possible to help develop your child's on course experience and confidence.
- Follow our recommendations for playing the course with your child outside of organised events.



FINAL THOUGHTS

It is important that we as coaches and the family support our children as they develop as people and golfers. We'd like to provide you with our top five tips that we use in our coaching sessions to help us encourage all our junior golfers...

2

Be patient and encouraging, allow them to problem solve as opposed to giving them the answer.

2

1

If our kids know we love them when they fail, they become bullet proof, and aren't afraid to try.

1

3

Create experiences that will encourage kids to play the game forever.

3

4

Be the calm in their game, don't be the chaos.

4

5

After each practice or competition ask these three questions:

- What went well?
- What do you need to improve?
- What did you enjoy most?

5



THANK YOU

We hope your child enjoys their time on the Junior Golf Academy programme.

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