



KARNATAKA GOLF ASSOCIATION JUNIOR DEVELOPMENT PROGRAM WITH TARUN SARDESAI GOLF

THE MISSION

“To introduce young golfers to the game and ensure that they enjoy the learning process. To help them understand that physical literacy is the first step to having an active and healthy lifestyle. To create a love for the sport, future champions, and most of all great ambassadors for the game.”

THE PHILOSOPHY

Kids who have fun playing a sport are more likely to stay active and healthy for their entire lifetime. They also have a better chance of becoming top athletes. Therefore our junior development program will aim to create an atmosphere of learning through fun based activities.

THE TEAM

Director of instruction

Tarun Sardesai

Coach, mentor and former golf professional

NGAI Class A certified teaching professional

TPI Level 1 Golf Fitness Instructor

TPI Level 2 Junior Golf Instructor

Harold Swash Accredited Level 1 Putting Instructor

Aim Point Level 1 Certified Instructor

Assistant coaches

S.Sridhar

NGAI Class B certified coach





S Ashok
NGAI Class D certified coach

THE STRUCTURE

The program will run for 6 days a week
Each student will be expected to come for 1 session of 90 minutes per week

AGE GOUPS 6 - 11

The first 45 minutes will be spent working on the child's physical literacy which involves the process of building them into athletes.

We believe that to create a golfer of international standards we have to build them into athletes first. There has been a lot of research done on long-term athletic development (LTAD) and it has been proven that to ensure success a child has to go through various stages of LTAD in order to become physically literate.

Each session will begin with a focus on:

- The technique and importance of a sound dynamic warm-up routine
- Fundamental Movement Skills (FMS) – such as running, jumping, falling etc.
- Fundamental Sports Skills (FSS) – such as tennis ground strokes, throwing, catching etc.
- Drills for agility, balance, coordination and speed
- Stability and core training

This age group will train on Saturdays and Sundays

SATURDAY

8am – 930am	Ages 6 – 8 Basic
930am – 11am	Ages 9 – 11 Basic





11am – 1230pm	Ages 6 – 8 Basic
3pm – 430pm	Ages 9 – 11 Basic
430pm – 6pm	Ages 6 – 8 Intermediate
6pm – 730pm	Ages 9 – 11 Intermediate

SUNDAY

8am – 930am	Ages 6 – 8 Basic
930am – 11am	Ages 9 – 11 Basic
11am – 1230pm	Ages 6 – 8 Intermediate
3PM – 430PM	Ages 9 – 11 Intermediate
430pm – 6pm	Ages 9 – 11 Advanced
6pm – 730pm	Ages 9 – 11 Advanced

AGE GROUPS 12 – 17

This age group in all levels (Basic, Intermediate, Advanced and Elite)
 This age group will work for the entire 90 mins on their golf skills and technique.

TUESDAYS

5pm – 6:30pm	Ages 12 - 17 Basic
6:30pm – 8pm	Ages 12 - 17 Basic

WEDNESDAYS

5pm – 6:30pm	Ages 12 - 17 Basic and Intermediate
6:30pm – 8pm	Ages 12 - 17 Basic and Intermediate

THURSDAYS



5pm – 6:30pm	Ages 12 - 17 Advanced
6:30pm – 8pm	Ages 12 - 17 Advanced

FRIDAYS

5pm – 6:30pm	Ages 12 - 17 Advanced
6:30pm – 8pm	Ages 12 - 17 Advanced

NOTE:

The batches and the training levels are subject to change depending on the changing demographics within the program

ATHLETIC TRAINING on MONDAYS for Age Groups 12-17

The 12 – 17 age group will have their athletic training on Mondays at the driving range. The sessions will run from 430pm onwards

Session 1: 4:30pm – 5:15pm

Session 2: 5:30pm – 6:15pm

Session 3: 6:15pm – 7pm

Session 4: 7pm – 7:45pm

ASSIGNMENT OF BATCHES AND TIMINGS

The assignment of batches and the timings will be done by the Director of Instruction based on the age and the ability of the child. We request that parents work within this framework as it is essential to the smooth running of the program

TOURNAMENTS

Tournaments will be conducted periodically to allow the players to test their skills against the best juniors in the city. These tournaments will be open to all juniors who want to participate and not only to the juniors in the program.





As these tournaments will be held on a weekday we urge the parents to be open to their child missing a day of school to participate in these tournaments

SKILLS COMPETITIONS

Skills competitions will be held periodically to test their skill levels and also for the players to understand where they stand. These competitions will be intra program competitions and will have the same age categories as the tournaments. The players will be tested on:

1. Pitching
2. Chipping
3. Putting
4. Bunker play
5. Long driving**

** This will depend on the availability of the driving range

ONLINE STUDENT LESSON TRACKING***

The students will have their lessons uploaded online onto the Lesson Management System. Each student will have an independent access into his/her account. Through their respective accounts the students will be able to do the following:

1. View their lessons done
2. Take a hard copy of the lesson
3. Register for an upcoming tournament

***The system is currently under maintainance and will go live again on the 15th of April 2016



PERFORMANCE TRACKING

Once a student moves to the advanced level, and upon the recommendation of the Director of Instruction, he/she will have the option sign up for the annual performance tracking system. As this is an additional annual fee, it is entirely left to the discretion of the student / parent to subscribe to this.

For those of you who would like to see the program please log on to www.shotstohole.com

STUDENT MEETINGS

Student meetings will be held once a month at the party hall to work on their all round development as individuals and golfers. These meetings / seminars will be conducted by the Director of Instruction and will touch upon topics like rules, etiquette, handling pressures of the sport, nutrition, fitness etc.

ADVANCED PLAYER TRAINING

Once a player reaches the advanced level and is competing regularly, we will organise a day at Zion Hills every month. This will be on a week day and the player will have to make his /her way there. We will start the day with some fitness and warm ups and spend the day working on advanced technique and skill development. This will be an opportunity for the player to train at a different facility and also experience a full day of training and practice. Essentially this day will give the player a boost with their game

PARENT MEETINGS

We will conduct a parent interaction session once a quarter to get some feedback and brainstorm with them on different ideas with regards to the program. We completely understand that without the parents support there can be no successful Junior Development Program and we will endeavor to



make sure that the parents are contributors to the philosophy and execution of the program.

EXPECTATIONS FROM PLAYERS AND PARENTS

We expect the students to practice what they have learnt, between the sessions. If practice is done regularly there will be a discernable difference. However parents and students must understand that children develop at different rates and expectations must always be matched to the same.

FEE STRUCTURE***

The fee structure is as follows:

MEMBERS: Rs 3500 per month

NON MEMBERS: Rs 5500 per month

ANNUAL REGISTRATION FEE Rs 1000/-

***** *Each player will have to commit to a 2 month minimum period***

Signed
Hony Secretary
Karnataka Golf Association