



BANGALORE GOLF CLUB JUNIOR DEVELOPMENT PROGRAM IN ASSOCIATION 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

L Gopi

NGAI Class B certified coach

Peter Inbaraj

NGAI Class C certified coach

Martin

NGAI Class D certified coach



PHYSICAL FITNESS

The athletic development and physical literacy training will be handled by Mr Vinod Kumar of Excel Startline

Vinod is TPI certified Level 2 Junior golf instructor and is an ISSA strength and conditioning expert.

He trains all levels of golfers including the likes of Anirban Lahiri, Chikkarangappa and Sharmila Nicollet

THE STRUCTURE

The program will run for 6 days a week from 7pm to 10pm

Each student will be expected to come for 1 session of 90 minutes per week

AGE GROUPS 6 – 11 All Levels (Basic, Intermediate, Advanced and Elite)

The first 45 to 60 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

AGE GROUPS 12 – 17

This age group in all levels (Basic, Intermediate, Advanced and Elite)



The first 45 minutes here will be a mix of athletic development and some advanced golf specific fitness routines. From a good dynamic warm up all the way to building a strong core, the players will be taken through a series of exercises by the trainer.

At this juncture we hope that the player will take this forward and enroll into some more sport specific training programs.

SCHEDULE OF TRAINING

TUESDAY

7PM – 830PM	Ages 5 – 8 Basic
830PM – 10PM	Ages 12 – 21 Basic

WEDNESDAY

7PM – 830PM	Ages 9 – 11 Basic
830PM – 10PM	Ages 12 – 21 Basic

THURSDAY

7PM – 830PM	Ages 5– 8 Intermediate
830PM – 10PM	Ages 12 – 21 Intermediate

FRIDAY

7PM – 830PM	Ages 9 – 11 Intermediate
830PM – 10PM	Ages 12 – 21 Intermediate/ Advanced

SATURDAY

7PM – 830PM	Ages 5 – 8 Intermediate / Advanced
830PM – 10PM	Ages 9 – 11 Intermediate / Advanced



SUNDAY

7PM – 830PM	Ages 9 – 11 Advanced
830PM – 10PM	Ages 12 – 21 Advanced

NOTE:

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

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

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

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.

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 Tarun Sardesai 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 4000 per month

NON MEMBERS: Rs 6000 per month

ANNUAL REGISTRATION FEE Rs 1000/-