



ARABELLA WESTERN CAPE
HOTEL & SPA
A LUXURY COLLECTION HOTEL
South Africa

ARABELLA GOLF CLUB JUNIOR WINTER GOLF CLINICS

Beginner Program: Monday 14 June – Wednesday 16 June 2010

For: Children who want to learn the game from scratch

Coaching Programme:

Day 1:

8:45am Meet Alison Sheard (Head Professional) in the Pro shop.

9:00am – 11:00am: **Session 1:**

- “The 5 Golf Basics” Aim, Grip, Alignment, Ball Position, Posture
- Golf Rules 101 – The rules a golfer needs to know to play from day to day
- Etiquette (we could use the double par golf game for this?)
- Lunch snack in Clubhouse

1:00pm – 4:00pm: **Session 2:**

- Review of the 5 golf basics & how this relates to the rest of the swing
- Personal coaching using the coaching profile form
- Putting 101: Putt-Putt course at Village Square to finish off the day with some fun

Day 2:

8:45am Meet Alison Sheard (Head Professional) in the Pro shop.

9:00am – 11:00am: **Session 3:**

- Video Analysis reconfirming the observations of previous days personal coaching profile
- Lunch snack in Clubhouse

2:00pm – 4:30pm: **Golf: 9-hole on-course instruction with Head Professional**

- 9 hole playing lesson – looking at personal swing & course management

Day 3:

8:45am Meet Alison Sheard (Head Professional) in the Pro shop.

9:00am – 11:30pm: **Golf: 9-hole Fun Tournament with Parent**

- 9 hole fun competition with one parent partner
- Prize-giving & snacks afterwards with both parents invited