



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

ARABELLA GOLF CLUB JUNIOR WINTER GOLF CLINICS

Intermediate Program: Monday 28 June – Wednesday 30 June 2010

For: Students/scholars who have played golf before & want to learn more and improve their overall game.

Coaching Programme:

Day 1:

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

9:00am – 11:00am: **Session 1:**

- A Full recap of all the Basics of the Game.
- Check the Players swings.
- Warm up exercises & Nutrition
- Lunch snack in Clubhouse

1:00pm – 4:00pm: **Session 2:**

- Work on short game (eg; Bunkers, Chipping, etc...)
- Video Analysis of swing

Day 2:

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

9:00am – 11:00am: **Session 3:**

- Putting
- Chipping
- 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 as partner
- Prize-giving & snacks afterwards with both parents invited