



SACAC Golf Program – Fall 2009

INTRODUCTION

Golf has become more popular in recent years. As individuals from all ages begin to take a liking to the sport through the influence of friends or the media, awareness especially amongst the young is growing. The tag: *Nurture and groom them young.*

SingaGolf is committed to reaching out to this group of potential junior golfers to promote golf as a sport, a lifestyle and a useful tool for their future endeavors to achieve greater heights.

PROGRAM OVERVIEW

The holistic training programme is structured to allow students to have a good exposure to the game and understand the basic golf swing fundamentals, to enable them to enjoy the sport and play at a higher level. As they progress from the basic enrichment training to the modular enhanced skills training so as to gain better knowledge on the game aspects and further develop potential individuals for higher performance.

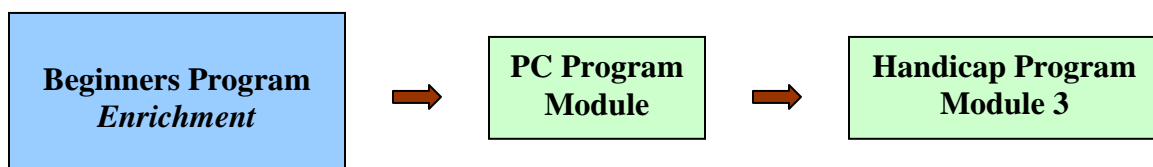
TRAINING OVERVIEW

The golf program is customized to attain an effective training through the progressive modular training. Those with prior knowledge/skills or PC/handicap will be assessed to appropriate entry point for trainings for the year 2009.

Training are conducted on scheduled weekly basis and students progress will be assessed at the end of each module on skills, knowledge and attitude towards training before they are allowed to proceed to next level of the modular training.

The coaches will share their expertise with the students and inculcate strong good values and life skills that associate with golf and monitor their progress and identify potential students through the trainings to proceed to take their Proficiency Certification (PC) at an earlier date and continue to enhance their training to attain their Handicap/stroke index to play in competitive level. PCs certifications by SingaGolf are recognized by Singapore Golf Association and all Country Clubs.

PROGRAM PROGRESSION



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TRAINING FORMAT

The training format can be customized to suit the level of students and the schools emphasis on the training and the standard overview of the modular training frame is as follows:

Module	Duration	Course Outline
Beginners Program (Elementary)	Objective :	Introduction to golf, basic swing fundamentals to appreciate and enjoy the game. To gain knowledge and acquire the skills to do a full swing using woods and irons to enhance their playing and ball striking ability
	8 sessions	<ul style="list-style-type: none"> • Safety and disciplines involved in golf • Correct stretching for golf & posture • Basic golf setup for a mini & full swing • Knowledge of rules of golf • Understand the golf etiquette and scoring • Basic short game: pitch/chip, putting and bunker play • Golf course exposure and skills assessment
PC Program Module (Intermediate)	Objective:	To provide an understanding of the golf rules and etiquette and to prepare the student for a Proficiency Test (PC) .
	4 sessions	<ul style="list-style-type: none"> • Refreshed with the basics posture, grip, aim/ setup • Improving on their short game • Improving on golf swing and distance control • Refresh on rules on golf • Golf fitness and basic mental coaching • Knowledge on golf equipment • Golf course game and course strategy • Skills assessment
Handicap Program Module (Advance)	Objective:	To provide an understanding of the golf swing mechanics involved and golf course management for competitive play to improve upon their standard and progress to obtain a USGA Handicap
	NA	<ul style="list-style-type: none"> • Knowledge on the mechanics of golf swing • Improving on short game • Bunker trouble shots • Improving golf swing structure and tempo • Application on golf rules • Skills to proceed for Handicap Test

"This Programme is endorsed under the Sports Education Programme (SEP)".



Beginners Program

Objective: The program introduces the game of golf to the younger ones with more emphasis on appreciating and enjoying the game with sound fundamentals of the golf swing

Format: 7 x practical lesson on range and 1 x on-course lessons

Location: Executive Golf Course, Mandai

Time: 1.5 hour per session

Cost: \$430

(Package includes – instructional, training clubs, range balls and greens fees)

Lesson	Topics covered
1	Introduction to Beginners Program Safety brief & stage classification General outline of program and determining appropriate stages for students.
2	Grip, Body Balance and Set-up The different ways of gripping a golf club and emphasis the proper grip to developing a good swing. Understand what makes a good setup, posture and balance.
3	Swing sequencing – 8 iron to SW Emphasis on balance, the full range of motion and holding the finish.
4	Swing sequencing – 5 to 7 iron Emphasis on balance, the full range of motion and holding the finish.
5	Basic Golf Rules & Etiquette Introduction to the golf course. Topics include golf terms, scoring, order of play, and parts of a golf course. Bunker shots Experience bunker practice, removing fear of the bunker. Emphasis etiquette and care for the bunker.
6	Putting Short and long putt drills for developing good judgment. Emphasis on the grip and arm position movement, length of stroke verses the desired distance of ball travel
7	Pitching & Chipping Understand how the length of the swing can affect in how far, high and low the ball can travel with loft on the clubface. Emphasis on body balance and weight distribution
8	Golf game up to 9 holes Experiencing the golf course game play and apply the golf rules, observe safety during play safety and scorings for holes.



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Proficiency (PC) Program – Module

Objective: To refresh the students with the fundamentals of golf and gain knowledge on the parts of the golf club and acquire the skills to do a full swing using woods and irons to enhance their playing and ball striking ability.

Format: 1 x practical lesson on range and 3 x on-course lessons

Location: Executive Golf Course, Mandai

Time: 1.5 hour per session

Cost: \$430

(Package includes – instructional, training clubs, range balls and greens fees)

Lesson	Topics covered
1	Refresh Full swing – Irons, drivers and fairways woods Learn full swing with body rotation - shoulders, feet, waist facing the target. Keeping correct posture and body balance Wedge Distance Control Using the sand wedge for various shots to control the distance.
2	Golf game up to 9 holes Experiencing the golf course game play and apply the golf rules, observe safety during play safety and scorings for holes.
3	
4	

Handicap Program – Module

Objective: To provide an in depth understanding of the golf swing mechanics involved and golf course management for competitive play to improve upon their standard of play and progress to obtain a **USGA Handicap**

Program will be customized for students to meet the minimum standards to attain the USGA Handicap.