## Junior Coach for the season Spring/summer 2024

Cost: \$1200, must pay in full prior to first session.....no refunds

Starts: May 13 Ends: August 19<sup>th</sup>

Who: Juniors 12 to 17

Coach for the season is a program for juniors that want to take their game to the next level. Whether they just want to play better overall, try to qualify for the high school golf team or prepare for college golf, this will be the program to help them reach their goals.

- 1. The student must be committed to practice and play between instructional sessions.
- 2. The student must be committed to practicing drills, skills, mental skills between instructional sessions.
- 3. The student is responsible for scheduling lessons with the coach.
- 4. The student is responsible for setting short- and long-term goals.
- 5. The student and coach together will come up with a plan to achieve these goals.

All instruction will be conducted at the Bachman golf center in Lewisburg. On course instruction will be at Bucknell golf course or at the student's home course. (Must have permission from your Head professional)

What each student will learn.

- 1. How to practice efficiently
- 2. How to warm up before a tournament
- 3. How to manage their golf game on the golf course
- 4. How to deal with bad shots and bad days on the golf course (mental skills)
- 5. The student will recognize their own swing faults and learn what their fixes are.
- 6. The student will be able to use VISION 54 skill building practices on and off the golf course

Each student can schedule up to 15 hours of time with the coach.

Maximum students to participate in this program=10