



# Meadow Park Golf Course

## Summer Junior Golf Program

Summer 2008

Dear Youth Athletic Leader,

I am writing to inform you of our exciting upcoming Junior Golf Program at *Meadow Park Golf Course*. The purpose of sending this letter and attached registration forms is to give your students a low cost summer activity option. Meadow Park provides equipment, golf balls, & snacks for all participants.

Our "Champs" beginner program kicked off on May 5<sup>th</sup> for eager young golfers seeking an introduction to the game of golf. This program will continue on Mondays in June, July, & August. Subsequent beginner, intermediate, and advance level instruction courses are also being offered during these months.

### **The Concept & Function of our Program**

The primary goal of the *Meadow Park* Junior Golf Program is to develop lifelong golfers. A well-rounded program will be accomplished by offering instruction, activities, details on the history of golf, and observance of rules and etiquette. This program ensures that all participants are taught golf in a manner that promotes enjoyment, while at the same time hitting home the essential link between golf and interpersonal skills. Helping junior golfers play golf to the best of their ability, and to contribute to the personal growth of each junior by positive social and character values is our top instruction priority.

### **Methods of Instruction**

The most important aspect of this program is to enable each student to achieve his/her personal best through four primary instructional areas:

- (1) Rules of Golf
- (2) Swing Fundamentals
- (3) Course Management
- (4) Personal Confidence & Advancement.

Teaching junior golfers how to adequately use the Rules of Golf as well as on-course rules clinics and basic fundamentals of grip, stance, aim, and the swing will also be included. Instructing juniors on "professional-like" behavior and respect for the game will be an important overview of this program. As always, sportsmanship, honesty and respect for opponents will be discussed in relation to both playing golf and real life situations.

### **Eligibility / Groupings**

The *Meadow Park* Junior Program shall be open to all boys and girls, 7-17 years of age as of May 5, 2008. Participants will be grouped into beginner, 4, 9, & 18- hole play divisions on the basis of age and ability. Further adjustment of groupings will be determined by a handicap system to be explained at a later date.

### **Classes Offered**

There are Four (4) Learning Levels Offered at *Meadow Park*:

- (1) Champs Golf – An Introduction (Ages 7-12)
- (2) "Par" Club – Beginners Program (Ages 7-12)
- (3) "Birdie" Club – Intermediate Program (9-16)
- (4) "Eagle" Club – Advanced Program (9-16)

Thank You for spreading this information to your students. If you have any questions regarding our programs please don't hesitate to contact me directly at (253) 473-3033.

Sincerely,

Dan Harrington  
PGA Head Golf Professional



*Junior Golf Program Curriculum*  
**CHAMPS GOLF - CURRICULUM**

Summer 2008

**SESSION ONE** – Name Toss / Introductions / Blindfold Toss / Putting Fundamentals

Location(s): Putting Green

Time: 50 Minutes

Materials: Foam Golf Balls, Golf Balls, Putter, and Candies

**Name Toss – 10 Minutes**

- Divide participants into groups of 6-8. Use Foam Golf Balls. To start, one of the participants tosses the ball underhanded to another person who catches the ball and announces his or her name. The catcher tosses the ball to another person who calls out his or her name. (State the rule you can't toss the ball to the same person twice)
- After a few minutes when everyone has been tossed to stop the activity.
- Now explain that now the “tisser” must first announce his name and the name of the person he or she is tossing to.
- End the game and reassemble the entire class for closing discussion about the activity. Discuss the importance of name memory and friendly interpersonal interaction as vital aspects of the game of golf.

**Introductions – 10 Minutes**

- Welcome participants and introduce staff
- Explain 4-week class logistics. Session Leader - Tell a personal story about what golf has meant to you
- *Opening the Program*  
Sportsmanship - Golf is unique because it is the only game in which you are your own umpire & referee.  
You'll never truly master Golf – Even great champions are always trying to improve!!  
Good Golf demands the “Big 3” - Patience, Practice, and Skill. You are here today to learn these.
- *Rules and Etiquette – Emphasize safety*  
Can anyone here tell me what “Etiquette” means? Rules to Cover:  
Always hold your golf club by the head when not hitting.  
Before hitting a ball, even a chip or putt, “Stop and Scan” you hitting area.  
Always stand to the back and to the side of anyone hitting. Never throw a golf club.  
“FORE!” – When you hear this duck and cover your head first.  
Other Hazards – Poison Ivy, Sunscreen, Water (Everyday)  
Clothing – Tucked-in Shirts, Caps forward, Wear the Part !!  
Running – Does anyone here see a track? How about a playground? NO running allowed at MP

**Blindfold Toss- 10 Minutes**

- Split all participants into Groups of 3 or 4. One-person tosser, one person instructor, One-person observer.
- “Tosser” gets blindfolded by instructor while “observer” watches.
- Have instructor spin “tisser” a couple of times then line him/her up at a hole approximately 15 feet away.
- Using a foam golf ball have the “tisser” toss a ball at a hole blindly while the “instructor” gives feedback.
- Place ball #2 then ball #3 into the “tisser’s” hand while the “observer” observes.

Rotate each player through each position until all participants has done each role.

**Putting Fundamentals – 20 Minutes**

- Split all participants into Groups of 6-8. Remind all participants of holding the putter rule.
- Teach proper putting Grip, Stance, Posture
- Have each participant putt three balls each to assigned hole. Acknowledge closest to the pin with candies.
- Give each participant feedback

**Class Wrap-Up & Review**

# CHAMPS GOLF - CURRICULUM

Summer 2008

## SESSION TWO – On the 1<sup>st</sup> Tee / Short Game “Fun”damentals / Chip at the Can

Location(s): Chipping Green

Time: 50 Minutes

Materials: 2 Large Trash Cans, Foam Balls, Range Balls, 7-iron / 9-iron or wedges, candies

### On the 1<sup>st</sup> Tee – 10 Minutes

- Gather the entire group in a seated line (or standing if grass is wet). Create a “Tee box” using a couple of headcovers in front of the line. To start, ask one group participant to stand up be the “announcer” and one participant to be the “player”. After a quick meeting of the two, have the announcer loudly announce the player’s name and favorite flavor of ice cream. Two instructors shall demonstrate prior to this activity
- Repeat this process until all participants have been announced.
- End the game by discussing this communications activity. Discuss the importance of name memory and friendly interpersonal interaction as vital aspects of the game of golf.

### Short Game Fundamentals – 30 Minutes

- *Rules and Etiquette – Re-Emphasize safety !!*

Always hold your golf club by the head when not hitting.

Before hitting a ball, even a chip or putt, “Stop and Scan” you hitting area.

Always stand to the back and to the side of anyone hitting.

Never throw a golf club.

“FORE!” – When you hear this duck and cover your head first.

Running – Does anyone here see a track? How about a playground? NO running allowed at MP

- Chipping & Pitching

*The more the ball rolls the better control you have over distance and direction*

All good chippers:

Select the proper club to play on every shot – Explain between 3-iron, 7-iron & PW chips

Grip Down on Short Chips/Grip Up on Pitches *Chipping One Lever Pitching Two Levers*

Stance should be slightly open at address – Weight on forward foot 70/30

Ball should be positioned towards middle of stance. Hands always forward of ball.

### Chip at the Can – 10 Minutes

- Split all participants into groups of 6-8. One instructor per group shall demonstrate this activity.
- Have participants get into lines of 4 behind separated piles of golf balls.
- Have each participant take turns chipping & pitching the ball at a large trash can located over two holes.
- Idea of this activity is to have players hit bigger target. Each hit can earns a participant a piece of candy.

### Class Wrap-Up & Review

# CHAMPS GOLF - CURRICULUM

Summer 2008

## SESSION THREE – Being like Ichiro / Full-Swing Fundamentals

Location(s): Driving Range

Time: 50 Minutes

Materials: Range Balls, 6 or 7-iron, Candies

### Being like Ichiro – 10 Minutes

- Divide participants into groups of 6-8. Use Range Balls. To start, Ask one of the participants to toss 2 range balls out on the range as they would a baseball or softball. Using their full range or motion.
- Next, have the same participant toss 2 range balls out on the range while the you hold his/her feet down and having him/her only use arms and hands.
- Explain that the golf swing is a combination of arms, hands, weight shift and balance working at once.
- Have each participant announce his/her name and favorite baseball player or team prior to participation in this activity.

### Full-Swing Fundamentals – 30 Minutes

- *Rules and Etiquette – Re-emphasize safety*

Always hold your golf club by the head when not hitting.

Before hitting a ball, even a chip or putt, “Stop and Scan” you hitting area.

Always stand to the back and to the side of anyone hitting.

Never throw a golf club.

- Split into groups of 6-8 participants.
- Cover the following items:

Grip and Posture are the key to success. Imitate Quarterback posture under center.

All good golfers are a combination of swingers and hitters:

Grip – Work on Left and Right Hand Positions – Weak vs. Strong Grips

Stance – Arms hang naturally from shoulders / Ball in center of feet

Back-Swing – Rotate left shoulder under chin / Emphasize trunk and hip rotation

Forward-Swing – Hips and Body turns toward hole / Weight moves forward / Head still.

Emphasis grip pressure and hand position on all 3 shots.

### Being like Ichiro II – 10 Minutes

- Divide participants into groups of 6-8. Use Range Balls. To start, Ask one of the participants to toss 2 range balls out on the range as they would a baseball or softball. Using their full range or motion.
- Next, have the same participant toss 2 range balls out on the range while the you hold his/her feet down and having him/her only use arms and hands.
- Explain that the golf swing is a combination of arms, hands, weight shift and balance working at once.
- Have each participant announce his/her name and favorite food at the ballpark prior to participation in this activity.

## Class Wrap-Up & Review

# CHAMPS GOLF - CURRICULUM

Summer 2008

## SESSION FOUR – Name of the Game / Putting Challenge / Scorecards & Rules

Location(s): Putting Green – Under Driving Range Cover if Raining

Time: 50 Minutes

Materials: Scratch Paper, Williams Scorecards, Pencils, Range Balls, Tees, Putter, Practice Planner Handout, and Candies

### **Name of the Game– 10 Minutes**

- Divide participants into groups of 6-8. Using provided Name of the Game forms have participants write the letters of their first and last name down columns 1 and 3. Instructors will assist.
- For each letter, they are to write in a golf term corresponding to the letter of their name.
- After a 5 minutes, have everybody stop. One by One have each participant share a few examples with the group, and explain the word's meaning. Instructor may start with his/her name to get the game rolling.
- End the game. Discuss the importance of name memory and friendly interpersonal interaction as vital aspects of the game of golf.

### **Putting Challenge – 30 Minutes**

- As Name Game is concluding, have a 2<sup>nd</sup> Instructor set up a 6 hole putting course on the putting green.
- Round One - Split the entire Class into Teams of 2 or 3 players. Have each team participant retrieve his/her putter from bag and 1 golf ball.
- *Rules and Etiquette – Reiterate Safety and Putting Green Rules.*
- Have players utilize their putting techniques. Instructors will go around reinforcing fundamentals.
- Round Two - The Putting Challenge is an alternate shot tournament of 6-Holes. Each team will receive a scorecard & a team golf ball. As a team, have participants take their time on completing the course in the least amount of strokes. Scorecards to be used at this time. Reiterate the importance of team support and **Patience, a core value of this program.**
- Round Three – Individual Stroke Play. Line the Entire Class up at Hole #1. Play individual golf for all six holes. Scoring is optional.
- Have Players return their putters to their bags after completion of this exercise.

### **Scorecards & Etiquette- 10 Minutes**

- As a Large group review the scorecards. Go over: handicaps, course ratings, yardages, local rules, etc.
- Review Etiquette topics:
  - Pull Carts away from green
  - Placing Bag down next to green toward next hole
  - Never talking when somebody is playing a shot
  - Playing Ready Golf
  - Being Courteous to Others on and off the course
  - Communication
  - Honesty

### **Class Wrap-Up & Review – Handout Practice Planner Sheet**

# NAME OF THE GAME

Write the Letter of your First and Last Name down columns 1 & 3. Next to each letter, write a golf term that starts with that letter. For example, if your name starts with a "D" you could write "Divot". Be sure you know what the word means.

# NAME OF THE GAME

Write the Letter of your First and Last Name down columns 1 & 3. Next to each letter, write a golf term that starts with that letter. For example, if your name starts with a "D" you could write "Divot". Be sure you know what the word means.

**CHAMPS GOLF**

Summer 2004

**Junior Golf Practice Planner***Place a ✓ and date each practice skill achieved*

Skill Achieved/Practiced

✓

Attested by

1) Hit 100 Balls on the Driving Range		
2) Practiced Putting for 1 hour		
3) Practiced Chipping for 1 hour		
4) Made 4 consecutive putts from 3 ft. (4 Corners Drill)		
5) Made 3 consecutive putts from 7 ft (Flagstick)		
6) Made 1 putt from 28 ft. (4 Flagsticks)		
7) Hit 5 out of 8 sand shots on the green		
8) Chip 1 ball in the hole from off the green.		
9) Teeing off from the forward tees, play 9 holes on the Williams Nine. Submit your scorecard.		
10) Play the Williams Nine with a friend or family in under 1 hour and 30 minutes.		
11) Greet & Introduce yourself to 3 golfers on the #1 tee box at <i>Meadow Park Golf Course</i>		
12) Pass the Rules of Golf test.		
13) Pass the Rules of Golf Test.		
14) Tell a Golf Pro three rules of etiquette.		
15) Tell a Golf Pro the names of five famous golfers.		

# Dan's Swing Fundamentals

*Meadow Park Golf Course*

Summer 2008

## Pre-Swing:

1. Proper stretching & warm-up
2. Injury interview
3. Static & Dynamic balance testing
4. Student interview

## Preparing to Swing Away:

1. Grip
2. Posture
3. Alignment – Hips, Knees & Shoulders
4. Weight Distribution
5. Foot position
6. Ball position
7. Tension
8. Head position
9. Stance width
10. Distance from the ball & spine tilt

## Body Motions:

1. Torso turn on tilted plane with hands on shoulders
2. Shoulder wind and arm extension with hands back-to-back
3. Wrists hinging
4. Arm rotation with flat left wrist
5. Head movement
6. L-shaped right arm at top of swing
7. Hips turned 75-90 degrees
8. Maintain spine angle
9. Arms fall with gravity from top of swing

## Club Motions:

1. Address
2. Shaft level
3. Shaft up
4. Shaft at top
5. Shaft coming down
6. Shaft at impact
7. Shaft after impact
8. Clubface rotation/positions

**It is our job as Golf Professionals to find the causes and to correct them. A poor grip can cause one to make many incorrect swings. Some Examples include:**

- A strong right hand may cause one to hit off his/her back foot.
- A weak right hand grip may lead to a reverse weight shift.
- The right thumb can restrict hinging at the top of the swing. Have student place to left of center.

**Some common Misconceptions your pupil may have – Still trying to do something sacred.**

- Keep Head Down - Discourages movement to the left side.
- Sweep Clubhead Back – Discourages proper hinging and weight positioning.
- Keep Right Elbow Close to the Body – May cause inside path, which leads to a reverse.
- Wider Stance is Stronger – “Sawhorse Effect” May brace weight to the center.
- Create Inside to Out Downswing by Swinging Inside on Backswing – Leads to over the top move.

*Swing Doctor Dan's*  
**Student Evaluation Form**

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Birthday: (Year Optional) \_\_\_\_\_

Address: \_\_\_\_\_

E-mail 1: \_\_\_\_\_ @ \_\_\_\_\_

E-mail 2: \_\_\_\_\_ @ \_\_\_\_\_

Phone (Day): \_\_\_\_\_

Phone (Night): \_\_\_\_\_

Phone (Cell): \_\_\_\_\_

Fax: \_\_\_\_\_

Current Handicap: \_\_\_\_\_ Lowest Handicap: \_\_\_\_\_ (When) \_\_\_\_\_

Number of years playing: \_\_\_\_\_ Rounds per month: \_\_\_\_\_ Practice-only per month: \_\_\_\_\_

Current Shot Pattern (circle)    Straight Pull    Pull w/Slice    Straight    Push w/Slice    Draw    Hook

Have you received Previous Formal Golf Instruction? \_\_\_\_\_ If yes, when and what parts of  
your game were worked on? \_\_\_\_\_

Goal for first lesson:

---

---

Long-term goals with your game:

---

---

List parts of your game that have the most room for improvement:

---

Do you have any physical limitations that I should know about? \_\_\_\_\_

---