



## 2013 Junior Programs

### SNAG Golf

Target Group: 5 – 7 years of age

SNAG, an acronym for Starting New At Golf, is a unique approach to learning golf. Specially designed equipment and easy to understand instructions allow the entry level golfer to learn quickly. Much like a bunny slope in skiing or training wheels on a bike, the SNAG system utilizes modified equipment and instructions to make learning fun and safe while eliminating fear.

Session #1 – Jul 3, 10, 17, 24 | 10:00 a.m.-10:45 a.m.

Session #2 – Aug 7, 14, 21, 28 | 10:00 a.m.-10:45 a.m.

Limit of 6 Children per session (more sessions to be added if interest is shown ie: 11:00 a.m. – 11:45 a.m.)

Program Cost: \$75 per session

All equipment is provided. Please dress according to the weather. Running Shoes ONLY. Refreshments and snacks are provided.

### Junior Cyclone

Target Group: 7 – 9 years of age

Modeled after the Titleist Performance Institutes Junior Cyclone, this program focuses on fundamental movement patterns. The cyclone is comprised of 6 to 12 specific skill sets focusing on speed and athletic development. Juniors are paired up (two per station) and rotate every 5-7 minutes from station to station. There is a 15 minute group warm up before the class begins and a golf swing theme of the day is introduced. Themes include grip, stance, posture, alignment and weight shift. All stations will reinforce the theme if possible.

Session #1 - Jul 2, 9, 16, 23 | 9:00 a.m.-10:30 a.m.

Session #2 - Aug 6, 13, 20, 27 | 9:00 a.m.-10:30 a.m.

Limit of 12 Children per session (more sessions to be added if interest is shown)

Program Cost: \$90 per session

All equipment is provided. Please dress according to the weather. Running Shoes ONLY. Refreshments and snacks are provided.

### Junior S.M.A.S.H.

Target Group: 10 – 14 years of age

SMASH, an acronym for Strength, Mobility, ABC's (agility, balance, and coordination), Sport Skill, and Hone your golf skills. The SMASH program focuses on mastery of the fundamental motion skills, developing all the sport skills and introducing many golf specific skills. Juniors are paired up (two per station) and rotate every 5 -7 minutes from station to station. There is a 15 minute group warm up before the class begins and a golf swing theme of the day is introduced. Themes include grip, stance, posture, alignment and weight shift. All stations will reinforce the theme if possible.

Session #1 - July 2, 9, 16, 23 | 11:00 p.m. – 12:30 p.m.

Session #2 – Aug 6, 13, 20, 27 | 11:00 p.m. – 12:30 p.m.

Limit of 12 Children per session (more sessions to be added if interest is shown)

Program Cost: \$90 per session

All equipment is provided. Please dress according to the weather. Running Shoes ONLY. Refreshments and snacks are provided.

### Developing Player Program

Target Group: 12 years of age and up

This program is designed for juniors who have desire and drive to reach the next level in golf. Our instructors will assist junior golfers in preparing for competition by providing golf specific golf skill development (short & long game), tournament preparation, rules & etiquette and course management. With in depth instructional sessions, video analysis and skill evaluation, players can easily identify their strengths and weakness in order to reach their goals.

### Dates:

May 7, 14, 21, 28; June 4, 11, 18, 25 | 6:00 p.m. – 7:00 p.m.  
July 3, 10, 15, 17, 22, 29; Aug 7, 12, 14, 21, 28 | 8:00 a.m. – 9:30 a.m.

Limit of 14 Children

Program Cost: \$350

REGISTRATION FORMS AVAILABLE ONLINE AT  
[www.suttoncreekgolf.com/2013JuniorGolfRegistration.pdf](http://www.suttoncreekgolf.com/2013JuniorGolfRegistration.pdf)

Please Send Registration Form by Mail, Fax or Email. Entries will be confirmed upon receipt of payment.

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