

# GOLF

## Youth Instructional and Dynamic Performance Training

### **Week 4 June 27 – July 1**

This week brings the nostalgia, the tradition, the Royal feel to sports as we focus on The Open Championship of Golf!

The week's sport emphasis will be on introductory golf skills that will culminate in the Club Championship at CLKC. Fun and challenges await as we introduce, develop, and improve on the game of golf and the confidence to challenge each other to compete as first-class athletes with a sense of pride, tradition, and etiquette of sportsmanship!

### **Cross Training Program**

Total body conditioning will be the emphasis for cross training each week and will focus on the specific movements and muscle groups that strengthen the core. Strengthening the core will allow the athlete to develop strength and power with their swing allowing the athlete to coordinate skills effectively and efficiently. Agility training will focus on footwork and band/resistance training to increase quickness and speed to cover the court and return the game winner for net game performance.



### **What gives our Golf camp the competitive edge?**

#### **Top Coaching Character and Sport Leadership Development**

We offer an exceptional coaching character and sport leadership development program that was developed by a University of Akron Sport Science and Wellness Instructor and college coach. Our program offers a sport psychology influenced toolkit for life and forges the opportunity for the competitive athlete to strive to excel physically and mentally as an individual and team player. Through intense leadership and team development settings they will gain a better understanding of what it takes to improve, achieve, and succeed in an individual or team environment while working to achieve higher performance levels.

#### **Top Skilled and Invested Coaches**

We are honored to announce that all our coaches have either coached or played within the local high school and university educational systems. Our coaches have earned awards such as the All-American award, teachers and coaches of the year awards, academic and athletic honors, champion levels of achievement and more. Please visit our website under "our team and guest coaches" for more information.

#### **Boot Camp Fitness Program Offered**

The Boot Camp Fitness Program is a program offered to those athletes who participate in four or more weeklong training sessions throughout the entire summer. This program will provide the athlete with the necessary knowledge to proactively measure their fitness levels for a lifetime. Throughout the training weeks they will learn about fitness education, nutrition, and self-evaluations to track their healthy progress to reach their goals.