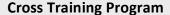
## **GOLF**

#### **MASTER THE GREEN: ELITE GOLF + LEADERSHIP CAMP – SUMMER 2026**

### Week 3 June 15th - 19th

Swing into a fun, educational, and active program designed to introduce athletes to the fundamentals of golf in a supportive and engaging environment. The camp blends skill-building with games and teamwork to foster a love for the sport. Focus on grip, stance, swing, putting, chipping, and course etiquette. Interactive drills and friendly competitions to reinforce learning. Whether your child is new to golf or looking to sharpen their skills, this camp offers a memorable experience that builds athletic ability and character – one swing at a time!



Director: Tina Bildstein

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**

"Our proven leadership curriculum—crafted by athletic directors—builds mental toughness, teamwork, and lifelong confidence on the green."

We offer an exceptional coaching character and sport leadership development program that was developed by a Tina Bildstein, EWG Champion. 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

https://www.countrylifekidscamp.com/our-team

for more information about our coaches.