



# 2019 JUNIOR GOLF PROGRAMS



**London's Only Junior Golf Program  
recognized with  
National, Provincial & Local Awards**



# WELCOME



## Thoughts from our Lead Coach...

I want to first thank you for your interest in the junior golf program through the London Junior Golf Development Centre. We are excited that you are looking to provide your junior with the opportunity to play the game of a lifetime. Our goal is simple –

Create a fun and enjoyable experience that will inspire juniors to play the game for a lifetime.

Below are the answers to the most common questions we receive.

### ***My junior has limited experience. What is best?***

Most juniors participate in our Learn to Golf program. This weekly program allows juniors to learn and experience the game over a period of time. Most juniors will practice at home or on course in between sessions.

### ***What is the structure of the practices?***

Our program curriculum focuses on developing fundamental movement skills (e.g. throwing, jumping) along with the fundamental sport skills (e.g. putting, chipping, full swing). The juniors rotate through different stations to build athletic abilities and golf skills to excel in the game.

### ***How do you measure a player's progress?***

Similar to swimming and martial arts, our program has different levels through the Future Links Learn to Play program with Golf Canada. Our program has divided some levels into sub levels so that we can get more specific with progression of skills.

### ***Does my junior need to sign up for the entire season?***

Our program provides a great deal of flexibility. Although most of our juniors participate in 3 or more months, you can participate in one month only.

### ***I am not sure if my junior is ready to play on a course. Is the junior league competitive or is it too advance for my junior?***

Our junior league is about learning how to score the ball and break par – how is this accomplished? Juniors start in Division 1 where each hole is 25 yards. If you break 36 for 9 holes, you move to Division 2 from 50 yards. If you break 36, then you proceed to 100 Yards and so on. This promotes juniors learning to score the ball.

We look forward to having your family involved.

Coach Brian Gallant, PGA of Canada Teaching Professional  
Lead Coach, London Junior Golf Development Centre  
Lead Coach, Performance Golf London  
Head Coach, Western University Women's Golf Team





# 2019 JUNIOR OPPORTUNITIES



<b>Active Start</b>	6 and under	All Skill Levels	Page 4
<b>Learn to Golf</b>	6 to 14	Beginner Intermediate	Page 5
<b>Oxbow Glen Junior Membership</b>	Any age	Intermediate Advanced	Page 6
<b>Junior League Golf</b>	6 to 14	Beginner Intermediate	Page 7
<b>Summer PGA Jr Golf Camps</b>	6 to 14	All Skill Levels	Page 8
<b>Team London</b>	U15, U19 and U22 teams	Intermediate Advanced	Page 9
<b>Private Sessions</b>	Any age	All Skill Levels	Page 10

# AGE 6 & UNDER (Born 2013, 2014, 2015)

# ACTIVE START

**OUR GOAL AT THIS STAGE:** Learn through active play!

**HOW WE PLAY?** Hop, Skip, Jump, Throw as well as roll balls, launch balls and swing

**WHY WE PLAY?** Provide the foundation for older ages

**STAGE(s) OF GOLF CANADA'S LONG TERM PLAYER DEVELOPMENT INVOLVED IN THIS PROGRAM:** Active Start

**Active Start to Golf Participants Receive:**

- An introduction to the development of the ABC's of body movements along with a basic golf swing and putting green skills
- Golf Shirt, progress report along with a hat/bracelet identifying the junior's level
- A fun unstructured active play environment allows experiencing the game of golf with proper equipment and age appropriate activities

**Program Structure:**

Practices that have a rotation of short stations to maximize development, attention and enjoyment for the young juniors  
Our curriculum is based on Golf Canada's Long Term Player Development and the Titleist Performance Institute junior curriculum

**Program Schedule**

All sessions at FireRock Golf Club

- Option 1: 5:30-6:15pm
- Option 2: 6:15-7:00pm

**FEES:**

- **REGISTRATION FEE of \$45:** Each junior is required to pay a one-time seasonal registration fee in addition to program fees.
- **ACTIVE START PROGRAM FEE:** Includes coaching, range balls, and golf shirt.

SPRING SEASON	SUMMER SEASON
\$85 +HST	\$85+HST

**REGISTRATION:**

1. ONLINE at [www.golfbetter.ca](http://www.golfbetter.ca)
2. IN PERSON – contact Coach Brian at (519) 200-4717 to discuss

**SPRING SEASON**

Friday
Choose 5:30 – 6:15 or 6:15-7:00
24-May
31-May
7-June
14-June
21-June
28-June

**SUMMER SEASON**

Friday
Choose 5:30 – 6:15 or 6:15-7:00
5-July
12-July
19-July
26-July
9-Aug
16-Aug



**AGE 6 – 14  
(Born 2005 to 2013)**

**LEARN TO GOLF**

**OUR GOAL AT THIS STAGE:** Experience Fun, Safe and Innovate

**HOW WE LEARN?** A variety of stations each with a specific skill focus.

**WHAT DO WE LEARN?** Early stages focus on how to move the body and how putt, chip and swing. As juniors progress, the focus is to learn and master skills in combination with other skills (ie. balance and swinging the club at the same time).

**STAGE(s) OF GOLF CANADA’S LONG TERM PLAYER DEVELOPMENT INVOLVED IN THIS PROGRAM:** Fundamentals AND Learn to Golf

**Learn to Golf Participants Receive:**

- Support from our PGA Professional and PGA Community Coaches
- A Progress Card (\*when participate in a minimum of 2 consecutive months)

**Program Structure (NOTE Practice location is FireRock Golf Club):**

- **Juniors can choose FULL or HALF sessions (see fees) – most juniors also participate in the Junior League**
- Our curriculum is based on Golf Canada’s Long Term Player Development guide and the Titleist Performance Institute junior curriculum
- Practices consists stations for movement and golf skills
- Low junior to coach ratios

**Player Level and Equipment:**

- Advanced skills not required, just an interest in driving, chipping or putting
- All participants will have the opportunity to be fitted for US Kids Clubs. **\*Please do not purchase equipment before consulting with us\***

**FEES (NOTE: Practice location is FireRock Golf Club):**

- **REGISTRATION FEE of \$45:** Each junior is required to pay a one-time seasonal registration fee in addition to program fees.
- **LEVEL ADVANCEMENT NOTE:** Registration fee includes the cost of the first level hat for your junior. A fee of \$20 will be required for the next level hat
- **PROGRAM FEE:** Select which day(s) of the week to participate. Fees include coaching, range balls and facility fees

**1 FULL Session Per Week  
(4 sessions per month)**

**1 HALF Session Per Week  
(4 sessions per month)**

**\$145 + HST per month**

**\$95 + HST per month**

**NOTE: Most juniors in Learn to Golf also participate in Junior League**



MAY		
Wednesday	Thursday	Saturday
Choose Wed, Thurs, or Sat.		
Full: 5:30 to 7:15 Half: 5:30 – 6:30 or 6:15 – 7:15		Half: 9 to 10 AM
8-May	9-May	4-May
15-May	16-May	11-May
22-May	23-May	18-May
29-May	30-May	25-May
JUNE		
Wednesday	Thursday	Saturday
Choose Wed, Thurs, or Sat.		
Full: 5:30 to 7:15 Half: 5:30 – 6:30 or 6:15 – 7:15		Half: 9 to 10 AM
5-June	6-June	1-June
12-June	13-June	8-June
19-June	20-June	15-June
26-June	27-June	22-June
JULY		
Wednesday	Thursday	Saturday
Choose Wed, Thurs, or Sat.		
Full: 5:30 to 7:15 Half: 5:30 – 6:30 or 6:15 – 7:15		Half: 9 to 10 AM
3-July	4-July	6-July
10-July	11-July	13-July
17-July	18-July	20-July
24-July	25-July	27-July
AUGUST		
Wednesday	Thursday	Saturday
Choose Wed, Thurs, or Sat.		
Full: 5:30 to 7:15 Half: 5:30 – 6:30 or 6:15 – 7:15		Half: 9 to 10 AM
31-July	1-August	3-August
7-August	9-August	10-August
14-August	15-August	17-August
21-August	22-August	24-August
SEPTEMBER		
Wednesday	Thursday	Saturday
Choose Wed, Thurs, or Sat.		
Half: 6:00 to 7:00 PM		Half: 9 to 10 AM
5-Sept	6-Sept	8-Sept
12-Sept	13-Sept	15-Sept
19-Sept	20-Sept	22-Sept
26-Sept	27-Sept	29-Sept



# OXBOW GLEN JUNIOR GOLF MEMBERSHIP

We have a very unique opportunity for juniors that are part of our junior golf programs. Oxbow Glen Golf Course has provided the opportunity for juniors that meet certain playing ability to become junior members for the golf season.

**Juniors interested in this opportunity must pass a certain level of playing ability, understand the etiquette of the game as well as be on their best behavior as they are representing our program at Oxbow Glen.**

## **JUNIOR GOLF MEMBERSHIP DETAILS at OXBOW GLEN GOLF & COUNTRY CLUB**

- Membership Fee - \$350 + HST covers green fees for the 2019 golf season (NOTE: Golf Canada Membership will be available through the LJGDC – this will be discussed with Coach Brian)
- Registration – upon registration with Oxbow Glen, a junior’s picture will be taken & a membership card issued.
- Tee Times Availability– please call the club to book your tee time. You can walk at Oxbow Glen and push your cart which is great for exercise and development of being a tournament player. You can review the specific tee times available each day below.
- Discount on Junior League fees – Oxbow junior members will have discounted fees for the Junior League.

## **PARENT OPTIONS:**

NOTE: Parents have ‘The League’ membership option – golf any day after 11 AM ANY DAY OF THE WEEK for 40% off the green fee. You can also play in one of the evening leagues @ 40% off green fees.

We look forward to supporting your junior’s development.

Tim & Connie Bailey – Managers, Oxbow Glen Golf & Country Club  
Coach Brian Gallant – PGA Professional, London Junior Golf Development Centre

**For those juniors interested in discussing the Oxbow Glen junior membership, please contact our Lead Coach Brian Gallant.**

<b>Monday</b>	<b>League day therefore 18 holes from Noon to 2 PM, 9 holes from 2 PM to 4 PM, after 6:30 PM</b>
<b>Tuesday</b>	<b>18 holes any time before 2 PM, 9 holes from 2 PM to 4 PM, after 6:30 PM</b>
<b>Wednesday</b>	<b>18 holes any time before 1 PM, after 6:30 PM</b>
<b>Thursday</b>	<b>After 10 am to closing</b>
<b>Friday</b>	<b>After 10 am to closing</b>
<b>Saturday</b>	<b>After 10 am to closing</b>
<b>Sunday</b>	<b>After 10 am to closing</b>

**AGE 6 – 14  
(Born 2005 to 2013)**

**JUNIOR LEAGUE  
GOLF**

**OUR GOAL AT THIS STAGE:** Learn to Score the ball

**HOW DO SETUP THE LEAGUE:** By having juniors play appropriate length tees, juniors learn that to shoot lower scores by being really good at shots inside 50 yards and on the green – the **SCORING SHOTS** in golf.

**WHAT DO THE JUNIORS TELL US:** This is awesome – I get to make birdies. I get to shoot under par! The course is shorter so I do not have to take 5 shots just to get on the green.

**IMPORTANT NOTE:** Most Juniors in the Junior League also participate in the Learn to Golf Program – Learn to Golf allows juniors to develop the skills of the game

**Junior League Golf Participants Receive:**

- A fun and safe environment while on course
- Support from PGA Professionals and PGA Community Coaches
- On Course play that is focused on self development rather than competition

**Program Structure (MOST On Course dates are at Oxbow Glen Golf Course):**

- **BREAK 36 : Juniors play from a level appropriate tee block for 9 holes – if they score less than 36 strokes, they move back to the next tee block.**
- **STARTING DISTANCES** - based on our development systems – typically a junior in WHITE starts at 25 yards from the green, ORANGE starts at 50 or 100 yards from the hole, BLUE starts 150 or 200 yards from the green.
- **ON COURSE PLAY** – The on course play is on Sundays afternoons. Start times are based on the number of golfers in each division. The sessions last 2.5 to 3 hours and we plan to begin between 2:30 and 4:30 PM based on course availability.

**Player Level and Equipment:**

- Advanced skills not required, just an interest in driving, chipping or putting
- All participants will require his/her own set of clubs.
- All participants will have the opportunity to be fitted for US Kids Clubs.  
**\*Please do not purchase equipment before consulting with us\***

**FEES:**

- **REGISTRATION FEE of \$45:** Each junior is required to pay a one-time seasonal registration fee in addition to program fees.
- **PROGRAM FEE:** Select which seasons you wish to participate. Fees includes green fees and facility fees

**NOTE: MOST JUNIORS IN JUNIOR LEAGUE ALSO PARTICPATE IN THE LEARN TO GOLF PROGRAM**

**NOTE: MOST on course dates are at Oxbow Glen Golf Course**



**SPRING SEASON**  
On Course SUNDAYS  
\$75 + HST  
Oxbow Jr Members \$35 + HST

2-June | 9-June | 23-June

**SUMMER SEASON**  
On Course SUNDAYS  
\$75 + HST  
Oxbow Jr Members \$35 + HST

28-July | 11-Aug | 18-Aug

**FALL SEASON**  
On Course SUNDAYS  
\$50 + HST  
Oxbow Jr Members \$25 + HST

15-Sept | 22-Sept

**AGE 6 – 14**  
**(Born 2005 to 2013)**

## SUMMER PGA JUNIOR GOLF CAMPS

**OUR GOAL AT THIS STAGE:** Introduce skills in the morning with fun games and activities and have the opportunity to play on the course in the afternoon

**HOW DO WE LEARN:** Our camps have a different theme each day. Short skill stations are focused on a specific area of the game or movement skill that will assist the performance of the player on the course.

**WHAT ON COURSE PLAY PROVIDES:** A unique opportunity for juniors to experience playing the game of golf on the course with a specific focus as well as different formats

**Benefits:**

- 6:1 golfer-to-coach maximum ratio with PGA Professionals and PGA of Canada Community Coaches
- Camp celebration, skills challenge and awards on Friday afternoon
- Each junior receives a personalized progress card

**WEEK PLAN:**

**Drop off: 8:30-9:00 for both half day and full day juniors at FireRock.**

**Pickup: Noon sharp for Half days. Full day between 4:00 and 4:30 at FireRock.**

Monday to Wednesday – develop movement skills and golf skills with on course activities at Oxbow Glen and FireRock

Thursday and Friday – more focus on course play with Friday finale celebration

**PLEASE NOTE:**

- Juniors will be asked to bring a refillable water bottle
- Due to food allergies and junior preferences, juniors will be asked to bring their own healthy snacks and lunch.

**FEES:**

- **REGISTRATION FEE of \$45:** Each junior is required to pay a one-time seasonal registration fee in addition to program fees.
- **CAMP PROGRAM FEE:** includes all green fees, range balls, facility fees and coaching.

**5 DAY WEEK IS \$365 + HST (Half-Day = \$200 + HST)**

**4 DAY WEEK is \$295 + HST (Half Day = \$180 + HST)**

**REGISTRATION:**

1. ONLINE at [www.golfbetter.ca](http://www.golfbetter.ca)
2. IN PERSON – contact Coach Brian directly at (519) 200-4717 to discuss

### WEEKS AVAILABLE

**DATES:**

July 2 -5 (4 Day)

July 22 – July 26

Aug 6 – Aug 9 (4 Day)





## TEAM LONDON – COMPETITIVE DEVELOPMENT PROGRAM

This program provides juniors the opportunity to develop skills in the game of golf above the recreational level. The programs are comprehensive and are led by our certified coach Brian Gallant.

### **STAGE(s) OF GOLF CANADA’S LONG TERM PLAYER DEVELOPMENT INVOLVED IN THIS PROGRAM:**

New Competitor	– Introduction to Competition
Developing Competitor	– Learn to Compete
Advanced Competitor	- Train to Compete

**Under 15 (U15) New Competitor Team** – These juniors enjoy golf as one of many sports they play. This program offers a holistic approach to skill development designed to develop dynamic athletes who understand the fundamentals of the golf. Practices cover themes that help young athletes draw connections between the game of golf and other skills they already have.

**Under 19 (U19) Developing Team** – These young athletes would like to seriously explore competitive golf. Athletes are exposed to advanced fundamentals within the technical and physical pillars. Practices explore complex skills which pertain to high level training for golf.

**Under 22 (U22) Advanced Team** – These juniors are passionate and accomplished golfers that are often participating at the college and university level. The year round program challenges individuals to seek out their full potential through a comprehensive curriculum to evolve in a team atmosphere that encourages cooperation and interaction.

**For those juniors interested in discussing Team London opportunities, please contact our Lead Coach Brian Gallant**



## PRIVATE COACHING SESSIONS

We do provide individual, private, coaching services for junior aged athletes. These are often popular choices for players from out of town, or for the first few meetings with a new athlete, and can lay the foundations for the future program choices. Ultimately, we believe that athletes will develop more completely within a group or team of players, but private one on one sessions can also be valuable in identifying performance traits and personalizing the training plan for each athlete.

**For those juniors interested in private coaching sessions, please contact our Lead Coach Brian Gallant.**

# US KIDS GOLF CLUB TRADE UP PROGRAM

## PURCHASE NEW EQUIPMENT FOR YOUR JUNIOR AND TRADE UP AT THEY GROW!

The London Junior Golf Development Centre is involved with US Kids Golf equipment, the #1 junior golf equipment in the World.

### The key benefits to your junior with US Kids Golf versus other junior golf equipment:

**#1 – Lighter clubs and more flexible:** Along with proper club length, US Kids Golf equipment have lighter clubheads and more flexible shafts than other junior equipment. This allows juniors to develop speed and proper swing fundamentals.

**#2 - Proper progression of sizing:** To help kids develop a proper release with high hand speed, clubs should not be too long. US Kids Golf provides the proper length at all times during growth especially in driver. A typical junior requires 2 to 3 sets of clubs from ages 6 to 9 and ages 9 to 12 not one like other manufacturers suggest.

**#3 – Tour Series Clubs for Intermediate and Advanced:** No other manufacturer fits intermediate and advanced junior players without forcing them into larger adult sizes or expensive custom clubs.

**OUR CENTRE HAS THE US KIDS GOLF TRADE UP PROGRAM – Trade with us & receive a discount on your new clubs!**

Our centre is involved in the US Kids Golf TradeUP program.

**You can purchase new sets of clubs directly from us and trade with us.**

This allows young players to trade in their outgrown US Kids equipment and receive a discount on the purchase of new ones.

This ensures a proper fit at every stage of development.

NOTE: TradeUp program only involves US Kids Golf equipment as trade in.

### USED US KIDS GOLF EQUIPMENT –

From time to time, we may have a selection of used equipment – a great option to get the proper equipment size for juniors. Please contact us for current sets that are available.



**Boys Equipment**



**Girls Equipment**

Grow up. Trade up. Save up.

TRADE UP YOUR OLD CLUBS FOR A DISCOUNT ON YOUR NEW ONES.

### FIT BY HEIGHT

UL (Ultra Light)	PLAYERS HEIGHT IN SHOES	TS (Tour Series)
ULTRALIGHT 63" LIGHT APPROX. AGE: 12 SWING SPEED: up to 75 mph	64" 63" 62" 61"	TOUR SERIES 63" SEATED APPROX. AGE: 12 SWING SPEED: 75 mph & up
ULTRALIGHT 60" LIGHT APPROX. AGE: 11 SWING SPEED: up to 68 mph	61" 60" 59" 58"	TOUR SERIES 60" SEATED APPROX. AGE: 11 SWING SPEED: 67 mph & up
ULTRALIGHT 57" LIGHT APPROX. AGE: 10 SWING SPEED: up to 62 mph	58" 57" 56" 55"	TOUR SERIES 57" SEATED APPROX. AGE: 10 SWING SPEED: 64 mph & up
ULTRALIGHT 54" LIGHT APPROX. AGE: 9 SWING SPEED: up to 58 mph	55" 54" 53" 52"	TOUR SERIES 54" SEATED APPROX. AGE: 9 SWING SPEED: 57 mph & up
ULTRALIGHT 51" LIGHT APPROX. AGE: 8 SWING SPEED: up to 52 mph	52" 51" 50" 49"	TOUR SERIES 51" SEATED APPROX. AGE: 8 SWING SPEED: 54 mph & up
ULTRALIGHT 48" LIGHT APPROX. AGE: 7	49" 48" 47"	
ULTRALIGHT 45" LIGHT APPROX. AGE: 6	46" 45" 44" 43"	
ULTRALIGHT 42" LIGHT APPROX. AGE: 5	43" 42" 41" 40"	
ULTRALIGHT 39" LIGHT APPROX. AGE: 4	40" 39" 38"	

Use player's HEIGHT to determine club size and player's SWING SPEED to choose Ultralight or Tour Series.



## DEVELOPMENT CENTRE

[www.golfbetter.ca](http://www.golfbetter.ca)



Please contact me  
with any questions:  
Brian Gallant  
(519) 200-4717