



2020 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





2020 JUNIOR OPPORTUNITIES



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FUTURE PLAYER MEMBERSHIP

THE FUTURE OF OUR JUNIOR GOLF PROGRAM

This program has been created around one major interest – providing juniors the most opportunity to PLAY the game. We believe that juniors will learn the game faster by playing the game, not standing on a range week after week hitting balls.

PLAY THE GAME TO LOVE THE GAME

We believe that juniors playing the game will love the game. That is why we have put together an outstanding value for this program.

WHAT IS INCLUDED IN THE PROGRAM FEE?

- 1) A junior membership at Oxbow Glen Golf Course for the 2020 season and unlimited play in the times denoted below
- 2) Unlimited access to the Learn to Golf sessions; allowed to stay for back to back sessions
- 3) Unlimited access all Junior League sessions
- 4) Unlimited access to the Summer PGA Golf Camps
- 5) A junior player membership with Golf Canada to allow players to post scores for handicap reasons
- 6) A LJGDC golf shirt and progress hat showing a player's level
- 7) Bonus: On course matches at Oxbow during the season (stay tuned for more details!)

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

PARENT OPTIONS: get '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.

GOLF PROGRAM COSTS

GOLF PROGRAM COSTS

\$375 + HST on registration (includes seasonal registration fee!)
Monthly payments of \$99 + HST (normally \$129) for 5 months (May to Sept)
Full Access to ALL Programs: all sessions of Learn to Golf, play all Junior League & attend any Summer Golf Camps

	COURSE AVAILABILITY AT OXBOW GLEN GOLF COURSE
Monday	League day therefore 18 holes from Noon to 2 PM, 9 holes from 2 PM to 4 PM, after 6:30 PM
Tuesday	18 holes any time before 2 PM, 9 holes from 2 PM to 4 PM, after 6:30 PM
Wednesday	18 holes any time before 1 PM, after 6:30 PM
Thursday	After 10 am to closing
Friday	After 10 am to closing
Saturday	After 10 am to closing
Sunday	After 10 am to closing

**AGE 6 & UNDER
(Born 2014, 2015, 2016)**

ACTIVE START

**Register online @
www.golfbetter.ca**

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 & Costs

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 - CANCELLED

SUMMER SEASON - \$75 + HST

Friday
Choose 5:30 – 6:15 or 6:15-7:00

Friday
Choose 5:30 – 6:15 or 6:15-7:00
3-July
10-July
17-July
24-July
31-July



**AGE 6 – 14
(Born 2006 to 2014)**

LEARN TO GOLF

**Register online @
www.golfbetter.ca**

OUR GOAL AT THIS STAGE: Experience Fun, Safe and Innovate while PLAYING the game of golf

HOW WE LEARN? A variety of stations each with a specific skill focus whether on the range, putting green or on the course.

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

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

- 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; On Course sessions are at Oxbow Glen):

- **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, on course fees and facility fees



SPRING SESSION		
Wednesday 5:30 - 6:30 6:15 - 7:15	Thursday 5:30-6:30 6:15-7:15	Saturday 9:00-10:00 9:45-10:45
3-June	4-June	6-June
On Course @ Oxbow – choose 11-June OR 14-June		
17-June	18-June	20-June
On Course @ Oxbow – choose 25-June or 28-June		

SUMMER SESSION		
Wednesday 5:30 - 6:30 6:15 - 7:15	Thursday 5:30-6:30 6:15-7:15	Saturday 9:00-10:00 9:45-10:45
1-July	2-July	4-July
8-July	9-July	11-July
On Course @ Oxbow – chose 16-July OR 19-July		
On Course @ Oxbow – chose 23-July OR 26-July		
29-July	20-July	1-Aug
On Course @ Oxbow – chose 6-Aug OR 9-Aug		
12-Aug	13-Aug	15-Aug

FALL SESSION		
Wednesday 5:30 - 6:30 6:15 - 7:15	Thursday 5:30-6:30 6:15-7:15	Saturday 9:00-10:00 9:45-10:45
26-Aug	27-Aug	29-Aug
2-Sept	3-Sept	5-Sept
On Course @ Oxbow – chose 10-Sept OR 13-Sept		
16-Sept	17-Sept	19-Sept
On Course @ Oxbow – chose 24-Sept OR 27-Sept		
On Course @ Oxbow – chose 1-Oct OR 4-Oct		
7-Oct	8-Oct	10-Oct

FUTURE PLAYER JUNIORS	ALL OTHER JUNIORS
All costs are INCLUDED for all sessions	<p>\$210 + HST per session for June/July, Summer or Fall</p> <p>\$115 + HST for June only PLUS</p> <p>\$45 + HST seasonal registration fee</p>

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

**AGE 6 – 14
(Born 2006 to 2014)**

**JUNIOR LEAGUE
GOLF**

**Register online @
www.golfbetter.ca**

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 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:

- **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 PARTICIPATE IN THE LEARN TO GOLF PROGRAM

FUTURE PLAYER JUNIORS	ALL OTHER JUNIORS
All costs INCLUDED for all sessions	\$60 + HST per session



JUNIOR LEAGUE DATES (location is Oxbow Glen Golf Course)			
SPRING			
SUMMER	5-July	16-Aug	
FALL	30-Aug	20=Sept	

AGE 6 – 14
(Born 2006 to 2014)

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
2. IN PERSON – contact Coach Brian directly at (519) 200-4717 to discuss



WEEKS AVAILABLE

DATES:

July 6 – 10

July 13 – 17

July 20 – 24

Aug 4 to 7 (4 day camp)

Aug 10 to 14

Aug 17 to 21

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!**

Grow up. Trade up. Save up.

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



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.



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	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



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