

2020 SUMMER GOLF CAMP DETAILS:



COACHING STAFF:

Brian Gallant, PGA of Canada Teaching Professional
Chris Newcombe, PGA of Canada Apprentice Professional
Tatiana Hulan, PGA Community Coach Carson DeThomasis, PGA Community Coach
Ethan Spencer, PGA Community Coach Austin Kuiack, PGA Community Coach and more!

COVID 19 Procedures

All juniors are required to have their OWN golf clubs, OWN water bottle and OWN personal items. Sharing is not possible. We will be able to have the juniors more than 6 feet apart during the day.

Drop off & Pick Up at FireRock Golf Club (please proceed to the practice range):

Drop off from 8:30 AM and 9:00 AM. Pickup is between 4:00 PM and 4:30 PM.

On Course Play at Oxbow: We will be playing at Oxbow Golf club each day. Transportation will be provided by our coaching staff. We play on course for about 2.5 to 3 hours in length with different formats for the juniors to experience.

Items to Bring: Golf equipment, umbrella, rain gear, sunscreen, hat

NOTE: If you require equipment, you MUST make us aware prior to the camp. We will need to know if your junior swings left or right handed as well as his/her current height.

Nutrition and Hydration: it is important that you start the day with a strong nutritional content. This requires eating from multiple food groups, such as granola and yogurt with berries. Another key is hydrating with a large glass of water to start the day. We are ensuring good habits to allow your development and high performance during the week.

Please ensure your juniors has the following: **For nutritional needs:** minimum 1 item for morning and afternoon snacks as well as three items for lunch. **For hydration needs:** minimum of 1 L of water – we can refill a bottle at FireRock however Oxbow does not have this option so ensure an extra water bottle for Oxbow.

Review: Please review the attached 'GAO Nutrition Info' PDF prepared by Trionne Moore that works with Team Ontario.

Rain/Weather: We will complete a variety of indoor activities should weather delays come about.

If you have any questions or concerns, please let us know. We are looking forward to a great week.

Sincerely,

The Coaches
London Junior Golf Development Centre