

2021 SUMMER GOLF CAMP DETAILS:



COACHING STAFF:

Brian Gallant, PGA of Canada Teaching Professional

Ryan Vanderwerf, PGA Community Coach Cameron Wanlin, PGA Community Coach

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 Oxbow Glen Golf Course (please proceed to the putting green):

Drop off from 8:30 AM and 8:45 AM. Pickup is between 4:00 PM and 4:30 PM.

Our Day at Oxbow: Most days we will have form and skills games to start the day to learn the game of golf. This is followed by on course play over 18 holes. Juniors will be walking the course and playing different fun formats.

Items to Bring: Golf equipment, umbrella, rain gear, sunscreen, hat, sunglasses, nutrition, and hydration needs.

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 all items are NUT FREE.

IMPORTANT NOTE: Most days we do not sit down and have lunch as we are on the golf course at over lunch period. Therefore, **ensure your junior has items that can be ate while playing the game** (sandwiches are the best)

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. All items should be nut free. **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.

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