



2022 NEW COMPETITOR COACHING PROGRAM

The program is an attempt at synthesizing many layers of golf coaching into a comprehensive and holistic program for developing junior golfers between the age of 11 -15. We aim to coach players on the course, in events, on the range, and through a variety of extra curricular options. This program places considerable emphasis on developing traits and habits of excellence in all facets of a child's life, and particularly in those areas that most impact athletic development. As such, athletes in the program will receive guidance on themes like time-management, physical development for golf, sports psychology, nutrition, competitive planning, tactics, strategies, and technical development of golf skills.

This is a critical stage of development for young athletes as it enables them to establish healthy patterns of movement and effective training habits at a young age. In fact, this is an ideal “window of trainability” for young athletes, and it could be considered to be the most critical stage in a young golfer's development.

The goal of our program is to foster passion and love for the game of golf while also equipping young players with the etiquette and training habits which will ensure continued growth and happiness in the game. More specifically, our program serves to prepare athletes for competition on a club and regional level by providing athletes with leading-edge research and information. Furthermore, our program seeks to assist families with navigating the competitive golf landscape and with gaining a better understanding of the training habits of competitive junior golfers.

Head Coach

Jeff Overholt, PGA