

Vision 2020 - Adult

Adult Seasonal Program (ASP)

What is Vision 2020?

Vision 2020 represents a long-term goal that envisions one of our high performance golfers representing Canada in the Summer Olympics. Statistically, the average Olympic athlete reaches the world stage after a 10-year/10000 hour commitment to excellence.

Vision 2020 staff will utilize the tools, information and Best Practices they have adopted from world leaders in Long Term Athletic Development to nurture the athlete and provide them with an environment where they can truly test their individual athletic and personal potential.

It is interesting to note that the Robinson/Sherratt long standing approach to Junior Golf development has paralleled many of the philosophies that have only recently come to light through the latest research. The Titleist Performance Institute has gathered data and findings during the last ten years from experts around the world in diverse fields that have only now quantified our approach.

Our instincts were correct.

What is the ASP?

The ASP encompasses many facets of the game that leads to improved performance. Swing technique and mechanics, equipment evaluations, tournament preparation and performance tactics, and focus on short game proficiency are covered during the season.

This program is intended for those golfers who are committed to self-improvement and prepared for the necessary adjustments to attain their individual goals. Candidates for this program include those who want to see their game rise to a new level and want to continue on that path in a private, individually tailored program

Benefits of ASP

- On going equipment evaluation and adjustments throughout enrollment (includes lie & loft adjustments of irons and putter)
- Comprehensive analysis of the short game using the Tucker Short Game Test. This is a 100 shot evaluation of key elements of the short game including short putting, lag putting, chipping, pitching, bunker and wedge distance control
- Supervised practice session periods 1x week
- 9 holes of golf with your Vision 2020 coach per month
- Tournament schedule planning sessions pre season if applicable
- Tournament observation if applicable
- Ongoing E-coaching support during away tournaments if applicable
- Personalized, professional and scheduled private coaching sessions with your Vision 2020 coach

Optimal Schedule/Timeline

April

- Seasonal Coaching plan schedule meeting and planning
- Tournament schedule planning if applicable
- Evaluation and analysis of equipment at Rideau View Teaching Building
- Preseason recording of Club Head Speed, Ball Speed, and Ball Striking
- Goal Setting for 2011

May - August

- Seasonal Coaching Plan schedules and times in place (estimate 1 lesson per week)
- Supervised practice sessions up 1X a week (schedule in place after RV club calendar finalized)
- 9 holes of golf with Vision 2020 coach each month (group)
- Tournament evaluation if applicable
- Ongoing equipment evaluations as needed
- Ongoing E coaching support as needed
- Tucker Short Game Test
- Ongoing TOMI putting analysis as needed

What can the athlete expect?

- Open and honest communication from me at all times.
- A professional coaching program catered to individual needs with focus on core fundamentals, course management, short game, mental skills, and swing technique
- Improvement as a competitive golfer and individual
- Unconditional support and commitment
- The opportunity to interact with other liked minded goal oriented golfers
- Guidance and support to become the best golfer you can be
- To have FUN!!!

What do I expect from the athlete?

- Commitment to achieving your goals
- Complete all recordings of goal setting assignments, and any post round reports asked by your coach promptly
- Honesty
- To learn and discover
- To have FUN!!!

Costs: Seasonal Coaching Program is \$475.00 per month. HST extra if applicable