

Vision 2020

Annual Coaching Program (ACP)

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 ACP?

This annual enrollment program is a 10-month goal driven program that encompasses all facets of the game including swing technique and mechanics, fitness, equipment evaluations, and statistical analysis of short game proficiency.

This program has been designed for those who are truly committed to self-improvement and have a desire to be a nationally competitive athlete.

Athletes will have a personalized program tailored to their individual needs. Members of the annual enrollment program are expected to be committed to this annual program and to their goal(s) of becoming the best golfer and individual they can be.

Opportunities for enrollment will first be given to those who have already been coached by Matt Robinson. This opportunity will then be given to junior members of Rideau View Golf Club. If enrollment is not full at that time opportunities will be given to junior golfers outside of membership.

You have received ACP information because you have expressed interest in a professional, private, and individually catered program that will provide the best opportunity of achieving the goals you set.

Annual Enrollment Benefits

- Annual membership to Shot by Shot for accurate up to date analysis of the student's short game state. Statistics can be accessed by both the student and Matt Robinson
- On going equipment evaluation and adjustments throughout enrollment (includes lie & loft adjustments of irons and putter)
- Mental Golf Workshop Profile which provides an accurate and comprehensive report describing the student's mental tendencies for six key areas of the game
- 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
- Complete Offseason fitness assessment using the world class TPI Golf Fitness Screen. As a certified TPI Fitness instructor, Matt Robinson, will do a complete evaluation of the student's fitness level as it applies to high performance golf.
- Preseason evaluation of fitness level (as above), club head speed, ball speed and handicap overall ball striking performance
- Midseason testing of fitness level, club head speed, ball speed and overall ball striking performance
- End of season testing of the above.
- Supervised practice session periods up to 2x week
- 9 holes of golf with Matt Robinson per month
- Tournament schedule planning sessions pre season
- Tournament observation
- Ongoing E-coaching support during away tournaments
- Resource for student athlete opportunities within the NCAA
- Consultation with Matt Wallace for personalized web site hosting to utilize the internet while staying ahead of the competition for NCAA scholarship opportunities
- Personalized, professional and private coaching with Matt Robinson
- 10 week off season training program (90 minutes 1X week) beginning January 2011

Schedule/Timeline

January

- Perform full TPI Fitness Evaluation and assign workout program
- Begin Goal Setting for 2011 and beyond
- Set up www.shotbyshot.com account for 2011
- Begin 10 week (Jan. 29th) training program at Steve MacLean PS (Sat. 3:00pm-4:30)

February

- Initial planning of tournament schedule with input from Matt
- Initial planning of individual coaching plan
- Mental Game Workshop Profile questionnaire completed
- TOMI Putting stroke analysis

March

- Completion of tournament schedule (based on Association's having completed the schedule)
- Completion of individual coaching plan schedule (should it be a fixed schedule)
- Coaching session to review fundamentals
- Mental Game workshop (group)

April

- Evaluation and analysis of equipment at Rideau View Teaching Building
- TPI Fitness Retest and in season workout program assigned
- Preseason recording of Club Head Speed, Ball Speed, and Ball Striking
- Completion of Goal Setting for 2011 and beyond
- Mental Game workshop (group)

May - August

- Individual Coaching Plan begins (schedule in place)
- Supervised practice sessions up to 2X a week (schedule in place after RV club calendar finalized)
- 9 holes of golf with Matt Robinson each month (group)
- Tournament evaluation
- Ongoing equipment evaluations as needed
- Ongoing E coaching support as needed
- Ongoing testing of Fitness (TPI), Club Head Speed, Ball Speed, and Ball Striking
- Tucker Short Game Test
- Ongoing TOMI putting analysis as needed

September-October

- Year in review
- End of Season testing of Fitness (TPI), Club Head Speed, Ball Speed and Ball Striking
- Shot by Shot analysis review
- Support/Resource College/University as needed

Note: Some sessions may be offered prior to the start of the season. Dates and times of these sessions are yet to be determined.

What can the athlete expect?

- Open and honest communication from me at all times.
- A professional coaching program catered to the individual needs of a High Performance golfer with focus on core fundamentals, fitness, course management, short game, mental skills, and swing technique
- Improvement as a competitive golfer and individual
- My unconditional support and commitment
- The opportunity to interact with other High Performance golfers and their families
- Guidance and support to become the best student athlete you can be
- To have FUN!!!

What do I expect from the athlete?

- Commitment to achieving your goals
- Complete all recordings of post round reports (shotbyshot), goal setting assignments, and fitness programs in a timely manner
- Commitment to academics
- Honesty
- Represent yourself, with a respect for others and the game, behave like a champion
- To learn and discover
- To have FUN!!!

Costs: The 10 month program is \$275.00 per month. HST extra if applicable

Vision 2020 – Director of Instruction

Matt Robinson

Recognition

As a fifteen-year member of the CPGA I have an established reputation amongst my peers as well as many of the high performance golfers throughout our region. Recent recognition includes being awarded 2007 Ottawa Zone CPGA Junior Leader of the Year and receiving nominations in Teacher of the Year and Assistant Professional of the Year in 2007. A nomination as Teacher of the Year followed in 2009. Most recently I received a nomination for Assistant of the Year for 2010.

Mentors/Influences

The career path I chose has allowed me to communicate with leading edge material and a thorough understanding of what it takes to be a high performance athlete. Other significant influences have included:

Dr. Deborah Graham – *GolfPsych Founder*
Chuck Hogan – *Founder, Golf and Intelligence of Play*
Joseph Chilton Pearce – *Author, Magical Child*
Fred Shoemaker – *Author, Extraordinary Golf*
Pia Nilsson – *Cofounder, Vision 54*
Dr. Greg Rose – *Cofounder, Titleist Performance Institute*
Dr. Fred Mann – *Author, Swing Like a Pro*
Jerry Tucker – *Creator, Tucker Short Game Test*
Peter Sanders – *Creator, Shot by Shot*

Using “Best Practice” techniques of these aforementioned has a significant impact on my success as a coach.

Affiliations/Memberships

I was approached in 2009 to join the elite AMF Golf Management Instructor Division based in the United States. This huge network of “invite only” instructors and coaches continues to expose me to leading edge coaching techniques, specifically in terms of the high performance athlete.

As a TPI Golf Fitness Instructor I may perform golf specific fitness evaluations and assign and monitor student’s physical conditioning workouts through their website.

I also have a membership with Peter Sanders Shot by Shot and all of my high performance golfers receive access to this site to properly monitor their short game handicaps.

Personal

I continue to support the Children’s Hospital of Eastern Ontario (CHEO) with fundraising efforts. My Longest Day of Golf – Coaching Edition, where I teach lessons and clinics for over 16 hours consecutively has raised over \$100,000 for the CHEO Foundation during the last three years. I currently sit on the Manotick – Riverside South Cooperative Nursery School Board of Directors where my daughters attended preschool. I have been involved in fundraising efforts for this non-profit organization. I have been married to my wife, Dayna, for 12 years and we have 3 children together, Mitchell 8, and twin daughters Kathryn and Kristina 5.