

Vision 2020

Core Program

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 CP?

The Vision 2020 Core program focuses on Fundamental Movement Skills. Our goals as a program are to nurture a love for the game of golf, embrace the principles it teaches, and for the game to be involved in the students lives long term – as a recreational golfer, competitive golfer, or perhaps, a future Olympian.

The athlete will have a greater understanding of where golf fits in their life after participation in the Vision 2020 Core program. This in season group program meets 1.5 hours per week and upon completion of the program it is hoped that all Fundamental Movement Skills have been acquired at an advanced level that provides the athlete with a base to learn Fundamental Sport Specific Skills (Golf). When both are acquired the athlete is Physically Literate allowing them to move confidently and efficiently in a wide range of activities.

Benefits of the CP

- Active play with improved results in balance, stability, mobility and overall body awareness
- 90 minutes per week developing Fundamental Movement Skills focusing on agility, jumping, striking, catching, core strength, throwing and body awareness activity stations
- Professional coaching of early golf specific skills in the Full Swing. Grip, posture and balance, alignment, and weight pressure transfer
- Professional coaching of early golf specific skills in Putting. Grip, alignment, speed and green reading
- The first step in becoming physically literate is being able to perform FMS at an advanced level and that is the primary focus of the Core Program

Schedule/Timeline – May 23 to September 12 (6:30-8:00pm)

May

- 2 Core sessions
- Vision 2020 Classification testing

June

- 5 Core sessions
- 1 on course playing session

July

- 4 Core sessions
- 1 on course playing session

August

- 5 Core sessions
- 1 on course playing session

September

- 2 Core sessions
- Vision 2020 Classification testing

What can the athlete expect?

- Open and honest communication from your coaches at all times.
- Improvement as a competitive golfer and individual
- Our unconditional support and commitment
- The opportunity to interact with other competitive golfers and their families
- Guidance and support to become the best student athlete you can be
- To have FUN!!!

What do we 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
- 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 Core Program is \$175.00 per month based on a 4-month program. 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.