

# Vision 2020

## Peak Coaching 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 PCP**

This seasonal program is designed for the developing player looking to play competitive golf. It is an athlete-centered program that encourages the player to discover the necessary shot making skills to play creative golf. The athlete will learn to control their golf ball from the tee into the greens. There is particular emphasis on the short game and its importance to scoring.

The player will gain an understanding of mental skills and disciplines to play their best under tournament conditions. An examination of the basic rules of golf, weekly on course training, weekly supervised practice sessions, equipment testing and evaluation, and state of the art video analysis.

## Benefits of PCP

- 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
- Weekly on course coaching sessions focusing on short game proficiency
- Weekly supervised training sessions focusing on practice techniques and planning
- Opportunity of exposure to competition within training/on course sessions due to the group dynamic
- Guidance with setting a tournament schedule
- Tournament observation 1x
- Year end PEAK tournament
- Comprehensive in season program putting the athlete in front of the instructor 3 hours per week

## Schedule/Timeline

### April

- Peak schedule in place for the 2011 season
- Opportunity to discuss 2011 tournament schedule with PCP Coach
- Initial equipment evaluation

### May – August

- Weekly on course sessions 2 hours
- Weekly supervised practice session 1 hour
- Tournament observation 1X
- Tucker Short Game Test

Determine which PEAK group fits your schedule and register with Matt Robinson

#### PEAK #1 –

Thursdays	5:30-7:30pm	May 26 – June 30
Saturdays	7:00-8:00am	May 28 - June 25
Tuesdays	8:00-10:00am	July 5* - August 30
Wednesdays	10:00-11:00am	July 6* - August 31

#### PEAK #2

Thursdays	4:30-5:30pm	May 26 - June 30
Saturdays	8:00-10:00am	May 28 - June 25
Tuesdays	11:00-12:00pm	July 5* – August 30
Wednesdays	8:00 – 10:00am	July 6* – August 31

## **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: Peak Coaching Program is \$1350.00. 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.