

Vision 2020

Seasonal Coaching Program (SCP)

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 SCP?

The seasonal coaching program is a 5-month program that encompasses many facets of the game that leads to improved tournament 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 interested in testing their game under the scrutiny of tournament conditions and who must be committed to self-improvement both on and off the course.

Candidates for this program are likely to have seen their game rise to a new level and want to continue on that path or require a private, individually tailored program after participating in the Peak Coaching Program.

Benefits of SCP

- 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 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
- Personalized, professional and private coaching with Matt Robinson

Schedule/Timeline

April

- Seasonal Coaching plan schedule meeting and planning
- Tournament schedule planning
- 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
- 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
- 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
- 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 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: Seasonal Coaching Program is \$325.00 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.