

# Junior Academy

The Brisbane Golf Club

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## Juniors at The Brisbane Golf Club

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The Brisbane Golf Club provides holistic coaching opportunities that are both inclusive and progressive for the junior members of our club. We welcome juniors of all ages and abilities to be a part of our warm and inviting culture.

The Junior Academy program is designed to address golf skill development and overall athletic development. With Titleist Performance Institute Certified Coaches, you can trust that our Golf Professionals will create a well-rounded athlete both on and off the golf course.

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### *Junior Membership*

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The Brisbane Golf Club offers three categories of membership for juniors aged between 6 and 17 year. Memberships allow juniors access to the course\*, practice facilities, weekly competitions and the option to join our Junior Academy Programs.

	<b>PeeWee 6-9 years</b>	<b>Cadet 10-13 years</b>	<b>Junior 14-17 years</b>
Playing Rights	Access to Spare Holes/Course with Member	Access to Spare Holes/Course with Member	Access to Spare Holes/Course
Access to Competitions	No	Yes, approved by Director of Golf	Yes, approved by Director of Golf
Guests	No	No	Yes
Golf Australia Handicap	No	Yes	Yes
Access to Junior Academy	Yes	Yes	Yes
Subscription Fee*	\$105*	\$175*	\$326*

\*Plus Compulsory GA Affiliation Fee

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## *Junior Events*

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The Brisbane Golf Club provides junior events to members through the club as well as Golf Australia and Junior Golf Queensland. The following is a table of events that junior in our academy will have access to through

EVENTS	HOLES	ELIGIBILITY	
<b>BGC Junior Series</b>	9 Holes	Level B3 and Above	BGC Member
<b>My Golf Junior League (Matchplay Series)</b>	9 Holes	5-12, No Handicap	
<b>JGQ 9 Hole Series</b>	9 Holes	5-12, No Handicap	JGQ Member
<b>JGQ 18 Hole Series &amp; GNQ</b>	18 holes	Under 18, Handicap Required	JGQ Member
<b>BGC Competitions</b>	18 Holes	Any Age, Handicap Required	Approval from Director of Golf

\*\* JGQ: Junior Golf Queensland

\*\* GNQ: Greg Norman Junior Masters Qualifying Events

### **BGC Representation**

The Brisbane Golf Club have access to select representatives throughout the calendar year to attend professional events for programs such as Pitch and Putt championships and Junior League events. These will be communicated as they are announced.

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## *Junior Academy Order of Merit*

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At The Brisbane Golf Club, we believe in coaching behaviour, attitudes and etiquette along with training golf and physical skills. The GoLow is a semester long Order of Merit structure where students can gain points based on attendance, presentation, attitude, and skill adaptation. Prizes will be awarded based on each Development Level at the conclusion of the semester.

# Junior Academy Program Overview

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The Brisbane Golf Club offers junior members a progressive academy program to assist in developing players skills, physical ability and on course understandings. With Titleist Performance Institute Certified Coaches, Brisbane is able to focus on developing an athlete first and a golfer second. In doing this, juniors will be able to develop their gross motor skills as well as their golf skills to help prepare them for any aspect of their future.

Brisbane hosts an extensive Junior Academy Program distributed over 4 developmental areas;

- FUNdamentals
- Play
- Train
- Compete

Each developmental area is broken down further into specific stages in order to continually progress a child both in golf and life.

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## *Developmental Levels*

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### FUNdamentals B1, B2, B3

Perfect for the development of juniors ages 6-9 where a significant emphasis is on fun, physical development and golf. In this level it is important to focus on speed and let form continue as your child progresses over the levels.

- 60 minute lessons
- Play focused
- Speed over Form

Locomotion: Upper and Lower Body

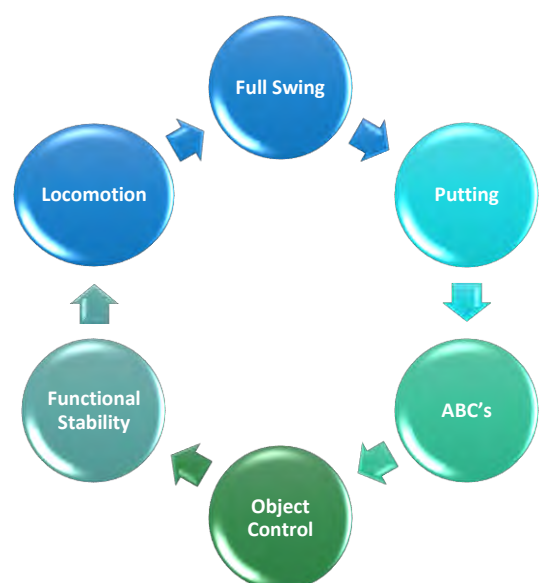
Full Swing: Fundamentals Mechanics

Putting: Fundamentals Mechanics

ABC'S: Agility, Balance, Coordination, Speed

Object Control: Throwing, Kicking, Striking

Functional Stability: Pulling, Pushing, Planking



## Play B4, B5, B6

The next step in your child's development where focus is shifted to deliberate play, introducing more golf skill whilst maintain sport skills. Aside from this, we also begin to develop the athletes with the use of boy weight and resistance exercises.

- 90 minute lessons
- Deliberate Play
- Focus on Skill Development

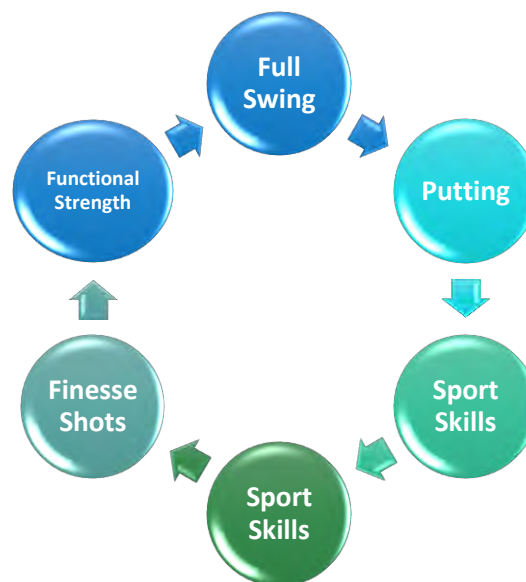
Full Swing: Club Path and Face Development

Putting: Green Reading, Speed Control, Path

Sport Skills: Throwing, Agility, Striking, Wrist Release

Finesse Shots: Distance Control, Trajectory, APC

Functional Stability: Upper & Lower Body, Core



## Train B7, B8, B9

In this phase we begin to look more into the competitive playing and development of juniors, with further attention on the growth of their golf skills. At this level, the athlete's will be expected to commence their own training as well as participate in Monthly 9 hole events.

- 120 minute lessons
- Competitive Focus
- Technical Focus & Shot Acquisition

Deliberate Practice: Swing Mechanics, Practice Habits

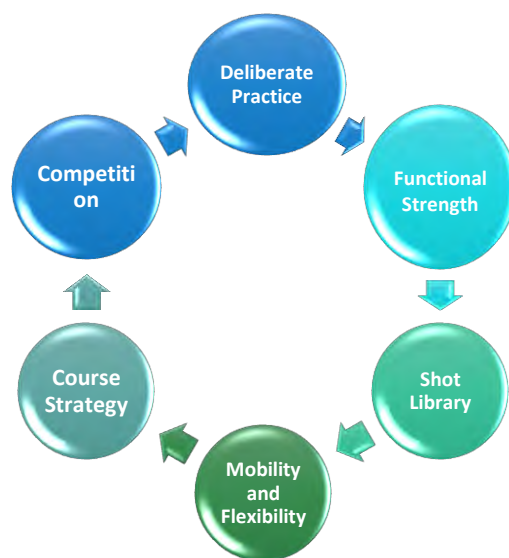
Functional Strength: Strength, Stability

Shot Library: Shape, Flight, Lie

Mobility: Flexibility, Mobility

Course Strategy: On Course, Risk v Reward

Competition: Focus on Practice to Play



## High Performance

An addition to the program in 2022, the High Performance Program is designed for those players who are playing both district and state events and wish to work further to develop their golf in various facets. External service providers will be brought in to help further the athlete's development in physical, mental and biomechanical ways.

- Fortnightly Lessons
- 180 minute lessons
- Handicap Limi



Deliberate Practice: Outcome Based Training

Functional Strength: Screening and Physical Development

Mental Mastery: Psychological Training

Statistical Analysis: Access to statistics programs

Course Strategy: Play effectively

Tournament Preparation: Goals, Planning

\*\*This is a 12 month commitment with Application process in January 2022.

## Structure Overview

	FUNdamentals			Play		Train		Compete
	B1	B2	B3	B4	B5	B7	B8	B10
<b>Age</b>	6-9	6-9	6-9	9+	9+	9+	11+	12+
<b>Duration</b>	60	60	60	90	90	120	120	180
<b>Day</b>	Sat	Sat	Sat	Sat	Sat	Tues	Wed	Sat
<b>Time</b>	10:30am	11:30am	12:30am	2:00pm	3:30pm	4:00pm	4:00pm	7am
<b>Golf/Fitness</b>	40/60	40/60	40/60	50/50	50/50	60/40	60/40	50/50
<b>Benchmark</b>	25m	50m	75m	100m	150m	200m	250m	
<b>Price Per Term* TBC</b>	\$150	\$150	\$150	\$185	\$185	\$225	\$225	\$POA

## 2022 Dates

	Tuesday B7	Wednesday B8	Saturday B1-B5
<i>Term 1</i>	1 <sup>st</sup> February – 22 <sup>nd</sup> March	2 <sup>nd</sup> February – 23 <sup>rd</sup> March	5 <sup>th</sup> February – 26 <sup>th</sup> March
<i>Term 2</i>	26 <sup>th</sup> April – 14 <sup>th</sup> June	27 <sup>th</sup> April – 15 <sup>th</sup> June	30 <sup>th</sup> April – 18 <sup>th</sup> June
<i>Term 3</i>	19 <sup>th</sup> July – 6 <sup>th</sup> September	20 <sup>th</sup> July – 7 <sup>th</sup> September	23 <sup>rd</sup> July – 10 <sup>th</sup> September
<i>Term 4</i>	11 <sup>th</sup> October – 29 <sup>th</sup> October	12 <sup>th</sup> October – 30 <sup>th</sup> November	15 <sup>th</sup> September – 3 <sup>rd</sup> December

## High Performance

	Term 1	Term 2	Term 3	Term 4
<i>Session 1</i>	5 <sup>th</sup> February	7 <sup>th</sup> May	30 <sup>th</sup> July	22 <sup>nd</sup> October
<i>Session 2</i>	19 <sup>th</sup> February	21 <sup>st</sup> May	13 <sup>th</sup> August	5 <sup>th</sup> November
<i>Session 3</i>	5 <sup>th</sup> March	4 <sup>th</sup> June	27 <sup>th</sup> August	19 <sup>th</sup> November
<i>Session 4</i>	19 <sup>th</sup> March	18 <sup>th</sup> June	10 <sup>th</sup> September	3 <sup>rd</sup> December

