



Coaching Program 2019-2020

International / Distance Amateur Players.

For Baltic and Scandinavian Countries and Finnish players that live further away from Espoo.

COACHING TEAM

Head Coach - David Silva

Assistant Coach – Niklas Dahlgren

The SGA International 2019-2020 program offers coaching to players living outside Finland and to players living in Finland further away from Espoo. Players attend training in Espoo through winter and spring on a twice a monthly basis, attend winter and spring training camps abroad and integrate summer tournament training whenever possible.

PROGRAM PRIMARY OBJECTIVE.

Intensive and innovative golfer development program focused on offering players top level technical training, group and individual training, so that young players acquire the necessary skills, competitive mentality and discipline that enable them to have a chance of success in elite amateur and college golf in the future.

Just attending the program is no guarantee of success – player dedication, determination, skill and desire to complete the program, own practice, play and tournament volumes are crucial.

A. Program Details 1.11.2019 - 30.9.2020 - 11 Months, 6 cycles.

- Program commences 1st November 2019 to 30th September 2020 – 11 months.
- Autumn/Winter Training: 2 sessions/month Nov. & Dec. 2019 at Season Golf in Cycle 1.
- Coaching Volumes: 6hrs/session x 2 sessions/month – Technique, Short Game & Putting –
- Winter/Spring Training - Jan. to May 2020 at Season Golf – Cycles 2, 3 & 4.
- Winter/Spring Volumes: 2 sessions/month – Technique, Short Game & Putting.
- Winter/Spring Coaching Volumes: 5 months x 12 hrs. – Total of 60 hrs coaching.
- Players can also attend SGA Training camps abroad at extra own cost.
- If players are unable to attend some Autumn, Winter and Spring sessions, these hours are convertible to on-line or video analysis sessions with Head Coach analysis and feedback – similar to College player program.
- Summer Training: June to September 2020 at partner golf clubs – Cycles 5 & 6.
- Summer Coaching Volumes: 12 hrs. /month x 4 months – Practice, play and competition.
- Coach accompaniment and observation to minimum 3 Junior Tour tournaments in Finland
- World Amateur Golf Ranking Points tournaments in Baltics – coach accompaniment in 1-2 tournaments
- Specialist Training – Postural Balance, Short game & Putting

B. DETAILS & SERVICES.

- Advanced golf technique, high level training, guidance and advice.
- Strategy, course management, tournament prep, analysis & coach attendance.
- SGA Training Camps in Finland and abroad, at extra cost
- Own practice time and on-course play required – minimums per cycle.
- Practice balls in Season Golf included in the price in group training
- Personal training program with daily/weekly/months rep volumes per game area with Tournament Schedule – DIRECT/DEDICATED PRACTICE – DDP Templates.
- SGA Fundamentals documents, statistics analysis and goal setting
- Head Coach or Assistant Coach accompaniment, observation and training at 1-2 international and minimum of 3 national tournament sites.
- Coaches meet and discuss player development throughout the program.
- Access to SGA coach's documentation on elite practice methods, drills, etc.
- Integrate SGA Player Conduct code – work, training and competing standards.
- Career guidance and management available.
- Service to help players get USA college scholarships at extra cost, 500€ per year, totally 2.000€. First installment to be paid when the scholarship has been granted, following three installments to be paid at the beginning of second, third and fourth year in college.

C. FEEDBACK/SERVICES PROVIDED TO PARENTS AND JUNIORS/YOUTHS.

- Coaches available to meet and discuss player development during program.
- Career Support & Guidance – Advice on golf scholarships, universities/colleges abroad, using SGA contacts and relationships
- Integrate SGA Player Conduct code – work, training and competing rules.