



SEASON GOLF ACADEMY (SGA) COACHING PROGRAM 2021-2022

Elite Amateur Players

COACHING TEAM

Head Coach – David Silva

Assistant Coach – Niklas Dahlgren

Training Locations – Season Golf; St. Laurence GC, Nordcenter GCC, winter Training bases, tournament sites

PRIMARY OBJECTIVE – Develop elite player technical skills for international tournament golf via personally DESIGNED practice & training programs; develop elite competitive mentality, discipline, guidance regarding the physical conditioning required at the top level of amateur golf. Create career path for players wanting to compete on the highest level with ultimate goal of professional golf.

Elite amateur program players are required to use the SGA Training App. It's important that players and coaches record and know their practice and rep volumes, sessions, drills completed and course statistics. This data will be analyzed with player and coaches on a monthly basis.

A. Program Details. 1st Nov. 2021 to 30th Sep. 2022 - 11 Months, 6 cycles

- Cycle 1 – 01/11 to 23/12/2021 – 7 weeks Intensive technical Development at Season Golf. Optional own cost 2 x 10-day training/tournament camps on Portugal Winter Tour – 8 weeks total.
- Cycle 2 – 04/01 to 20/02/2022 – 5 weeks Technical Development at Season Golf, Optional own cost 2 x 10-day training/tournament camps on Portugal Winter Tour – 7 weeks total.
- Cycle 3 – 22/02 to 27/03/2022 – 4 weeks Technical Development and Pre-Season Training at Season Golf, Optional own cost 2 x 10-day training/tournament camps on Portugal Winter Tour – 6 weeks total.
- Cycle 4 – 06/04 to 08/05/2022 – 5 weeks Training at Season Golf, Spring Camp in Finland, coach observations to selected tournaments, etc – 5 weeks total.
- Cycle 5 – 10/05 to 17/07/2022 - Tournament Cycle A, Weekly on course Training/Practice

with tournament schedules, prep, analysis, coach observations, etc – 10 weeks total.

- Cycle 6 - 19/07 to 30/09/2022 - Tournament Cycle B, Weekly on course Training/Practice with tournament schedules, prep, analysis, coach observations to selected tournaments – 11 weeks total.
- TOTAL of 47 weeks of Coach Driven Training including minimum of 3 regional international tournaments with coach presence.

B. SGA Elite Amateur Training

- 6 Training/Tournament Cycles totaling 47 weeks and 375 hours of group and personal DESIGNED coaching, technical development, tournament preparation, analysis and execution.
- 175 hours of on-site tournament preparation, coaching and analysis.
- Training Hours – Total of 550 coaching hours during 11 months period.
- 4 x 2 hr. group coaching in cycles 1 to 4; weekly 8 hr. training, tournament planning, prep, analysis in cycles 3, 4, 5 and 6.
- Trackman 4, SAM Putt Lab, Video, Bodi Trak, Golf Book, Direct/Dedicated Practice templates with daily/weekly/monthly work volumes when requested by players, and progress feedback.
- Group Coaching comprised of 4 players/group.
- Weekly sessions of Technical Development; wedge/short game, putting, testing.
- Elite Amateur Players to train/practice minimum of 36 hrs. per week; 144 hrs. per month and 1600 hrs. per year incl. training with coach and own practice.
- Access to additional SGA contributing coaches such as Panu Kulhberg Mental Sports Coach, assistance from SGA coach Niklas Dahlgren.

C. DETAILS & SERVICES

- SGA Training App – record and analyze training, practice and course data.
- Advanced golf technique, high level training, guidance and advice.
- Strategy, course management, tournament prep, analysis & coach attendance.
- Mental Training program.
- Own practice time and on-course play required – minimums per cycle.
- Tournament and camp costs – Subsidized by home clubs & own cost.
- SGA Training on Portugal Winter Tour.
- Winter Season Golf practice balls – Incl. for group training, Own Practice optional unlimited use Ball Card at 500 Euros/season.
- Personal Training Program with daily/weekly/months rep volumes per game area –

DIRECT/DEDICATED PRACTICE – DDP Templates when requested by players.

- SGA Fundamentals documents, goal setting, etc.
- Head Coach or Assistant accompaniment, observation and training at 3 international and 6 national tournament sites.

Feedback to Players, Management Companies & Sponsors

- Progress feedback to players, management & Federation coaches.
- Coaches meet & 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 with possibility of sponsorship/investment on agreement of SGA Career Management option.

D. **PROGRAM FEE** – Contact David Silva, Niklas Dahlgren or Linda Haara for details

Registration Player Details

Surname: _____ First Name: _____

Address: _____ Email: _____

Telephone Contacts : mobile _____ PGA/Federation Membership
nº _____

Date of Birth : _____ Home Club: _____