



## SEASON GOLF ACADEMY (SGA) COACHING PROGRAM 2021-2022

### College Elite Players

#### COACHING TEAM

**Head Coach** - David Silva

**Assistant Coach** – Niklas Dahlgren

**Specialist Coaches** – Panu Kuhlberg, etc.

The SGA program offers coaching to players on golf scholarships abroad. Players attend training when in Finland with the amateur elite program, can attend winter/spring training camps abroad, integrate video on-line coaching, and summer tournament training.

College 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 30<sup>th</sup> Sep. 2022 - 11 Months, 6 cycles**

- Commences 1st November 2021 to 30<sup>th</sup> September 2022.
- Autumn/Winter Training: Aug. to Dec. 2021 via on-line/video, and at Season Golf when in Finland in Cycles 1 and 2.
- Coaching Volumes: In Cycles 1 and 2, Total of 36 hrs. coaching on-line/video, Season Golf when in Finland with Elite Amateur group.
- Winter/Spring Training - Jan. to May 2022 – Cycles 2, 3 & 4 - Total of 60 hrs. on-line coaching.
- Attend SGA Training camps abroad at extra own cost.
- All hours are convertible to on-line or video analysis sessions with Head Coach analysis and feedback.
- Summer Training: May/June – August 2022 at partner golf clubs – Cycles 5 & 6.
- Summer Coaching Volumes: Group coaching of minimum 12 hrs./month x 4 months – Practice, play and competition.
- Summer Coaching Sessions: 4 months x 12 hrs. - 48 hrs.
- Total Coaching hrs. – 144 hrs.

- Coach observation/work to minimum 5 National tournaments – Total 50 hrs.
- World Amateur Golf Ranking tournaments (Baltics, etc.) x 3 – Total 60 hrs.
- Specialist Training – Mental, Short game & putting – 40 hrs.
- Extra Training in all segments, international tournament accompaniment is available.
- Total Program – 282 Hours Available

#### B. **DETAILS & SERVICES**

- SGA Training App – record and analyze training, practice and course data.
- Advanced ball striking, technique, high level guidance and advice with Head Coach and Assistant Coach.
- Strategy, course management, tournament preparation, analysis & accompaniment.
- Trackman analysis, swing video analysis, putting lab and reporting.
- Short Game - Chipping, wedge & bunker play.
- Putting – Group & personal program.
- Own practice time and on-course play required – minimums established/cycle.
- Winter Season Golf practice balls – Ball Card for OWN practice at 500 Euros, for group coach training, practice Balls are included.
- Practice and play with SGA Tour Professional players when possible.
- Video analysis feedback whenever player requires this guidance, possibility to convert coaching hours to video and distance coaching work/hours.
- Access to Mental Sport Coach Panu Kuhlberg.
- Possibility of Head Coach visitation to the players college in the USA – dependent on coach agenda and college coach availability.

#### C. **FEEDBACK/SERVICES PROVIDED TO COLLEGE PLAYERS**

- Report feedback and meet with parents and player during the program.
- Coach accompaniment to selected national, regional and international tournaments, personalized programs, etc.
- Career Support & Guidance – Advice on golf scholarships, visit to colleges abroad, analyze options to turn professional with smooth changeover, support, sponsorship and management service and guidance.
- Integrate SGA Player Conduct code – work, training and competing rules.
- SGA Players volunteer a minimum of 3 days at events hosted by St. Laurence/Nordcenter GCC, SGA days.

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

**SGA COLLEGE PLAYER PRIMARY OBJECTIVE**

Intensive and innovative college golfer development program focused on offering USA College based players, continuous and top-level technical coaching, competition, group and on-line training, so that college players continue to acquire the necessary skills to keep improving whilst at college. Develop a competitive mentality and discipline that enables them to have a chance of success in elite amateur, college and pro golf in the future.

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

**REGISTRATION DETAILS – DEADLINE 1 November 2021**

Player Details.

Surname: \_\_\_\_\_ First Name: \_\_\_\_\_

Address : \_\_\_\_\_ Email: \_\_\_\_\_

Telephone Contacts : mobile \_\_\_\_\_ Fixed: \_\_\_\_\_

Date of Birth : \_\_\_\_\_ School Year : \_\_\_\_\_

Current College/University: \_\_\_\_\_

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Parent Details.

Mother's Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Father's Name : \_\_\_\_\_ Surname: \_\_\_\_\_

Address : \_\_\_\_\_

Emails: Mother: \_\_\_\_\_ Father: \_\_\_\_\_

Phones: Mother : \_\_\_\_\_ Father: \_\_\_\_\_

Current Golf Club Membership: Yes/No Name of Club: \_\_\_\_\_ HCP: \_\_\_\_\_