



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

### **International/Distance Amateur Players**

For Finnish youth players living outside Espoo/Helsinki area, Baltic/Scandinavian Countries, International Clubs in partnerships with SGA and players that live in Estonia.

#### **COACHING TEAM**

**Head Coach** - David Silva

**Assistant Coach** – Niklas Dahlgren

**SGA Coach Estonia** – Hanna-Maria Tommo, Niitvalja GC, Estonia

The SGA International 2021/22 program offers coaching to players distanced from Espoo attending training in Finland through winter and spring on a twice monthly basis, attend winter and spring training camps abroad and integrate summer tournament training whenever possible.

International/Distance 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.

For Estonian based players coaching will be managed locally by Hanna Maria Tommo with sessions twice per week, weekday and weekends, and 2 training days per month at Season Golf or tournament venues in Finland.

#### **A. Program Details. 1st Nov. 2021 to 30<sup>th</sup> Sep. 2022 - 11 Months, 6 cycles**

- Autumn/Winter Training Finland: 2 Saturdays/month, Nov. 2021 to May 2022 at Season Golf in Cycles 1 to cycle 4, and optional training camps in Portugal.
- Autumn/Winter Coaching Finland: 7hrs/session x 2 sessions/month – Technique, Short Game, Putting – Total of 14 hrs./month x 6 months, Total of 84 hrs.
- Players can attend SGA Training on Portugal Winter Tour 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: May to September 2021 at tournaments and golf clubs – Cycles 5 & 6.
- Summer Coaching Volumes: 12 hrs./month x 5 months – Practice, play and competition.
- Summer Coaching Sessions: 60 hrs.
- Minimum Total Winter/Summer Coaching hrs. available in Finland – 144 hrs.
- Total coaching hours available in Estonia – 144 hrs.
- Coach accompaniment and observation to minimum 5 Junior Tour tournaments in Finland – Total 50 hrs.
- World Amateur Golf Ranking Points tournaments (Baltics) x 2 – Total 40 hrs.
- Extra Training in all segments, international tournament accompaniment is available, but it's the players responsibility to attend the programmed group training through Cycle 5 and 6 tournament weeks.
- Total Program – 378 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, Assistant Coach and Hanna Maria Tommo for Estonian group.
- Strategy, course management, tournament prep, 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, its player responsibility to attend coaching, tournament prep work and extra summer coaching within the group structure.
- 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.

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

- Report and meet with parents and juniors at start, middle and end of program.
- Coaches available to meet and discuss player development during program.
- Coaches' accompaniment to selected international tournaments, personalized programs,

etc.

- Career Support & Guidance – Advice on golf scholarships, colleges abroad, using SGA contacts and relationships with these institutions – currently 8 players on scholarships at USA colleges with a further 5 players going to college in next 3 years to Div. 1/2/3 college programs.
- Integrate SGA Player Conduct code – work, training and competing rules.

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

### **SGA INTERNATIONAL/DISTANCE PLAYER - PRIMARY OBJECTIVE**

Intensive golfer development program focused on offering young players that cannot attend daily practice in Espoo in Winter/Spring, top level technical training, competition, group and individual practice, so that they 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.

### **REGISTRATION DETAILS – DEADLINE 1st November 2021**

#### Player Details.

Surname: \_\_\_\_\_ First Name: \_\_\_\_\_  
Address : \_\_\_\_\_ Email: \_\_\_\_\_  
Telephone Contacts : mobile \_\_\_\_\_ Fixed: \_\_\_\_\_  
Date of Birth : \_\_\_\_\_ School Year : \_\_\_\_\_  
Short golf experience description:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### Parent Details.

Mother's Name: \_\_\_\_\_ Surname: \_\_\_\_\_  
Father's Name : \_\_\_\_\_ Surname: \_\_\_\_\_  
Address : \_\_\_\_\_  
Emails: Mother: \_\_\_\_\_ Father: \_\_\_\_\_  
Phones: Mother : \_\_\_\_\_ Father: \_\_\_\_\_

#### Junior Current Golf Club Membership: Yes/No

Name of Club: \_\_\_\_\_ HCP: \_\_\_\_\_

#### Parents Current Golf Club Membership: Yes/No

Name of Club: \_\_\_\_\_ HCP: \_\_\_\_\_

#### Parents Current Golf Club Membership: Yes/No

Name of Club: \_\_\_\_\_ HCP: \_\_\_\_\_