



SEASON GOLF ACADEMY (SGA) COACHING PROGRAM 2021-2022

Pre-Elite Youth/Junior 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 skills for tournament golf via personally DESIGNED practice & training programs: develop competitive mentality and training discipline required at the top level of youth golf. Create path for players wanting to compete on national youth teams, future college and elite amateur golf.

Pre-elite program players are required to use the SGA Training App. Its important that players and coaches know and record 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 extra cost of 10-day outdoor 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 training/tournaments in January/February on Portugal Winter Tour own cost – 7 weeks total.
- Cycle 3 – 22/02 to 27/03/2022 – 4 weeks Technical Development and Pre-Season Training at Season Golf, Optional training/tournament in March on Portugal Winter Tour own cost – 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 international regional tournaments with coach presence.
- Minimum of 2 Monthly training group days – Saturdays – during the Winter Period from November 2021 to April 2022 with coaches, plus own weekly practice.

B. SGA Pre-Elite Amateur Training

- 6 Training/Tournament Cycles totaling 47 weeks of group coaching, technical development, tournament preparation, analysis and execution.
- 75 hours of on-site tournament preparation, coaching and analysis.
- Training Hours – Total of 216 coaching hours during 11 months period.
- Minimum of 2 x Monthly group training days in cycles 1 to 4 in Winter, tournament planning, prep, analysis in cycles 5 and 6.
- Trackman 4, SAM Putt Lab, Video, Golf Book, progress reports.
- Group Coaching comprised of maximum 4 players/group with sessions equally divided between Head and Assistant SGA coaches.
- Monthly sessions – Technique, wedge/short game, putting & testing.
- Pre-elite Players expected own practice minimum of 12 hrs per week; 50 hrs per month and 550 hrs per year incl. training with coach and own practice.

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.
- Tournament and camp costs – Subsidized by home clubs & own cost.

- SGA Portugal Winter Tour – Optional and Extra own cost per week.
- Winter Season Golf practice balls – Included in fee for group practice with SGA coaches, Optional extra at 500 Euros for winter period from November to April for own unlimited practice at Season Golf.
- SGA Fundamentals documents, statistics analysis, goal setting, etc.
- Head Coach or Assistant accompaniment, observation and training at 3 regional 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.

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: _____