



SEASON GOLF ACADEMY (SGA) COACHING PROGRAM 2021-2022

Professional Tournament 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 Tour professional player technical skills for professional tour tournament golf via personally DESIGNED practice & training programs; develop Tour competitive mentality, discipline and guidance in physical conditioning required at the highest level of golf. Create career path for players wanting to compete on the highest level with ultimate goal of PGA Tour/LPGA Tour.

Pro Tour program players must have total commitment to the processes developed by the SGA/Head Coach in terms of training, practice hours, pre-season and in season training/practice camps. It takes total dedication and 100% coachability to progress onto the international top-level tours.

Additionally, all analysis and practice systems designed to record, analyze and structure pro training/practice must be adhered to – analysis systems, Golf Equipment Custom Fit parameters, Nutrition, Physical Training/Development, Mental Coaching and Tournament Schedules are to be discussed, finalized and completed with the Head Coach.

Access to the SGA Pro Tour Level is limited and subject to interview, analysis and contractual obligations by the players, SGA and Head Coach. Tour players that are contractually supported via SGA Sponsor Agreement Option or not, adhere to Coaching Percentage Remuneration agreements on a player-to-player basis.

Newcomers to the Tour Pro category are analyzed after 3 months. The coaching agreement can be rescinded by SGA Management if the player is not meeting his programmed requirements and the Pro Tour level category objectives.

Tour Pro 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 extra cost 2 x 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 extra cost 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 extra cost training/tournament camps on Portugal Winter Tour or Nordic League winter series – 6 weeks total.
- Cycle 4 – 06/04 to 08/05/2022 – 5 weeks Training at Season Golf, Spring Camp Finland, coach observations to selected tournaments abroad – 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 selected 4 tournaments with coach presence nationally, regionally or internationally at player own cost.
- All training camps, Portugal Winter Tour events abroad are optional extra cost, SGA will organize/plan these to minimize group costs where possible.
- Pro Tour players must have own physical training and conditioning programs.
- Access to Sports Mental Coaching with Panu Kuhlberg.

B. SGA Pro Tour Player Training

- 6 Training/Tournament Cycles totaling 47 weeks and 375 hours of intensive group and personal DESIGNED coaching, technical development, tournament preparation, analysis and execution.
- 175 hours of on-site tournament in Finland for preparation, coaching and analysis.
- Tour Pro Hours – Total of 550 coaching hours during 11 months period.
- 4 x 2 hr group training + 1 individual session/week in cycles 1 to 3; weekly 8 hr. training, tournament planning, prep, analysis in cycles 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 reporting.
- Group Coaching comprised of maximum 4 players per group.
- Weekly sessions – Technical Development; wedge/short game, putting & testing.

- Tour Pro Players expected 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 specialist coaches such as Panu Kulhberg Mental Sports Coach, assistance from 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, sponsors & own cost.
- SGA Training Camps – Extra cost per week and optional.
- Winter Season Golf practice balls – 500 Euros for Season Golf indoor practice, for group, own unlimited practice.
- Personal Training Program with daily/weekly/months rep volumes per game area – DIRECT/DEDICATED PRACTICE – DDP Templates when requested by player.
- SGA Fundamentals documents, statistics analysis, goal setting, etc.
- Head Coach accompaniment, observation and training at selected tournament sites.
- Guidance with equipment choice and personalization.

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 DEADLINE – 1st November 2021

Registration Player Details.

Surname: _____ First Name: _____

Address : _____ Email: _____

Telephone Contacts : mobile _____ PGA/Federation Membership
n° _____

Date of Birth : _____ Home Club: _____