



# **CHRIS TRUNZER GOLF COACH**

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2017 | Junior Golf Program | Gallagher's Canyon Golf & Country Club

# JUNIOR PROGRAMS

**TINY TIGERS**  
FUNdamental Movement Skills

**FIRST FLIGHTS PINNACLE**  
Basics Of The Game

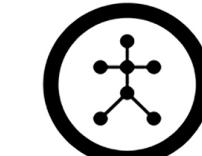
**FIRST FLIGHTS CANYON**  
Deliberate Practice

**JUNIOR SMASH**  
Competition Preparation

**ADVANCED SMASH**  
Tournament Players

**KELOWNA ELITE**  
College Scholarships & Professionals

# TECHNOLOGY TOOLS



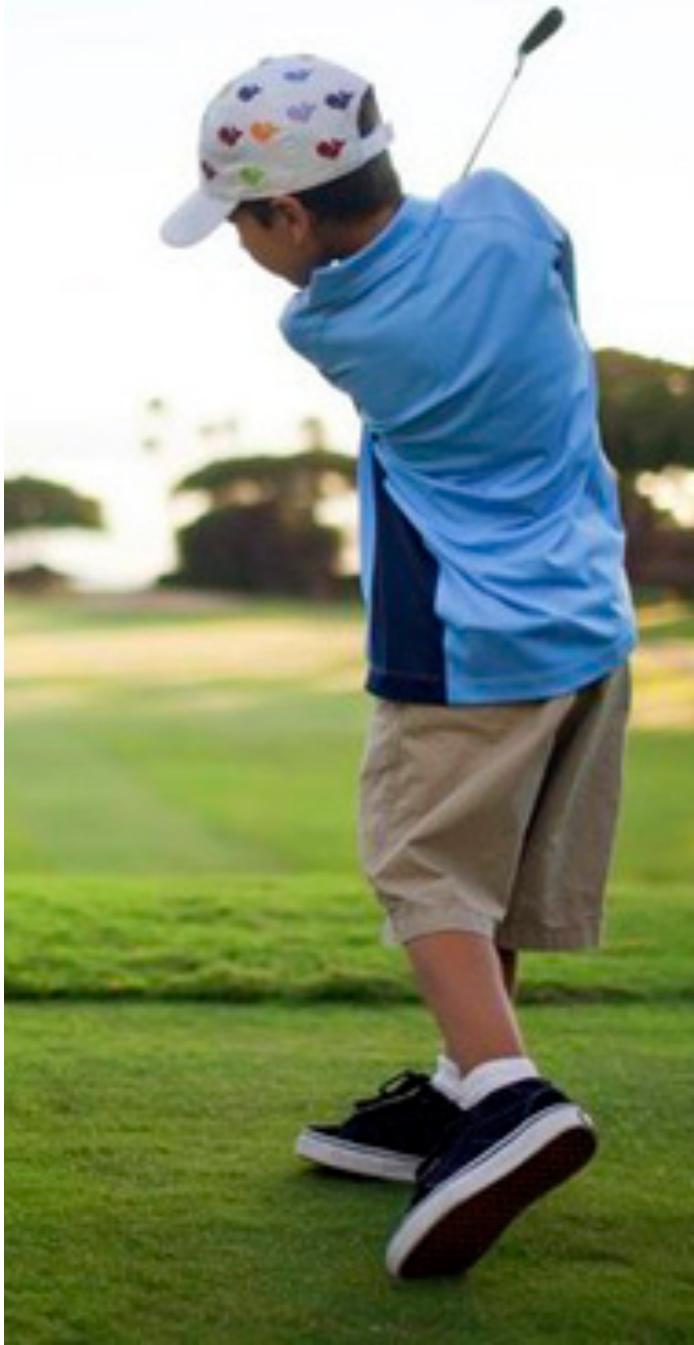
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# TINY TIGER

Gallagher's Canyon | Summer Program



**\$250 / season**

**US Kids golf equipment available at wholesale pricing**

**May 1st - August 31st**

**8 clinic programs**

**2nd & 4th Saturday of each month**

**8:00 AM for 90 mins**

- Junior introduction to golf
- Max age 10
- Focus on “athletes first - golfers second”
- Clinic program written by Chris Trunzer, carried out by adult volunteers onsite to guarantee safety
- 50% golf stations, 50% FUNdamental movement skills
- Exciting athletic competitions
- Driving range pass (2 buckets/day)
- 4 rounds of golf with parent (Pinnacle) & optional 8 round game pack add-on mid season

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# FIRST FLIGHTS PINNACLE

Gallagher's Canyon | Summer Program



**\$295 / season**

**US Kids golf equipment available at wholesale pricing**

**May 1st - August 31st**

**8 clinic programs**

**1st & 3rd Saturday of each month**

**8:00 AM or 9:30 AM for 90 mins**

- Pinnacle course membership
- Clinic program developed and supervised by Chris Trunzer, carried out by golf pro assistants
- 75% golf stations, 25% sport specific athletic stations
- Introduction of all golf basics
- Driving range pass (2 buckets/day)
- Guest rate for parents playing with junior

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# FIRST FLIGHTS CANYON

Gallagher's Canyon | Summer Program



**\$495 / season**

**May 1st - August 31st**

**8 clinic programs**

**1st & 3rd Saturday of each month**

**11:00 AM for 90 mins**

- Pinnacle & Canyon course membership
- Clinic program developed & supervised by Chris Trunzer, carried out by golf pro assistants (max group 10)
- 75% golf stations, 25% sport specific athletic stations
- Refining of golf basics
- Driving range pass (2 buckets/day)
- Rules clinics held in early May
- Gallagher's member "buddy program"
- Guest rate for parents playing with junior

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# JUNIOR SMASH

Gallagher's Canyon | Summer Program



**\$995 / season**

**May 1st - August 31st**

**1st & 3rd Saturday of each month and every following Monday with Chris at 4:00 PM for 2h**

- Canyon course membership
- First Flight Canyon Clinic + additional weekly clinics run by Chris Trunzer (each group max of 5 students)
- Introduction to “deliberate practice”
- Preparation for tournament play
- Driving range pass (unlimited)
- Special rate for 30 min private sessions
- Guest rate for parents playing with junior
- Logoed team bag (special rate)

# ADVANCED SMASH



**\$1800 / season**

**April 1st - September 30th**

**Tuesdays 5:00 PM for 2h and**

**Thursdays at 4:00 PM for 2h or**

**Saturdays at 4:00 PM for 2h**

- Canyon course membership
- Tournament players
- 4h weekly training by Chris Trunzer (each group max of 5 students)
- Driving range pass (unlimited)
- specific golf fitness training on site
- 0 Handicap goal
- Special rate for 30 min private sessions
- Training with Trackman/Boditrak/K-Vest
- Guest rate for parents playing with junior
- Logoed team bag

2017 | Chris Trunzer Golf Coach

# KELOWNA ELITE

Gallagher's Canyon | Summer Program



**\$4200 / season**

**April 1st - September 30th**

**Wednesdays at 3:00 PM for 3h and  
Fridays at 3:00 PM for 3h**

- Canyon course membership
- Serious tournament players
- 3 select students per year
- College/Professional prep
- 6h weekly training by Chris Trunzer
- Driving range pass (unlimited)
- Annual 3D motion capture
- Monthly Body Movement Screen and TPI exercises
- Monthly session with Mental Coach Jim Ongena
- Monthly treatment with Golf Medical Professional Dr. Lars Seitzinger
- Personal use pro shop discount (40%)
- Unlimited access to Trackman/Boditrak/K-Vest
- Guest rate for parents playing with junior
- Special rate for 30 min private sessions
- Logoed team bag

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<p>8:00 AM Tiny Tiger* or First Flights** P1 (90 min)</p> <p>9:30 AM First Flights** P2 (90 min)</p> <p>11:00 AM First Flights** C (90 min)</p>	
<p>4:00 PM Junior Smash*** (2h)</p>	<p>5:00 PM Advanced Smash 1+2 Fitness &amp; Short Game (2h)</p>	<p>4:00 PM Kelowna Elite Junior Range/Short Game/ Chiro (3h)</p>	<p>4:00 PM Advanced Smash Range (2h)</p>	<p>4:00 PM Kelowna Elite Junior Short Game/Mental Training/Course (3h)</p>	<p>4:00 PM Advanced Smash 2 Range (2h)</p>	

\*second and fourth Saturday of each month

\*\*first and third Saturday of each month

\*\*\*first and third Monday of each month

PROGRAM	TINY TIGER	FIRST FLIGHT PINNACLE	FIRST FLIGHT CANYON	JUNIOR SMASH	ADVANCED SMASH	KELOWNA ELITE
Course Membership	N/A	Pinnacle	Pinnacle / Canyon after certification	Canyon	Canyon	Canyon
Training Days	8 Saturdays biweekly	8 Saturdays biweekly	8 Saturdays biweekly	8 Saturdays biweekly & following Monday	Every Tuesday & Thursday	Every Wednesday & Friday
Training/Week	90 min	90 min	90 min	90 min + 2 hours	4 hours	6 hours
Training Term	4 months	4 months	4 months	4 months	6 months	6 months
Pro Instruction	N/A	✓	✓	✓	✓	✓
Certified Junior Coach	N/A	N/A	N/A	✓	✓	✓
Trackman/K-Vest/Boditrak	N/A	N/A	N/A	N/A	✓	✓
Team Golf Bag	N/A	N/A	N/A	special rate	✓	✓
Additional Private Lessons	upon request	upon request	upon request	special rate	special rate	special rate
3D Motion Capture Day	upon request	upon request	upon request	upon request	special rate	✓
Parent Benefits	4 rounds with junior & Game Pack	green fee at guest rate	green fee at guest rate	green fee at guest rate	green fee at guest rate	green fee at guest rate
Fitness Development	FUNDamental movement skills 1	FUNDamental movement skills 2	FUNDamental sport skills 1	FUNDamental sport skills 1	weekly supervised golf fitness class	personalized golf fitness exercises
Mental Coaching	upon request	upon request	upon request	upon request	special rate	✓
Chiro/Medical Treatment	upon request	upon request	upon request	upon request	special rate	✓
Driving Range Membership	2 buckets per day	2 buckets per day	2 buckets per day	unlimited	unlimited	unlimited
Pro Shop Discount	N/A	N/A	N/A	N/A	N/A	Staff pricing (40% off)
Multiple Child Discount	N/A	N/A	N/A	10%	20%	30%
Price	\$250	\$295	\$495	\$995 (2 payments)	\$1800 (6 payments)	\$4200 (6 payments)