



Dear Junior golfer,

It is our pleasure to invite you to be a part of the **Golf Saskatchewan High Performance Training Program**. This program will be run and directed by Team Saskatchewan Coach Steve Ryde, and Jason Schneider as well as other PGA of Saskatchewan golf professionals and experts in the fields of fitness and Sports Psychology.

Golf Saskatchewan is committed to furthering the development of elite juniors in the province. We want them to excel at the national level with the goal of obtaining a university or college scholarship and/or a spot on the National Development or National Team.

2019 Tentative High-Performance Camp Training Schedule:

- Jan 27th (Regina)
- Feb 3rd (Saskatoon)
- March 3rd (Regina)
- April 22nd-26th ??? (Easter Camp – location to be confirmed * date may be extended)
- April 14th (Saskatoon)
- May 18-19 (Regina)
- June 13-16 Future Links Championships @ Deer Park, Yorkton, SK
- Golf SK Provincial Championships, Week of July 8th at Evergreen GC, Nipawin, SK

1. Schedule subject to change based on participants acceptance
2. Golf camp hotel room expenses are reimbursed at the rate of 1/3 or ¼ hotel rate based on usage
3. Aimpoint session/short game (Regina)
4. Dome Fees and/or indoor training fees (Saskatoon/Regina)
5. Lunch provided at golf camps
6. Class room materials
7. Golf Canada testing
8. PGA of Canada, SK Zone Instruction
9. Technology session (Trackman, GC Quad, Flightscope)
10. **NOTICE:** the program cost does not include the Easter Golf Camp expenses, Provincial/Future Links Championship expenses for hotels, travel, or tournament entry fees.

There are different price levels based on the golfers needs/goals & availability for the upcoming season.

Level 1 – Price \$300

- Kinduct/QuantGolf – Golf Canada tracking
- 1 technology session (Trackman, GC Quad, Flightscope)
- Mental training session (Lisa Hoffort)
- Fitness testing (1621)
- \$25 Golf Sask Merchandise
- Personal coaching at Future Links Prairie, and SK Provincial Championships
- Participant qualifies for 2019 WCSG in Swift Current, selection based on 2019 Order of Merit

Level 2 – Price \$575

- Kinduct/QuantGolf – Golf Canada tracking
- 1 technology session (Trackman, GC Quad, Flightscope)
- Mental training session (Lisa Hoffort)
- Fitness testing (1621)
- \$50 Golf Sask Merchandise
- 2-day outdoor golf camp (includes two lunches, and hotel based on double occupancy)
- Personal coaching at Future Links Prairie, and SK Provincial Championships
- Participant qualifies for 2019 WCSG in Swift Current, selection based on 2019 Order of Merit

Level 3 – Price \$925

- Kinduct/QuantGolf – Golf Canada tracking
- 2 technology sessions (Trackman, GC Quad, Flightscope)
- Mental training session (Lisa Hoffort)
- Fitness testing (1621)
- \$100 Golf Sask Merchandise
- 2-day outdoor golf camp (includes two lunches, and hotel based on double occupancy)
- Personal coaching at Future Links Prairie, and SK Provincial Championships
- Participant qualifies for 2019 WCSG in Swift Current, selection based on 2019 Order of Merit
- 2019 Golf SK Pro Junior, selection based on 2019 Order of Merit standings

It is a goal of the training program to create a culture of hard work, commitment and dedication among its athletes and coaches. We want to excel and work with those who share the same desire.

We ask that you confirm your commitment to the program by Sunday, January 14th, 2019.

To confirm your attendance this year, please email or call Steve or Jason.

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