



**ACES**  
Ages 9 to 14

**Deliberate Practice**

Mechanics station. Juniors can work through all areas of the game. Basic Fundamentals are a focus in order to execute a skill. Personalized instruction based upon an individual's needs.

**Competition**

Opportunity for juniors to test and compete in all aspects of the game. Keeping score and learning from the data are key elements of a junior golfer's development.

**Shot Library**

Develop a bank of shots that juniors can use to compete. Skills are taught in both the long game and in the short game.

**Speed & Stamina**

Speed Stamina station focuses on speed window number two. Athletes are trained in windows for up to two minutes to help develop speed and stamina.

**3D integration  
Mobility**

At this stage in the athlete's growth cycle the bones are growing faster than the muscles.

**Functional  
Olympic Strength**

This area combines exercises that are going to give athletes an enormous amount of power.

**90 Min Class**

- 8 TO 10 MIN WARM UP
- 12 MINS AT EACH STATION
- 5 TO 10 MIN COOL DOWN
- 6 TO 1 STUDENT TO TEACHER RATIO