

Athletic Development

Our philosophy is simple:

"Evolving the potential of a player through developing Athletic ability".

This philosophy is the frame work that the igolf Future Stars program is built on. The ability to improve athletic ability provides players with an opportunity to participate in golf that with limitless potential.

Igolf Future Stars is where dreams are made.

Research has shown that junior golfers should focus on developing all fundamental movement skills (FMS), not just golf. FMS are general patterns of movement that combine two or more body segments. They are "the basic vocabulary of sport".

Igolf Future Stars helps develop all Fundamental movement skills.

1. **Locomotive Skills:** Running, Jumping, Dodging, Skipping, Hopping, Bounding, Sprinting
2. **Stability Skills (ABC's of Athleticism):** Agility, Balance, Coordination, Speed, Change of Direction, Disassociation
3. **Manipulative / Object Control Skills (ABC's of Athletics):** Throw, Kick, Strike, Catch, Dribble, Dodge
4. **Awareness:** Space Awareness, Kinesthetic Awareness, Body Awareness, Rules

Igolf Future stars will provide skills based fitness, exercise and golf drills through a fun, exciting and challenging experience that will not only inspire kids in the game of golf, but also maximise FMS and athletic development, and will help maximise development of golf-skills to ensure igolf Future star kids reach there potential.



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Junior Programs 2011



"Evolving the potential of a player through developing Athletic ability"



Program Name	Level	Age	Lesson Structure	Duration	Price Structure	Program Description	Skill Level
Saturdays 8:30am							
IOG Future Stars Introduction program	Beginner	Mixed	1 hour per week. 830am Saturday 30 Minutes Golf Instruction. 30 Minute Dynamic Skill Instruction.	4 weeks	\$140 per pupil Term 4 2011 Payment options are available	The igolf Future Stars 5 week introduction program is a revolutionary golf learning system. The 5 week course gives kids and parents a taste of what is to be expected in the Level 1 Class, but on a less intense level.	None
Mondays 4pm							
IOG Future Stars Level 1	Beginner Level One	Mixed	1 hour per week. 4pm Monday Golf Instruction. Dynamic Skill Instruction.	6 Weeks	\$250.00 per pupil Term 4 2011 Payment options are available	The igolf Future Stars Level One program is designed for young players to enjoy the game in a fun and learned environment. A primary focus is on developing motor patterns and skill growth for to ensure continual improvement for years to come.	None

