



Coaching Program Guide

GNGU – ADOPT A CHAPTER

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Gauteng North SAGDB Coaching Program

Purpose & Objectives:

The Purpose of this program is to effect real change in our communities through the game of golf. The objectives are:

- To teach Primary School aged children the game of golf. These children will not only learn the technical skills, etiquette and the rules of golf, but benefit from the life skills that golf teaches them in becoming future golf champions and future business leaders and community role models.
- To empower individuals who wish to pass on their love of golf with an opportunity to become a coach and be remunerated for their time at a rate which respective clubs can afford.
- To provide clubs with an opportunity to make a difference to the communities in their direct vicinity by facilitating a coaching program which will be suitable and will culminate in players on the program becoming active club members.

What constitutes a SAGDB Chapter:

Minimum requirements for a club to have a SAGDB Chapter are as follows:

1. Coach has passed level 1 PGA Grow Golf Program (or studying towards it) or already be PGA certified.
2. Minimum 3 sessions per week with 1 course based session.
3. Complete monthly attendance registers and player information sheets – signed by the coach & Club facilitator.

How the program works:

Coach to be identified

- Golf club to identify a coach for the program, criteria to include:
 - Preferably a low handicap
 - Ability to work independently
 - On-site (eliminates transport costs)
 - Love teaching kids* the coach can be a golf director, caddy master, caddy, student, professional, etc.
- SAGDB will interview the coach and either agree or recommend another coach to be chosen.

- Coach and chosen Club Facilitator to attend introductory level 1 training session before starting any sessions and go through and pass all Safe guarding requirements to work with children.
- An SAGDB registered PGA professional will train the coaches so that the coach can take a PGA Grow Golf Level 1 examination.
- SAGDB will also offer the chosen coach guidance – this can also be done through monthly coaches meetings and a SAGDB coach to oversee all coaches at the clubs.

Golf club to identify a “club facilitator” from the golf club

- This “club facilitator” will oversee the SAGDB chapter at their Golf Club.
- Ensure the training sessions are happening as planned.
- Club facilitator to notify SAGDB or GNGU of any possible issues.
- Resource for coach to help with any obstacles that arise.
- The SAGDB will make sure that the club facilitator and coach go through the Safeguarding process, so they can be cleared to work with children.
- Responsible for collection of signed weekly registers by the coach and collecting player information sheets, & score cards, etc.
 - Must provide copies to SAGDB and GNGU
 - GNGU will be responsible for keeping and updating the database

Recruit kids (golf club with Coach)

- Strongly suggest recruiting kids that are local (live in the area) to eliminate transport costs.
- Suggest recruiting primary school age (8-9-year-old) as they are open to learning and this helps produce good golfers at an early age.

Plan & hold weekly sessions

- Coach to plan daily and weekly sessions to teach golf to kids
 - recommended each session is between 45 – 60 minutes long with a minimum of 4 players at a time.
 - A minimum of 3 sessions per week with 1 session course based.
- Age-appropriate equipment can be supplied jointly, through SAGDB and the club.

Complete necessary documentation

- The coach and club facilitator will maintain records.
- Complete new player information sheets, indemnity forms and the POPIA form for all kids and any new kids that come to any of the sessions – important so we

- can create and update a database of all kids who attend sessions, as well as being covered legally for anything that might happen.
- To track progress, levels of players are defined as follows:
 - Level 1: Beginner up to being able to play a few holes.
 - Level 2: Can play 9 holes
 - Level 3: Can shoot 55 or better on 9 holes and can get a handicap
- Kids to become junior members of the club, GNGU offers reimbursement for their annual affiliation fees
 - Level 4: 36 – 18 handicap
- Kids can possibly qualify to enter local competitions
 - Level 5: 17 or less handicap (playing in tournaments)
- Kids can possibly qualify to enter local and national tournaments.
- Individual score cards, tournament results
- These records need to be made available to SAGDB/ GNGU
- Coach to be remunerated per session – a suggestion would be approx. R230 per session, possibly a monthly maximum can be negotiated.

Monthly assessments done of coach and chapter

GNGU together with SAGDB will assess the coach and chapter on a regular basis to ensure:

- Coach is using appropriate methods to teach the kids.
- Identify and address any obstacles
- Discuss how to continually improve/ grow program.

Costs to the club

The wonderful thing about this program is that it can cost the Club very little.

The idea is to keep the total cost of the program at a minimum per month.

- Remuneration of the coach (suggest R230/ session, possibly negotiate a monthly maximum fee)
- It is recommended that the coach not be paid until all the required and signed documentation is completed for the month.
- It is also recommended that a sandwich, drink and fruit is supplied when kids play a recognised 18 holes or more. It is not necessary to provide food/ drink for practise sessions or 9 holes.
 - * These costs can also be off-set by having an annual fundraising event, or a type of rand a round scheme (i.e. pay annual fee for golf Coach)

Overview of requirements, roles & responsibilities:

Overview of Roles & Responsibilities:

Golf Clubs	Coach	SAGDB	GNGU
Commitment from the golf club/ take ownership of the chapter	Committed to learn & training kids	SAGDB manager oversees all club chapters in GNGU region. Visits each chapter monthly	Ensures all SAGDB Chapters in our region are operating well & constantly improving.
Provide the facility – driving range/ golf course	Holds a minimum of 3 sessions/ week, 1 on course	Provides Golf Equipment	
Recruit the kids from community/ nearby schools	Recruit & teach the kids	Provide a competitive environment to play golf – include kids in SAGDB tournaments	Provide competitive environment to play golf – GNGU Junior Tournaments.
“Club Facilitator” at the club to oversee chapter – ensures all documentation is completed, signed & shared with SAGDB & GNGU	Complete weekly register & player information sheets	Provides guidance/ structure. Completes monthly report on all chapters	Monthly chapter assessments (shared with SAGDB)
Provide the Coach	Pass level 1 PGA Grow Golf Program	PGA Training & support of coaches	Monthly assessments on coach (shared with SAGDB)
Pay coach once all signed documentation is turned in	Submit signed registers & all other required documentation to manager at club	Path for kids to grow	Controls & disperses funds received to pay coaches
Reports to GNGU/ SAGDB	Reports to manager at club/ SAGDB	Reports to GNGU/ SAGDB	Reports to GolfRSA

Benefits:

Path for kids to grow

- Kids to play golf and receive handicap cards.
- Kids to become junior members of the club (GNGU already don't charge junior members)
- Kids may be entered for local and eventually national competition – GNGU Primary School Golf, SA Kids, GNGU Junior Tournaments.
- Kids will learn integrity, honesty, respect, etiquette, and gain confidence and hopefully even improve their school work. These are life skills that can carry them through their entire lives, building not only future golf champions, but role models and leaders in their communities.

For your golf club

- Growing your future membership base.
- Future good golfers representing your club in leagues/ tournaments, etc.
- Potential future benefits from City Tshwane by participating in this program.
- Good golfers are recognised via media.

Life skills

- Players will learn values such as honesty, dedication, diligent practise, integrity, teamwork, playing by the rules, respect and many other skills in the process of learning and playing golf. It is the role of the coach to pass on these skills to players on an ongoing basis by setting an example and having individual and group discussions with players.
- Discipline is important. Whilst it is important for coaches to relate to players, and players should also have fun playing golf, the coach is always in charge of sessions and this should be explained to players.

Coaching program guide

Session duration and number of players

- Session duration is dependent on nature of activity, 45 to 60 minutes per session.
- Minimum of 4 players to maximum 8 to 12 players per session is recommended, can be increased when needed.

- Fast tracking of better players is encouraged and could attend multiple sessions per week.

Health and Safety

- Players need to drink enough water before and during sessions.
- Encourage players to have something to eat before arriving for sessions.
- While coach explains something to a group, players should stand in a semi-circle. During this time, no swinging is permitted and players should be holding onto the head of the golf club with the grip pointing towards the ground.
- Hitting bays should be clearly demarcated, the use of two parallel nylon ropes or similar, is ideal for this. Players must stay between the demarcated lines.
- If any lightning activity is present, players and coach should immediately move to safety.
- Players should dress appropriately for the weather conditions and should be protected from the elements.
- When collecting balls, all players should leave clubs behind until all balls are collected and all players are back in the demarcated safe area.
- At times it may be necessary for a coach to assist players with movements, this should always happen in the presence of other players and physical contact is to be avoided. This is to ensure that the integrity of both the player and coach is not compromised.
- Equipment used should be safe, clubs with worn out grips, rusty shafts, loose heads or any other defects should not be used.

Coaches Training

Coaches will receive training from SAGDB before commencing coaching. During such training the coaches will receive study material, including training videos. Coaches will in due course do practical exam and receive a certificate when passing the exam. The training program was developed in conjunction with the PGA of SA and to ensure uniformity of coaching, players should be coached accordingly.

Coaches are also obligated to go through the Safe Guarding process before starting any training sessions.

Administration

Paperwork is required on a monthly basis, including attendance registers, player information forms, competition scores, and results. These forms will be provided to you by SAGDB.

Equipment

Players should have equipment that is correct size and weight and is safe to use.

Coaching program layout and session information

Below is a guide for coaches on how to use the information learned in PGA level one training course in a way that will help players progress and reach goals. Note that in the beginning, some of the coaching is in clinic style, but as time goes on, more individual coaching is required within the group.

Level one: Beginner up to being able to play a few holes

Duration (between 6 – 14 sessions)

Desired outcome: Players should be able to get the ball in the air relatively consistently with a mid-iron, have basic understanding of chipping and putting and have had a course orientation session. They should understand how to leave the golf course as they found it.

Equipment required:

- Mid iron, wedge or sand wedge, putter
- Approximately 40 practise balls and a ball bag or container per player
- Safety rope

Content covered:

- Safety rules
- Introduction to golf
- Explanation of why there are a variety of clubs in a golf bag (club demonstration).
- Introduction to grip, posture, alignment and half swing. Start by keeping information very basic and add information as the players make progress. As an example, in the first session, explain that for right-handed players, the left hand approaches the club from above and the right-hand approaches from the side. Then let players hit a few short shots off a tee and assist and encourage players. Thereafter let players stand in a semi-circle and explain and demonstrate that players should bend from their hips and have the weight on the balls of their feet. Then let players hit balls again. Assist players, especially the ones who struggle with posture. More information can be added in every consecutive session.
- Half swing shots initially off tees, when players can knock tee out ground, progress to hitting off grass and progressing to full shots.
- Introduction to chipping, putting and bunker play.
- Course orientation.

Venue requirements:

- Driving range or safe, level area from which players can hit balls, area should be long enough and wide enough. Grass is preferred surface, alternatively, hitting mats.

- Practise green for chipping and putting or demarcated area representing a green with targets to represent flags.
- A few holes on golf course, some holes can be shortened to approximately 150m to make the layout and flow of play practical.

Level two: Can play nine holes

Duration (Approximately 10 to 15 Sessions)

Desired outcome: Players have practise sessions where coach works with players individually and during which time more detail than in level one is covered all aspects of the game. Players get onto the golf course more often than in level one under supervision of coaches.

Equipment required:

Full or half set clubs of appropriate length and weight

Content covered:

- More individual attention with players rather than clinic style coaching during practise sessions.
- Supervised course sessions, awareness of course management, introduction to rules, basic understanding of rules, scoring and completing scorecards.

Venue requirements:

- Practise facilities as per level one.
- Nine holes on golf course.

Level three: Can shoot 55 or better on nine holes and get a handicap

Duration (player specific)

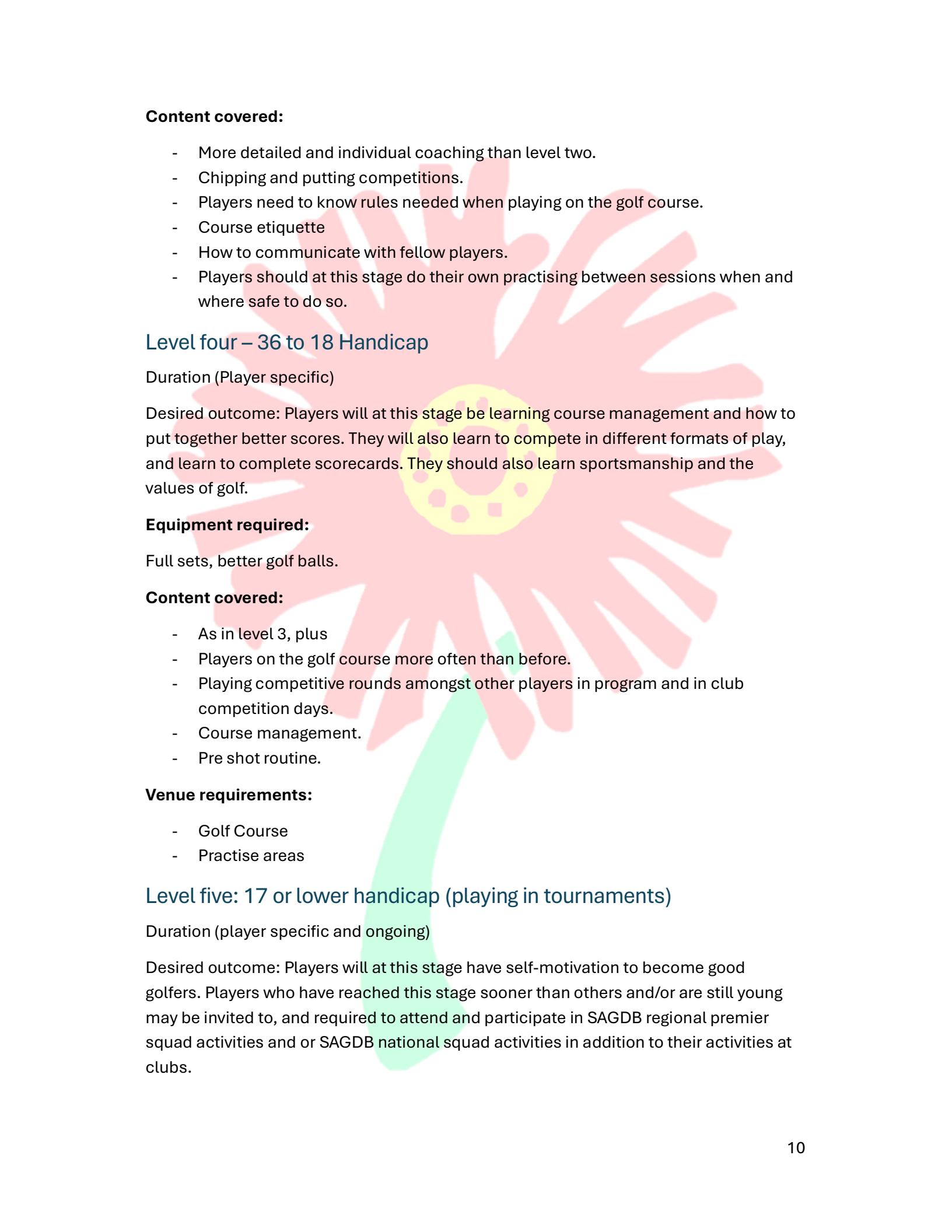
Desired outcome: scores as above. Players would at completion of this phase need to have club membership. It would be ideal if members at clubs can accommodate these players on the course, during weekly competitions and encourage and guide them where needed to become proud members.

Equipment required:

As in level two

Venue requirements:

- As in level two.
- In addition, players should have access to practise facilities, clubs and practise balls in between sessions.



Content covered:

- More detailed and individual coaching than level two.
- Chipping and putting competitions.
- Players need to know rules needed when playing on the golf course.
- Course etiquette
- How to communicate with fellow players.
- Players should at this stage do their own practising between sessions when and where safe to do so.

Level four – 36 to 18 Handicap

Duration (Player specific)

Desired outcome: Players will at this stage be learning course management and how to put together better scores. They will also learn to compete in different formats of play, and learn to complete scorecards. They should also learn sportsmanship and the values of golf.

Equipment required:

Full sets, better golf balls.

Content covered:

- As in level 3, plus
- Players on the golf course more often than before.
- Playing competitive rounds amongst other players in program and in club competition days.
- Course management.
- Pre shot routine.

Venue requirements:

- Golf Course
- Practise areas

Level five: 17 or lower handicap (playing in tournaments)

Duration (player specific and ongoing)

Desired outcome: Players will at this stage have self-motivation to become good golfers. Players who have reached this stage sooner than others and/or are still young may be invited to, and required to attend and participate in SAGDB regional premier squad activities and or SAGDB national squad activities in addition to their activities at clubs.



Equipment required:

Sufficient equipment to achieve objectives.

Content covered:

- As in level four, plus
- Players to give more detailed feedback to coach after rounds and discuss what is required to improve (round statistics like GIR, fairways hit & putts made per round).
- Content is player specific, individual attention to what each player needs to improve.
- Regular practise at practise facility and on golf course.
- Regular competitive golf.

Venue requirements:

As required by desired outcomes.