



HIGH PERFORMANCE ATHLETE DEVELOPMENT

2018 PLAYER, COACH AND CLUB
SUPPORT PROGRAM



ALBERTA GOLF HIGH PERFORMANCE ATHLETE DEVELOPMENT

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INTRODUCTION

Supporting athletes who intend on competing at the highest levels in their chosen sport begins with the establishment and management of an organization-wide commitment to high performance. This includes a disciplined approach to communicating proper guidelines as well as enforcing the highest ethical and performance training standards for athletes and coaches alike.

We provide investment to players, clubs and coaches in support of our athlete development programs. Our objective is to ensure that all athletes who have been identified on national and international golf rankings have access to High Performance Coaching. Alberta Golf monitors ranking systems from around the globe as well as our National Golf Canada Rankings and invites players to apply to our tiered support programs

PLAYER SUPPORT

If you are interested in pursuing a pathway to becoming an elite golfer, speak with your local golf professional about **Alberta Golf's High Performance** Program. Our staff work with athletes and coaches by providing funding and resources to assist individuals in reaching their performance objectives. This includes: *Skills assessment, Performance planning, Sports psychology, Nutrition, Strength & conditioning, Travel, Equipment, Grants, Scholarships*

CLUB SUPPORT

If your club is interested in Alberta Golf's High Performance Strategy, please contact us to learn how we can work together to grow your **facility's golf development programs**. Our **Get Linked** granting program provides facilities with co-operative funding to complement existing golf programs and our Future Links resource library outlines a pathway to help golf facilities initiate and promote a successful program.

COACH SUPPORT

If you are interested in pursuing a career in coaching and developing local athletes in your **region, contact us to find out more about Alberta Golf's High Performance Athlete Development** Program. Our staff work with athletes and coaches by providing funding and resources to assist individuals in reaching their performance objectives. This includes: *Coaching requirements, Training, Career planning, Team support, Travel, Equipment, Contract fees*

OUR INVESTMENT

Alberta Golf invests \$280,000 annually in sport development. We are currently supporting 3 club programs, 35 athletes and 3 coaches in their pursuit of high performance. Our goal is to support 100% of athletes who make an application to enter our program at every level, with the superior level of coaching they desire and the resources to assist them succeed in their journey.



WELCOME

2017-2018 High Performance Staff

Team Alberta Head Coach

Randy Robb

Randy has been involved with Alberta Golf for many years and the coach of Team Alberta since 2004. Randy has an extensive competitive background and has been a PGA of Canada Golf Professional since 1986. He is also the Golf Director at the Edge School in Calgary. Randy has been instrumental in growing Team Alberta into the successful program it is today and he continues to work closely with the kids and their families by sharing his immense wealth of knowledge of the game and what it takes to be an elite player.

Director, Sport Development & High Performance

Jennifer Davison

Jennifer recently joined Alberta Golf in April 2017, but has been involved with the golf industry for many years. Formerly a PGA of Canada Golf Professional at Pinebrook G&CC and Earl Grey G&CC, Jennifer has spent much of her life at golf courses. Growing up in Calgary, she played her junior golf at Willow Park G&CC and continues to be a member there with her husband and 2 young daughters. With a background in Kinesiology, she has a well-rounded approach to sport development and athlete support.

ALBERTA GOLF HIGH PERFORMANCE PROGRAM OUTLINE

TIER 1: NextGen Local Program

- The NextGen program is a local club level program designed by Alberta Golf to initiate a process between athletes showing interest in developing their skills and the local golf professional. Resources are made available by Alberta Golf to assist the local golf professional showcase golfers at their facility and provide athletes with a roadmap to success. This includes available competitions, clinics, training programs and shadowing opportunities.
- Athletes registered for the NextGen local program are invited (along with their parents) to two optional team competitions throughout the year (spring, fall) which are followed by an information session about Alberta Golf's High Performance Athlete Development Program.

TIER 2: Regional Player Development Program

- **Alberta Golf's Regional Player Development Program introduces coaching on a regional basis to individuals registered for selected camps which are offered four times throughout the season.**
- Players in the Regional Development Program are invited to participate in provincial team challenges and competitions organized by regional coaches.
- All players who have qualified for an interprovincial team at any time in their playing career are invited to participate in the Regional Player Development Program.
- This program is ideal for individuals looking for additional coaching without the time commitment of Team Alberta, or those who are over the age of 19.

TIER 3: Team Alberta Provincial Program

- The Team Alberta Provincial Program is the marquee component of Alberta Golf's Player High Performance Program. **2018 marks the program's tenth** year with a proven track record of success enjoyed by athletes currently on the post-secondary circuit.
- **Alberta Golf's stable of world class coaches meet with all qualifying athletes on a regular basis to provide performance plans and review feedback during camps, competitions and at practice sessions on a year-round basis.**

ALBERTA GOLF HIGH PERFORMANCE PROGRAM OUTLINE

TIER 4: Alberta High Performance Squad

- The High Performance Squad aims to support athletes who have met or surpassed the Tier 3 requirements but are ineligible for this support category based on age restrictions.
- Access to coaching, equipment, apparel and grants is made available to athletes who are invited to participate in this program.

ALUMNI PROGRAM

- The High Performance Alumni Program aims to support athletes who have qualified for an interprovincial team during their playing career with Alberta Golf and/or have **been in the top 50 on Golf Canada's Order of Merit.**
- High Performance Alumni Athletes will be invited to events throughout the season, as well as training camps at various locations in the province.
- Access to coaching, equipment, apparel and grants is made available to athletes who are invited to participate in this program.

PLAYER COMMITMENT AGREEMENT

A full commitment is one of the key factors to the success of the program. We want to see players that are committed to the program schedule and who show up ready to work hard and improve as people and players.

We expect each participant to attend all of the events they have scheduled throughout the year. This includes meetings, training days, and competitions. We understand that scheduling **conflicts will arise throughout the season. It is the player's responsibility** to contact the staff to inform them of any Alberta Golf events which they will be unable to attend.

As a participant, you will be expected to show up and participate in the meetings and training schedules outlined by program expectations.

You have been selected on the basis of your individual athletic merit. Your personal conduct throughout the program reflects on all participants, presenters, PGA of Canada Professionals, Alberta Golf Staff, and the organization itself. Behavior at camps and tournaments can affect your selection for future provincial and national teams.

All Alberta Golf High Performance Athlete must meet the following criteria to be considered for any of the available programs:

- Be a member of Golf Canada
- Have status as an amateur golfer in the province
- Be a permanent resident of Alberta
- Be a Canadian citizen

Various Tiers within the High Performance Program will have additional criteria and are outlined within this document,

TIER 3 TEAM ALBERTA SPECIFIC PROGRAM INFORMATION

The purpose of this outline is two-fold: to explain to members what the Team Alberta program is, and to outline various policies that might affect Team Alberta athletes. It should be read by all prospective Team Alberta families so that they may become familiar with important benefits and rules of the program.

Team Alberta is an enhancement program for top selected U19 players in Alberta. The objective is to provide enhanced training, development, coaching, sport science support and competitive opportunities for top junior players. The Team Alberta program has been set up to **complement the athlete's current training plan. As the 'Yearly Training Plan' is discussed in detail**, there may be certain elements that the athlete has not addressed and may be important aspects of training that will allow the athlete to succeed at the next level. The Provincial Coach and the Alberta Golf High Performance staff will be available to assist with creating this plan on a monthly basis.

It is important to highlight that Alberta Golf is taking a step towards assisting the top players in the province understand what aspects of training occur in the various phases of the year. Utilizing the Kinduct athlete management system, we will help develop a profile and collect performance data.

Team Alberta Eligibility Criteria

- Be a member of Golf Canada
- Have status as an amateur golfer in the province
- Be a permanent resident of Alberta
- Be a Canadian citizen
- Be under 19 years of age as of August 1 in the competitive season following selection

Team Alberta Selection Criteria

- Golf Canada Junior Order of Merit
- Scoring average from the current season tournament results
- Scoring average from the current season Alberta Golf, Golf Canada and major National tour events (3 of 10 benchmarks met)
- Data from Team Alberta Provincial Head Coach from observing and evaluating athletes in competition (including skills assessment data)
- Work ethic, behavior and team compatibility
- Improvement trends
- Completed application form

Athlete selection is determined on an individual basis with input from the Provincial Head Coach and Alberta Golf Sport Development Staff.

MESSAGE TO PARENTS/GUARDIANS

To have a successful High Performance Program there must be understanding and cooperation among parents/guardians, athletes and the integrated support team. The progress your athlete makes will depend to a great extent on this relationship. It is with this in mind that we ask you to consider this section as you and your child consider joining one of the Alberta Golf High Performance programs.

We want your child to relate to our coaching team as soon as possible in matters concerning their golf and/or physical conditioning. A healthy and open relationship between coach and athlete will always produce the best results. When parents interfere with this relationship with their own opinions as to how the athlete should swing, compete or train, it causes considerable, and often times insurmountable confusion as to whom the athlete should listen to.

If you have a problem, concern or complaint as a parent, we encourage you to contact the coach directly or the Alberta Golf staff and set up a time to have a meeting in person or on the phone. We strongly encourage an open dialogue between coaches and parents/guardians of athletes.

The coach's job is to motivate and constructively analyze the athlete's performance. A good coach is an honest coach and objective feedback from the coaching staff is integral to the development of the athlete.

It is the parent's job to provide support and encouragement when necessary in order to make the child more receptive to feedback and to coaching support in general. This in turn provides them with the tools they require to perform well during competition.

It is important for parents to make sure that their child is on time and prepared for training and competition, and to provide consistent support and encouragement throughout the development process.

ALBERTA GOLF HIGH PERFORMANCE PROGRAM SERVICES

A. Skills Assessment

Alberta Golf organizes two combine events to assess player performance. On course/short game areas are used anecdotally while empirical evidence is derived using the assistance of Trackman technology. At these events our coaches use the tool to measure: *Smash Factor, Spin Rate, Launch Angle, Carry, Ball Speed, Club Speed, Club Path, Attack Angle and Face Angle*. More importantly our coaches translate the data derived from the system into a customized assessment and improvement plan which is provided to each program participant and monitored throughout the season.

B. Performance planning

i. Nutrition & Hydration

Participants will be introduced to the core concepts and recent research of nutrition and hydration for sport. Athletes will be introduced to the key factors that affect performance such as understanding glycemic index, reading food labels, balancing carbohydrates and proteins and basic hydration for golf. Furthermore, athletes will be shown why attention to diet and hydration has such a direct impact on their performance. Healthy food choices will become an integral part of their training as well as a part of daily living.

ii. Psychology (Mental Skills)

Participants will have ongoing access to a Mental Skills professional with extensive golf experience. Camp delivered content will be supplemented by individual player sessions to facilitate an individualized approach.

iii. Strength & conditioning

Our team trainers and physiotherapists work with all athletes on various strength and conditioning exercises throughout the year. This includes: *Cardio, Core Strength, Peripheral Strength / Power, Flexibility / Mobility, Balance and Stability*.

iv. Scheduling

All data derived for players from a performance planning perspective is aligned with the data derived from the skills assessment and built into a customized schedule that is monitored throughout the season.

C. Coaching

The most significant aspect of the Alberta Golf High Performance Program is the exclusive access to world class coaching provided by Alberta Golf to all participants. Best of all this access is provided to each player in a local setting. By bringing together the attributes, knowledge and commitment of the most dedicated group of PGA Members on a regular basis, our athletes are able to glean valuable information from

these industry leaders. In addition to maintaining a commitment to this high performance pathway, players also build confidence based on a systematic approach and shared learning takeaways that are instilled at various points throughout the season.

Coaching support is provided during practice rounds while course mapping and planned tactics are discussed during the pre and post round analysis & practice.

D. Travel

Arrangements for travel to all inter-provincial, national and international events is **arranged through Alberta Golf's preferred travel supplier. This includes all Future Links Championships, Golf Canada Championships, Provincial Association Competitions and the Pacific Coast Amateur Championship.** This is an optional service and players electing not to use this service would receive a credit on their program fees.

E. Equipment

Alberta Golf has entered into an agreement with a number of preferred suppliers to assist all athletes with the selection of the proper equipment to ensure optimal performance. Following an initial evaluation all athletes are invited to select from a list of complimentary equipment and apparel benefits valued at over \$1,500 retail. In addition, all athletes have the option of purchasing equipment and apparel at a reduced rate through the Alberta Golf Athlete incentive program which subsidizes purchases for each player up to an additional \$500.

F. In season camps & practice

In-season camps and practice rounds are organized by Alberta Golf for each tier of the high performance program. Sessions range from twice per year (seasonal) to once per week. These sessions are designed to introduce athletes to one another and to the coaching system, while fostering a high level of performance, camaraderie and competition. The sessions include golf skill development, golf competitions and fitness components.

G. Off season camps

Throughout the winter months, additional fitness and preparation camps are offered for Tier 3 players and coaches to assist athletes with the proper training and development required to achieve their desired in-season results. Parents are invited to attend the initial off-season camp as the introductory question and answer component provides the **foundation for the program's success.**

H. Exemptions

Alberta Golf High Performance Program participants will be considered for provincial and national event exemptions base on merit, however participation in this program does not

guarantee an exemption into any event.

I. Practice Rounds & Events

Coaches and officials will be available to all program participants at all provincial championships and at selected national championships. Athletes will be able to add their own competitive event schedule based on their current stage of development and competitive goals. Each player and family will meet with provincial coaches to finalize a complete calendar.

J. Post-secondary guidance / recruitment

Through the research performed and the relationships built over the years with college recruiters, coaches at Alberta Golf are able to assist athletes and parents navigate all post-secondary opportunities and pathways with a high level of assurance and expediency. There are many choices and factors to consider when an athlete decides to **pursue this route and Alberta Golf's primary** focus is to ensure long term personal and professional success for all program participants while supporting their desired performance objectives.

K. Special invitations & publicity features

High Performance Program participants in each tier are invited to several Alberta Golf functions and events in order to showcase their talents and provide them with additional opportunities for personal development. This includes the Alberta Golf Spring Launch, Hall of Fame induction ceremony, Media Days, Fall Celebration as well as special features and publicity in The Alberta Golfer Magazine and online at www.albertagolf.org.

L. Grants & Scholarships

The Alberta Golf Association Foundation awards over \$50,000 every year to deserving individuals pursuing their post-secondary education and Alberta Golf provides an Athlete Assistance Program in the form of grants that subsidize the high costs of competition for our athletes who compete in provincial and national championships.

M. Kinduct Athlete Tracking Services

Alberta Golf and Golf Canada use the Kinduct Athlete Management System to collect and analyze performance data to provide athletes and coaches with important decision making results. The insights gained from using a data driven performance storage system such as Kinduct are tangible and used by many world class organizations. Populating information on a regular basis for each athlete in the Alberta Golf support program allows our provincial coaches to communicate with all athletes in a mutually beneficial manner while providing measurable feedback.



N. Spring & Fall Team Competition and Conference

To open and close each the season, Alberta Golf schedules team competitions to introduce and promote the Alberta Golf High Performance Program. These events provide a forum for camaraderie and light hearted competition while instilling the program values amongst all participants.

The two events attract all current athletes as well as aspiring participants as the conference portion of the events provide the platform for education. Parents are invited to attend the conference component and compete with their sons and daughters.

O. Golf Canada - Calgary Centre Access *(specific information on next page)*

The Golf Canada Calgary Centre provides special access to all Alberta Golf High Performance program participants in Tiers 2, 3 and 4. Use of the facility is at the discretion of the Golf Canada Calgary Centre subject to availability and is intended for participant use exclusively. This access is provided on a year-round basis and includes the driving range, short game area and golf course.

GOLF CANADA CALGARY CENTRE ACCESS

General

1. Use of the Facility as per the terms of this agreement is for the Participant only. 2. Use of the Facility by the Participant is to be done at off-peak times as much as possible. You are required to pay for your basket if using the facility when at full capacity. 3. Regulations of the Facility such as dress code must be adhered to at all times.

Range and Short Game Privileges

2. Check-in with the golf shop before using the Facility. 2. A pass will be provided for range balls. Take only enough for your use. Loose balls should not be left on the practice tee, putting green or chipping green. 3. Take proper care and maintenance of the practice areas. Sand and seed mix (when available) must be put down in your divots. Bunkers must be raked and ball marks fixed. Baskets must be returned to the storage area. 4. Hit only from the designated areas on the grass tees.

Other

3. Use of the golf course is free subject to availability. 2. Discounts may be offered to you in the Golf Shop and Restaurant. Ask the Facility Manager for details. 3. Alcohol and / or other illegal substances are not permitted. 4. Consent is granted by the Participant for any photography, videotaping, filming and further use of same in promotion, reports or advertising about or in connection with Golf Canada or the Facility. Participant waives the right to any payment or royalties for such use.

SUMMARY OF PROGRAM SERVICES

<i>SERVICES AND TIERS</i>	NextGen Local	Regional Development & Interprovincial Teams	Team Alberta Provincial	High Performance Squad
<i>Skills Assessment</i>		<i>2x annually</i>	<i>2x annually</i>	<i>[on request]</i>
<i>Performance planning</i> - <i>Nutrition, Psychology, Strength & conditioning, Scheduling</i>		<i>Twice annually</i>	<i>Twice annually</i>	<i>[on request]</i>
<i>Coaching (Days)</i>		<i>4 days</i>	<i>12 days</i>	<i>[on request]</i>
<i>Travel coordination</i>			<i>All inter-provincial events</i>	<i>[on request]</i>
<i>Equipment</i>		<i>\$400</i>	<i>\$1,500</i>	<i>\$1,500</i>
<i>In season camps & practice</i>	<i>2x seasonal</i>	<i>4x monthly</i>	<i>12x weekly</i>	<i>12x weekly</i>
<i>Off season camps</i>			<i>3x monthly</i>	
<i>Scheduled Club Practice Appearances</i>		<i>2 days</i>	<i>4 days</i>	
<i>Post-secondary guidance & recruitment</i>		<i>ongoing</i>	<i>ongoing</i>	
<i>Special invitations and publicity features</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>	<i>yes</i>
<i>Grants & Scholarships</i>		<i>available</i>	<i>available</i>	<i>available</i>
<i>Kinduct Athlete Tracking Services</i>			<i>ongoing</i>	<i>ongoing</i>
<i>Spring & Fall Team Competition and conference</i>	<i>2x seasonal</i>	<i>2x seasonal</i>	<i>2x seasonal</i>	<i>2x seasonal</i>
<i>Golf Canada Centre Special Access</i>		<i>Included</i>	<i>Included</i>	<i>Included</i>

COMPETITIVE SCHEDULE FOR TIER 3 TEAM ALBERTA

The Alberta Golf Provincial Head Coach and Alberta Golf Assistant Coaches will work with each athlete and their family to come up with an optimal competitive calendar for the 2018 competitive season.

The events listed below are considered mandatory events for all Tier 3 Provincial Team Alberta members:

- Spring Competition/Sport Development Conference
- Future Links Western
- Future Links Pacific
- Alberta Junior Girls/Boys Championship
- Alberta Juvenile Girls/Boys Championship (if eligible)
- Mid-Season Sponsor Event
- Canadian Junior Boys/Girls Championship
- Fall Competition/Conference

Athletes will be able to add other events to their own competitive schedule based on their current stage of development and competition goals. Each player and family will meet with the Alberta Golf Provincial Head Coach to finalize a full calendar.

Each athlete's competitive calendar must be approved by Alberta Golf/Head Coach.

Once approved there can be no changes to this schedule without the prior written consent of Alberta Golf.

Alberta Golf will be providing exemptions to selected players based on the 2017 Golf Canada Order of Merit and 2017 tournament results.

Exemptions are not reserved exclusively for Tier 3 Provincial Team Alberta members.

COACHING PROGRAM COMPETITIVE SCHEDULE

January 13-14	Introduction & Testing Weekend	Tier 3 & 4
February 10-11	Indoor - North & South Team Training Weekend	Tier 3 & 4
March 10-11	Indoor - North & South Team Training Weekend	Tier 3 & 4
April 6-8	Tournament Prep Camp, Bear Mountain/Beach Grove, BC	Tier 3 & 4
May 11-13	Future Links Pacific, Bear Mountain, Victoria, BC	
May TBD	Tournament Prep Camp, Highwood GC, High River, AB	Tier 2, 3 & 4
May 23	Spring Competition & Opening Conference	Tier 1, 2, 3, 4
June 1-3	Future Links Western Highwood GC, High River, AB	
June TBD	Tournament Prep Camp, Sundre/Coyote Creek, Sundre, AB	Tier 2, 3 & 4
July 3-6	Alberta Junior & Juvenile Boys, Sundre GC, Sundre, AB	
July 3-5	Alberta Junior & Juvenile Girls, Coyote Creek GC, Sundre, AB	
July TBD	Tournament Prep Camp, Medicine Hat G&CC, Med. Hat AB	Tier 2, 3 & 4
July 9-11	Alberta Ladies' Amateur, Willow Park G&CC, Calgary, AB	
July 15	Mid-Season Sponsor Event, Redtail Landing GC, Nisku, AB	Tier 2, 3 & 4
July 16-19	Alberta Mens' Amateur , Redtail Landing GC, Nisku, AB	
July 30–Aug 2	Canadian Juniors Boys Championship, Medicine Hat G&CC, AB	
July 31–Aug 3	Canadian Junior Girls Championship, Beach Grove GC, BC	
August TBD	Development Team Camp	Tier 2
September TBD	Fall Competition & Closing Conference	Tier 1, 2, 3, 4
October TBD	Post-Secondary Scholarship seminar & Awards presentation (Release of 2019 plan including winter destination camp)	

** Monthly (May – Aug) Tier 2 Coaching Workshops & Weekly Tier 3 Practices to be scheduled

ELIGIBILITY & FEES

- TIER 1 – NEXTGEN LOCAL \$120.00
- Eligibility is open to all Golf Canada Members
 - Club Professional (*or alternative*) Letter of Recommendation
 - No Order of Merit position required
- TIER 2 – DEVELOPMENT PROGRAM \$600.00
- Eligibility is open to all Golf Canada Members
 - Club Professional Recommendation, (*must be a member or affiliated with a club*)
 - Current Golf Canada Order of Merit position (*if available*)
 - Prior Tournament Results (*if available*)
- TIER 3 – PROVINCIAL TEAM ALBERTA \$1,800.00
(*plus any incurred travel, meal & accommodation costs, approx. \$2,000*)
- Eligibility is open to qualified Golf Canada Members
 - Provincial Coach Recommendation, (*must be a member or affiliated with a club*)
 - Current Golf Canada Order of Merit position
 - Prior Tournament Results and Field Scoring Average
- TIER 4 – HIGH PERFORMANCE SQUAD (*BY INVITATION*)
- Eligibility is by invitation only

For additional information or questions, please contact:

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