

Junior Golf Development Program



2018 Information & Clinic Descriptions



This is where kids learn the game of a lifetime!

Cantigny's Junior Golf Development Program is conducted by the professional teaching staff of the Cantigny Golf Academy. Each pro uses proven techniques that are both effective and fun for the kids. We want our young students to look forward to their next clinic or golf game, and they do!

The program has five stages of involvement, each providing students with a framework for further development. As the stages advance, key skill concepts are required that were learned from the previous stage or stages.

Entry Stage

**Pee Wee Golfers
Little Linkers**

Awareness Stage

**Introductory Clinics—Levels 1 & 2
Links & Lunch
Level 3 Preparation Clinic
PGA Junior Golf Camps**

Developmental Stage

**Skills Progression—Level 3
Mastering the 90%**

Transition Stage

**Players Performance—Level 4
High School Golf Preparation
High School Golf Preparation
Short Game**

Excel Stage

**Individual Performance
Components (Swing,
Equipment, Fitness, Mental)**

NEW IN 2018!

Entry Stage:

Pee Wee Golfers

Ages 4 & 5 (boys & girls)

These classes are designed specifically for the beginning junior golfer using specially designed Pee Wee Golfer training clubs (provided). The clubs feature an oversized face and a molded memory-type grip to promote proper hand positions. Classes will meet Saturday mornings at the Golf Academy for four weeks. Each class is 30 minutes. Full swing, chipping and putting will be taught in a fun, game-like setting.

Cost: \$100

Note: Students must be 4 at the start of class. Pee Wee Golfer training clubs will be available for sale at the Youth Links throughout the year.

Little Linkers

Ages 6 & 7 (boys & girls)

This program is a fun introduction to golf while providing juniors with basic knowledge in a safe and game-filled environment. This class is strongly recommended to help prepare youngsters for the other levels Cantigny offers.

Participants will learn basic skills as they build confidence and self-esteem. Creative ideas and techniques are introduced to enhance the learning process.

Little Linkers will meet Tuesday mornings at the Youth Links and/or Golf Academy for four weeks. Each class is 45 minutes.

Cost: \$125

Note: Age 5 golfers may participate in custom classes

Awareness Stage:

Introductory Clinics—Levels 1 & 2

Ages 8 to 14 years (boys & girls)

There are two advancing clinics. Completion of Level 1 provides juniors with the competency to play Cantigny Youth Links unsupervised.

Level 1

Certification

Beginning golfers in this program must be at least 8 years old by June 1, 2018. Level 1 clinics prepare juniors for certification testing and on-course evaluation for unaccompanied (without adult supervision) play at Cantigny Youth Links. The clinics meet for five 90-minute sessions and introduce the juniors to the basics in putting, chipping and full-swing. Safety and etiquette requirements (where to stand, sportsmanship, etc.) are also introduced. An exam on safety and etiquette and an on-course evaluation will be held on the final meeting of the clinic. Juniors must meet minimum requirements to become certified. No course experience is required for this level.

Cost: \$175

Level 2

Beyond Certification

Beyond Certification is for juniors who have successfully achieved Level 1 Certification. This clinic is designed to develop the basic putting, chipping and full-swing skills learned in Level 1. The pitch shot is introduced at this level, as are the rules of golf and situations that might occur when playing the golf course. Level 2 clinics meet for five 90-minute sessions and juniors must pass a written rules test to advance to the next level.

Cost: \$175

Links & Lunch

This option is for golfers who have, at a minimum, completed Level 1. A staff golf professional will instruct on club selection, pace of play and other game management issues on the Youth Links for the first hour. Juniors will then finish their 9 holes, applying what they've learned, followed by lunch at the Youth Links clubhouse.

Cost: \$45

NEW IN 2018!

Level 3 Preparation Clinics

Ages 8 & 9 (boys & girls)

This option is for juniors who have completed Levels 1 & 2 but due to the age 10 requirement are unable to begin Level 3. Clinic will concentrate on proper golf posture along with techniques for putting, chipping, pitching and bunker play. Class meets for five 60-minute sessions.

Cost: \$175

PGA Junior Golf Camps

(hosted at Cantigny)

Advanced Clinics for ages 9 to 14

Half-Day Camps, 9:00 am to 12:00 pm

Half-day camps meet for a week and continue skill development in areas of full swing, short game and rules of golf. On-course play with a professional takes place on days three and five at the Youth Links.

Cost: \$365

Full-Day Camps, 9:00 am to 3:30 pm

Full-day instructional camps begin with a morning lesson. After lunch (provided), the juniors receive on-course professional instruction on days two through five.

Cost: \$575

Custom Junior Clinics

If the dates of our scheduled programs conflict with your summer plans, juniors may form their own classes or be grouped with other juniors of the same level. Each custom class consists of three to six juniors, and will follow the same curriculum. Custom certification classes may also be arranged. Contact the Golf Academy at 630.260.8199.

Cost: \$185-220 (Pee Wee \$125; Little Linkers \$145)



Certification Testing/Unsupervised Play

Junior golfers with previous clinic or private instruction experience from a PGA professional are eligible to bypass the Level 1 clinic. To gain unsupervised playing privileges, the junior must successfully complete the Certification Testing.

For more information, including testing dates and fees, please call the Youth Links at 630.260.8270 or email Emily Burns at eburns@cantigny.org.

PGA Junior League

PGA Junior League Golf brings a fun and spirited "Little League" atmosphere to the game of golf! Boys and girls, ages 8 to 13, enjoy team vs. team competitions at the Cantigny Youth Links in a structured league using a popular, less stressful scramble format as opposed to stroke-play competition. The league plays a five-week season in June and July with four team practices. Register by April 1.



Cost: \$275

Developmental Stage:

Skills Progression-Level 3

Ages 10 to 15 years (boys & girls)

Level 3 is a motor skill development program designed for certified junior golfers ages 10 to 15. At this stage, boys and girls are ready to acquire the cornerstones of all athletic development. This is also the time when organized athletic programming begins and when emphasis is placed on teaching swing fundamentals and other technical components such as how to achieve optimum balance, posture, flexibility, strength, power and positive attitude.

Each color tier has a defined purpose. The program takes fundamental movements and progressively links them together into "healthy" game improvement habits, which in turn develops the ability to play and score better. A child may stay at a given level until he or she can demonstrate a proven ability to perform the key concepts of each level. Level 3 begins with WHITE and ends with the passing of BLUE. The classes meet for five 60-minute sessions with a minimum of three and a maximum of five students to one instructor ratio.

Please note: Do not view Level 3 as a one-season program. A child must meet the minimum requirements at each color tier to advance to the next tier, or they will remain at that color tier. Every child is unique and a child's advancement is only a matter of practice and time. If a child has difficulty completing a color tier, our system allows every parent to know and understand what their child needs improvement upon. Repeating the class or private instruction will be provided to meet the key concept requirements of each color tier.

Color Tiers: White, Green, Blue

Cost per Color Tier: \$185



WHITE: Body Control

Golf Knowledge:

- Introduction to the etiquette and safety issues involved with the game.
- Recognize putting green, fringe, fairway, rough, teeing ground.

Equipment:

- Proper length clubs are available.

Required Skill Set:

- Differentiate between putting, chipping and full swing.

Key concepts to move to next level:

Stroke Development:

- Grip: Holding the club with two hands close together.
- A stationary center (head) to pivot around.
- Balance & Tempo Basics.
- Importance of ball position.

Physiological Training:

- Healthy straight spine, balance, exposure to core and lower back strength.

GREEN: Direction & Feel

Golf Knowledge:

- All Level 1 & 2 Introductory Clinics etiquette and safety issues involved with the game.
- Shows respect and care for maintaining healthy on-course playing conditions.

Equipment:

- Must have a properly sized putter.

Required Skill Set:

- Level 3-WHITE concepts and proficiency.

Key concepts to move to next level:

Stroke Development:

- Understanding a target line.
- Minimal putter-face rotation.
- Swing Plane: Movement of the club down the target line.
- Rhythm: Clubhead and hands moving at same rate.
- The ability to demonstrate directional and distance control on the putting green.

Physiological Training:

- Healthy straight spine, core and lower back strength.

Mental Development:

- Learn repetitive routine or procedure for each shot, exposure to positive thinking and basic relaxation skills.

Note: This clinic level emphasizes putting, the optimal stroke for learning clubface control and swing plane.

BLUE: Impact Alignments

Golf Knowledge:

- Basic understanding of loft and proper club selection.

Equipment:

- Must have a properly sized wedge.

Required Skill Set:

- Level 3-WHITE & GREEN concepts and proficiency.

Key concepts to move to next level:

Stroke Development:

- Grip: Effective and functioning grip.
- Posture & Stance: Positioning of feet on either side of the ball.
- Ball Position: Ball placed left of face.
- Handle of the club set forward of the clubhead at address, and remains in this position through impact.
- A “flat” left wrist impact alignment.
- Hit down on the golf ball (create divot after the ball).

Physiological Training:

- Healthy straight spine, core and lower back strength.

Mental Development:

- Learn about creative imagery.

Mastering the 90%

Ages 12 to 18 (boys & girls)

The saying that “golf is 90% between the ears” speaks to the importance of the game’s mental side. This class, based on the principles of VISION54, aims to improve confidence and focus, and help juniors better manage their emotions on the golf course. Students will participate in a combination of class learning, driving range instruction and on-course play.

Cost: \$150



Transition Stage:

Players Performance-Level 4

Ages 11 to 15 (boys & girls)

Level 4 is the highest group program level a student can achieve in the Cantigny Junior Golf Development Program. Completion provides juniors the opportunity for unsupervised play on the main golf course at Cantigny (during special time periods and at junior walking rates).

Certification-Cantigny Main Course

Successful completion of Level 4 means the junior golfer is proficient in all concepts and prepared to advance to a course yardage that fits his or her skill set. Level 4 clinics meet for five 90-minute sessions (typically later in the afternoon for course availability) and require the junior golfer to understand golf swing power sources, bunker play and proper club selection for outcome and scoring. Level 4 participants must be Level 3 (Skills Progression) graduates and have a set of properly sized golf clubs.

Certification is achieved by meeting the scoring parameters set forth in all tests. It may be necessary for the junior golfer to repeat the class and/or private instruction will be recommended if the student cannot pass the key testing requirements. Level 4 completion includes a complimentary certificate redeemable for 9 holes (walking) on Cantigny's Hillside, Woodside or Lakeside course.

Cost: \$220

High School Golf Preparation Clinics

For current 8th, 9th & 10th grade students

Each preparation clinic meets for five 90-minute sessions. Designed as a continuous learning opportunity for the junior golfer, clinics can be repeated throughout the summer season. Develop a swing that is consistent and powerful. Learn practice games and drills that build creativity and precision, and develop routines and strategies to help handle the pressure of competitive high school golf.

Cost: \$220

NEW IN 2018!

High School Golf Preparation Short Game Clinics

For current 8th 9th & 10th grade students

These clinics will meet for four 90-minute sessions at the Youth Links, concentrating on distance control and accuracy for shots of 100 yards and in. Techniques for putting, chipping, pitching and bunker play will be developed through games and challenges during on-course play.

Cost: \$180

Excel Stage:

Individual Performance Components

Ages 12 to 18 years (competitive boys & girls)

Our professional staff offers advanced instruction and training for junior players who seek to test their game in competition. All of the following are available year-round through the Cantigny Golf Academy, and professional rates apply. For more information please call 630.260.8199.

Private Swing Instruction/On-Course Management & Scoring

Equipment Analysis and Clubfitting

Golf-Specific Fitness Training and Program Design

Mastering the 90% - Private Coaching

Cantigny Youth Links

Cantigny invites junior players up to 15 years old to experience their very own 9-hole golf course, complete with clubhouse, golf shop, tee times and youth-friendly learning programs. Cantigny Youth Links is a unique facility that combines instruction and play, allowing kids to apply what they've learned in a safe environment tailored to their needs. It's a special place that makes golf more fun and less intimidating for young players entering the game.

Cantigny Boys' and Girls' Clubs

Weekly golfing clubs are offered for juniors who are certified for play at Cantigny Youth Links. The clubs give juniors an opportunity to meet other young players and introduce beginning golfers to fun competitions. Beginning in June and running through August, the clubs meet as follows:

Boys' Club Monday mornings. Clinics at 8:30 and 11:00. Shotgun starts at 9:00 and 11:30.

Girls' Club Tuesday mornings, 10:45 shotgun start.

Tee times for members of either club can be made two weeks in advance through the Youth Links golf shop at 630.260.8270 or book online at CantignyGolf.com/youth-links. The cost to participate is \$15, which covers green fees and contest events with prize opportunities.

LPGA-USGA Girls Golf Clinics

This is a fun way for girls ages 7 to 15 to get together before Tuesday Girls' Club to learn and practice different shots in golf. Each clinic will focus on a specific shot and golf rule. Meet at the Youth Links at 10:00 am. Those certified at the Youth Links are encouraged to participate in the Girls' Club following the clinic. To enroll or for more information, call 630.260.8199.

Cost: \$125 (includes membership kit)

Hurricane Junior Golf Tour



The Hurricane Tour is once again sponsoring our PGA Junior League golf program. Founded in 2008, HJGT's Chicago-area 2018 tournaments include two at Cantigny: April 21-22 and October 20-21. Cantigny families can save \$50 on HJGT membership. Full details are at hjgt.org or call 407.614.2962. When registering online for any 2018 Hurricane junior golf tournament, use discount code "cantigny18" at checkout.

Caddie Program (Ages 13+)

Please contact Mike Greene, Caddie Master, at mgreene@cantigny.org, for more information.



Part of the Robert R. McCormick Foundations

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