

ONTARIO JUNIOR GOLF PATHWAY – COMPETITIVE STREAM

VISION: The SOURCE for competitive junior golf in Ontario

MISSION: Ensuring competitive junior golfers stay on course to reach their highest potential

STAGES OF ONTARIO JUNIOR GOLF PATHWAY – COMPETITIVE STREAM				
	EMERGING LEVEL (Exposure to First Organized Competition)	ADVANCING LEVEL (Multiple Competitions on Schedule)	COMPETITIVE LEVEL (Competing in Provincial Championships)	PERFORMANCE LEVEL (Competing in National Championships)
ATHLETE DEVELOPMENT BENCHMARKS What are the benchmarks that athletes should be focused on achieving at each level of development?	GOLF IS NOT MAIN SPORT <i>PLAYING:</i> Post 18-Hole scores <100 <i>HDCP INDEX:</i> Established <i>EDUCATION:</i> Rules of Golf <i>PRACTICE:</i> 1-2 day(s) per week <i>PLAYING:</i> 1 round per week <i>TRAINING:</i> 6-8 months <i>COMP:</i> Min. 1 event per year <i>COACHING:</i> Group coaching	GOLF IS MAIN SPORT (may play others) <i>PLAYING:</i> Established Tournament Scoring Avg. <i>HDCP INDEX:</i> <18 (both Boys & Girls) <i>EDUCATION:</i> How to Score & Manage Emotions <i>PRACTICE:</i> 3-6 days per week <i>PLAYING:</i> 2-3 rounds per week <i>TRAINING:</i> 6-12 months <i>COMP:</i> Regional Tour/Prov. Qualifiers <i>COACHING:</i> Group and some individual coaching	GOLF IS PRIMARY SPORT <i>PLAYING:</i> TSA <77 (Boys) & <85 (Girls) <i>HDCP INDEX:</i> <10 (both Boys & Girls) <i>EDUCATION:</i> Diet/Nutrition & Fitness <i>PRACTICE:</i> 6-7 days per week <i>PLAYING:</i> 2-3 rounds per week <i>TRAINING:</i> 12 months <i>COMP:</i> Prov. Championships <i>COACHING:</i> Individual coaching w/ college recruitment support.	GOLF IS ONLY SPORT <i>PLAYING:</i> TSA <74 (Boys) & <78 (Girls) <i>HDCP INDEX:</i> <4 (both Boys & Girls) <i>EDUCATION:</i> Diet/Nutrition & Fitness <i>PRACTICE:</i> 6-7 days per week <i>PLAYING:</i> 2-3 rounds per week <i>TRAINING:</i> 12 months <i>COMP:</i> Prov. & National Championships <i>COACHING:</i> Individual coaching at all events, winter green grass training, 1-2-year planning & college recruitment support.
TRAINING ENVIRONMENT (CLUBS, FACILITIES & COACHES) What type of programming, facilities, technology and recommended coaching certification should be available and utilized at each level of development?	GROUP BASED PROGRAMMING (Summer) <ul style="list-style-type: none"> Clinics Weekly Program Junior League Mock Tournaments Intro to Fitness/Nutrition Intro Mental skills <i>COURSE:</i> Limited Access to 9 Holes <i>FACILITIES:</i> Range w/ Putting Green <i>COACHING:</i> Instructor of Beginner <i>TECH:</i> Video Capture App	GROUP BASED PROGRAMMING (6-12 mos.) <ul style="list-style-type: none"> Junior League Skills Competitions Mock Tournaments Fitness/Nutrition Access to Mental skills Group Training Access to Winter Indoor Training <i>COURSE:</i> Full Access to 9-18 Holes <i>FACILITIES:</i> Range w/ Short Game Area (Putting & Chipping) <i>COACHING:</i> Instructor of Intermediate <i>TECH:</i> Video Capture App & Swing Sensors	INDIVIDUAL PROGRAMMING (12 mos.) <ul style="list-style-type: none"> One on One Instruction Training Camps Winter Green Grass trip (1) On-Course Coaching Fitness/Nutrition program Mental skills training Winter Indoor Training (6 mos.) <i>COURSE:</i> Full Access to 18 Holes <i>FACILITIES:</i> Full Range, Short Game Area, Indoor Training w/Putting & Chipping, Practice Holes/Short Course <i>COACHING:</i> Coach New Competitor <i>TECH:</i> Launch Monitor (Ball Speed/Flight & Club Delivery)	INDIVIDUAL PROGRAMMING (12 mos.) <ul style="list-style-type: none"> One on one Instruction Training camps Winter Green Grass trip (2-5) On-Course Coaching Fitness/Nutrition program Mental skills training Winter Indoor Training <i>COURSE:</i> Full Access to 18 Holes <i>FACILITIES:</i> Full Range, Short Game Area, Bunkers, Indoor Training w/Putting & Chipping, Practice Holes/Short Course <i>COACHING:</i> Coach Developing Competitor <i>TECH:</i> Launch Monitor (Ball Speed/Flight & Club Delivery), 3D Motion Capture, Custom Club Fitting
TALENT ID INITIATIVES What initiatives need to be in place to bring athletes and families together to gather information and conduct athlete testing at each level of development?	OPEN HOUSES <i>HOST:</i> Regional Tours/Coaches <i>ACCESS:</i> Open to All Athletes <i>FOCUS:</i> Player/Parent Education <i>TESTING:</i> None <i>PLAYING:</i> None <i>FREQUENCY:</i> 1 per year (each Region)	REGIONAL CAMPS <i>HOST:</i> Regional/Local Coaches <i>ACCESS:</i> Any Athletes on Order of Merit <i>FOCUS:</i> Intro to Testing & Education <i>TESTING:</i> Basic National Training Protocol <i>PLAYING:</i> 18-hole Round <i>FREQUENCY:</i> 1-2 per year (each Region)	PROVINCIAL SUPER CAMP <i>HOST:</i> Golf Ontario w/Regional Coaches <i>ACCESS:</i> Top 50 Boys/50 Girls in Province <i>FOCUS:</i> Intro to Elite Golf <i>TESTING:</i> Full National Training Protocol <i>PLAYING:</i> 36 or 54-hole Competition <i>FREQUENCY:</i> 1 per year (Fall)	TEAM ONTARIO <i>HOST:</i> Golf Ontario w/Regional Coaches <i>ACCESS:</i> Top 20 Boys/Girls in Province <i>FOCUS:</i> Elite Training <i>TESTING:</i> Full National Training Protocol <i>PLAYING:</i> CAN-AM Matches <i>FREQUENCY:</i> 4 Green Grass Camps (Winter)
COMPETITIONS What type and frequency of competition should athletes be focused on at each level of development?	<i>FORMAT:</i> Any (Gross/Net) <i>ELIGIBILITY:</i> Open <i># OF HOLES:</i> 9 or 18 Holes <i>YARDAGE:</i> 4800 (Boys) & 3600 (Girls) <i>FIELD SIZE:</i> Min. 6 (Boys) & Min. 3 (Girls) <i>REFEREES:</i> Level 1 <i>POLICIES:</i> Pace of Play & Code of Conduct <i>CADDIES:</i> Allowed	<i>FORMAT:</i> Stroke Play (Gross) <i>ELIGIBILITY:</i> Open <i># OF HOLES:</i> 18 or 36 Holes <i>YARDAGE:</i> 5200 (Boys) & 4600 (Girls) <i>FIELD SIZE:</i> Min. 15 (Boys) Min. 6 (Girls) <i>REFEREES:</i> Level 2 <i>POLICIES:</i> Pace of Play & Code of Conduct <i>CADDIES:</i> Not Allowed	<i>FORMAT:</i> Stroke or Match Play (Gross) <i>ELIGIBILITY:</i> Invitational/Qualification <i># OF HOLES:</i> 36 or 54 Holes <i>YARDAGE:</i> 6100 (Boys) & 5200 (Girls) <i>FIELD SIZE:</i> Min. 50 (Boys) Min. 20 (Girls) <i>REFEREES:</i> Level 2 <i>POLICIES:</i> Pace of Play & Code of Conduct <i>CADDIES:</i> Not Allowed <i>SAFE SPORT:</i> Respect in Sport – Parents	<i>FORMAT:</i> Stroke Play (Gross) <i>ELIGIBILITY:</i> Invitational/Qualification <i># OF HOLES:</i> 54 or 72 Holes <i>YARDAGE:</i> 6500 (Boys) & 5600 (Girls) <i>FIELD SIZE:</i> Min. 80 (Boys) Min. 50 (Girls) <i>REFEREES:</i> Level 3 <i>POLICIES:</i> Pace of Play & Code of Conduct <i>CADDIES:</i> Not Allowed <i>SAFE SPORT:</i> Respect in Sport – Parents

ENTRY POINTS
(First exposures to Golf)

Future Links
Summer Camps
Golf in Schools
Drive, Chip & Putt
Local/Club Events

EXIT POINTS
(Competing International)

International Events
National Team
NCAA Scholarships
OCAA/OJA Team
Professional Tours