

TEAM
GOLF
LAB

Junior Membership



TEAM GOLF LAB - JUNIOR GOLF ACADEMY

Joining Team Golf Lab means joining a close-knit team, dedicated to the advancement of all our junior players. We combine the use of next-generation golf engineering technology, a world-class club building studio, with a proven performance building curriculum to propel our juniors to reach their full potential in golf and in life.



We offer a range of programs with customized performance plans tailored to our junior's specific skill set and age. Our processes have been tested and proven on golf biggest stages including the PGA Tour, LPGA Tour and World Long Drive Championship

CORE VALUES



OUR QUEST

ALL OF OUR PROGRAMS ARE DESIGNED AROUND THE PRINCIPLES OF LONG-TERM ATHLETE DEVELOPMENT AND PROVIDE A HOLISTIC APPROACH TO TRAINING AND GAME IMPROVEMENT.

OUR VISION

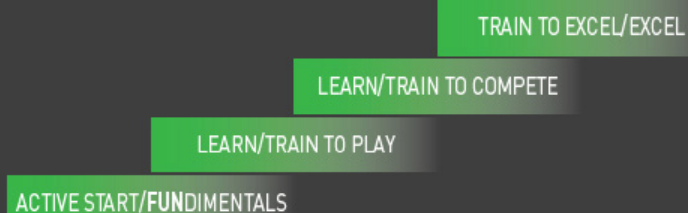
"We are dedicated to being the premier leader in Junior Golf Development in Canada."

OUR MISSION

Through collaboration of our Professional staff and experts in the fields of long term junior golf development, we aspire to help each individual student reach their full golf potential and achieve peak performance.



STAGES OF DEVELOPMENT



SINCE 2011, OVER 90% OF OUR ATHLETES IN UNIVERSITY PROSPECTS HAVE GONE ON TO RECEIVE FULL OR PARTIAL SCHOLARSHIPS TO UNIVERSITIES IN CANADA AND THE UNITED STATES

COACHING VS. TEACHING

COACHING

In sports, a coach is an individual who instructs and supervises training, practice and competition of teams or athletes. A coach gets involved in all the aspects of the sport, including physical and mental development of the player(s). Teaching is a major component of coaching. Good coaches train their athletes to become better at the physical components of the game and help them develop the skills needed to perform under pressure. Our Coaching Programs address all pillars of performance.

TEACHING

Teaching tends to be a mainly one-way process. The teacher transfers his or her knowledge to the pupil. The pupil may question in order to clarify, however the knowledge transfer is all one-way. With the teaching of adults, the process is much more two way. The teacher imparts the knowledge, the adult pupil questions to clarify and may also add comments based on their own past experience, therefore transferring some of their own knowledge to the teacher.



FUTURE STARS/LEARN TO PLAY

AGES: 7-10

The Future Stars Program is the first step into our Team Golf Lab pathway, which is where coaching begins. This program is designed to give the keen junior golfer the coaching support needed to begin to compete at the club and local level. Juniors entering this program will have a basic fundamental understanding of the game. They will be encouraged to learn new skills, practice routines, and skill challenges.



SUMMER SCHEDULE:

May - August

- 8 x 60 minutes team practices per month
 - Tuesdays and Thursdays from 5 - 6 pm
 - All Sessions at the Team Golf Lab Performance Center at King Valley
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WINTER SCHEDULE:

November - March

- 4 Private Coaching Sessions each month (30 minutes each)
- 4 Practice Sessions on Technology following Private Session (30 minutes each)
 - All Sessions at the Team Golf Lab Performance Center at King Valley

FUTURE STARS/LEARN TO PLAY

Kids this age should continue to develop fundamental movement skills and golf fundamental movement skills. This is a critical window for developing fine motor skills such as maintaining balance while swinging a club.

KEY POINTS TO CONSIDER:

- Kids should be taking part in a wide variety of sports and activities, avoiding early specialization
- Kids should be engaging in activities that help develop stamina, strength, speed, skill and suppleness
- Develop: Putting, Chipping, full swing and bunker play
- Introduce: Pitching, green reading and club selection
- Course Length: Males: 4500 – 5700, Females: 3000 – 5000
- Practice should be fun, games and little contests and mostly random activities
- Competition, depending on level of development ranging from Junior Skills Comps to CJGA and MJT
- Equipment: Age specific starter set
- Rules and Etiquette
- Kids show a basic understanding of the Rules of Golf such as:
 - Order of play
 - When penalty strokes happen and how to take relief
 - Use of tee markers
 - Flag removal and replacement
- Psychology:
 - Introduced to performance state and develop ability to calm themselves
 - Emphasize action and effort rather than results

LEARNING OUTCOMES:

- Develop fundamental movement skills such as running, jumping and throwing
- Develop motor and golf specific movement skills
- Develop putting, chipping, full swing and bunker play
- Introduce pitching, green reading and club selection

PLAYER DEVELOPMENT PROGRAM/ INTRO TO COMPETITION

AGES: 11-14

Our program is designed for junior golfers who want to take their games to the next level and want to acquire the skills required to become successful in competition. Juniors entering this program will have a basic fundamental understanding of the game. They will be encouraged to learn new skills, practice routines, and skill challenges.



SUMMER SCHEDULE:

May - August

- 4 x 60 minutes team practices per month
 - Tuesdays and Thursdays from 5 - 6 pm
 - All Sessions at the Team Golf Lab Performance Center at King Valley
- 1 - 60 minute private session per month

WINTER SCHEDULE:

November - March

- 4 Private Coaching Sessions each month (30 minutes each)
- 4 Practice Sessions on Technology following Private Session (30 minutes each)
 - All Sessions at the Team Golf Lab Performance Center at King Valley

KEY POINTS TO CONSIDER:

- KIDS THIS AGE ARE GENERALLY GOING THROUGH SIGNIFICANT RAPID GROWTH PERIODS THAT AFFECT THEIR COORDINATION.
- KIDS THIS AGE SHOULD BE TRIMMING THEIR SPORTING ACTIVITIES TO TWO SPORTS, USUALLY IN DIFFERENT SEASONS (GOLF AND HOCKEY)
- COMPETITION SHOULD BE MORE OF A LEARNING EXPERIENCE AND NOT RESULTS FOCUSED

PLAYER DEVELOPMENT PROGRAM/ INTRO TO COMPETITION

KEY GOLF CONCEPTS:

- Develop
 - Putting
 - Chipping
 - Pitching
 - Full Swing
 - Bunker Play
 - Green Reading
 - Club Selection
- Introduce Specialty shots
 - Knock downs, flop shots, etc.

PERFORMANCE GOALS:

GREENS IN REGULATION

MALE – 5 to 9

FEMALE – 5 to 9

UP AND DOWN PERCENTAGE

MALE

- 20 – 40% from grass

- 20 – 30% from sand

FEMALE

- 20 – 40% from grass

- 15 – 25% from sand

PUTTING

MALE

- .90% from 1-3 feet
- 50-70% from 4-5 feet
- 25-35% from 6-10 feet
- 10-15 % from 11-15 feet

FEMALE

- >85% from 1-3 feet
- 50-70% from 4-5 feet
- 25-35% from 6-10 feet
- 10-15% from 11-15 feet



LEARNING OUTCOMES:

- Maintain flexibility during growth periods
- Develop a growth mindset, always getting better.
- Further develop golf skills to match performance levels above
- Develop pre and post shot routines
- Learn to build and nurture confidence through memory management and self talk

SUMMER CAMPS

We offer week-long camps for kids aged 7 to 14! Students will be taught the basic athletic skills and fundamentals of golf by PGA certified professionals in a fun and exciting way. Each day the students learn and play games in the morning, get lunch provided and get to go on course for a real golf experience!!



SAMPLE ITINERARY

8:30AM – 9:00AM	DROP OFF
9:00AM – 10:00AM	SHORT GAME
10:00AM – 11:30AM	BACK DRIVING RANGE
11:30AM-12:00PM	PUTTING
12:00PM – 1:00PM	LUNCH IN THE CLUBHOUSE
1:00PM – 1:30PM	DRIVING RANGE
1:30PM – 4:00PM	ON COURSE
4:00PM	PICKUP



PROGRAM DIRECTOR - LIAM MUCKLOW

Liam is a current member of the Golf Digest's Top Teachers in America list and is a two-time National award winner with the PGA of Canada. He is the founder of The Golf Lab, one of the world's most recognized applied golf research companies. In 2016 he appeared in a Golf Magazine five page feature article. Liam works with many PGA tour players including Graeme McDowell, Ben Crane, Webb Simpson, and Ben Silverman (Thornhill, ON native)



Liam believes in the development of golf at the grass roots level. His desire to build The Golf Lab was driven by his vision to help young players have the tools to be successful and to compete at the highest level. He wants to see more clubs in the hands of young golfers in Ontario and throughout Canada.



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