



We would love to discuss the possibility of bringing  
GolfTastic to your school.  
Please contact us if you would like any more  
information.  
Many thanks for taking the time to read our  
brochure.



#### QUALIFICATIONS

- PGA Level AA Qualification
- 17 years of teaching children's group lessons
- Created Junior Golf Academy at Malone Golf Club
- Sport NI Safeguarding Children In Sport
- Saint John's Ambulance First Aid
- Titleist Performance Institute Level One
- Criminal Records Bureau Exchange Disclosure

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FUNDAMENTAL GOLF SKILLS  
FOR PRIMARY SCHOOL AGE CHILDREN



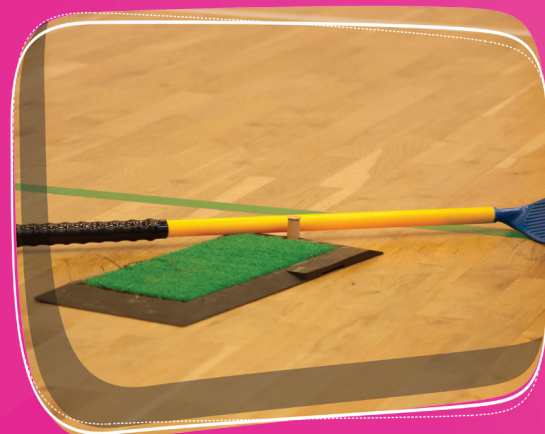
## WHAT IS GOLFTASTIC?

Golftastic is a fun and educational after school programme which uses Tri-Golf equipment to bring golf to primary school age children.

We hope to change the way that golf is perceived by children and adults as an elitist sport, through fun based activities and games involving either individuals or groups of children.

Tri-golf equipment can be used both indoors and outdoors in almost any environment. Our specialist equipment has oversized hardened plastic club-heads with foam oversized balls. Results are easier to achieve and it is then hoped to encourage enthusiasm and self-belief within the children. The tri golf equipment is used by both the English and Scottish Golf unions in their programmes.

The eventual aim being to encourage each child to show responsible social behaviour including honesty, integrity and good sportsmanship.



## WHAT DO WE DO?

Our specialist Golf teams travel to each school or hall either during or after school to teach our course. Each team consists of at least one P.G. A professional to instruct the children on the techniques and rules of Golf.

The basic fundamentals are covered throughout the 6 - 10 week programmes and are vital in providing a platform for the children's later golf swings and development.

Incorporated into the lessons are fun packed individual or team games to nurture enthusiasm for golf. Equipment is provided and taught to the students to improve physiology and hand eye co-ordination.

## OUR REWARD SYSTEM

At Golftastic we have created a unique system to reward each child for achievement in skills, etiquette and rules of golf. Through a series of different coloured wristbands the child is learning all the aspects of the game of golf.

These bands provide an incentive and encouragement for the children. By completing these band levels they will have achieved a standard that can be accepted by golf clubs. The band colours and the knowledge of golf that they represent are as follows.

### WHITE LEVEL

- Fundamentals of golf which includes balance, co-ordination and grip
- Basic etiquette of golf, including manners, and safety

### GREEN LEVEL

- Improving strike and posture to increase distance and accuracy
- Body rotation and weight transfer
- Phase 2 of etiquette

### BLUE LEVEL

- Introduction to short game which includes chipping and putting
- Skills test with various tests to pass to increase their level
- Phase 3 etiquette

### ORANGE LEVEL

- Short game and putting level 2
- Accuracy and strike through drills
- Rules of golf phase 1

### GOLD LEVEL

- Scoring, scorecards and handicaps
- Advanced skills tests and pre-shot routine
- Follow through and balanced finish

## WHAT IS THE STRUCTURE?

Each one hour class is split into two sections. Golf instruction for 30 minutes. Drills, exercises and games for the remaining 30 minutes of the class.

Each child will be tested gradually on various elements of their golf skills. i.e. balance, strength, and co-ordination. Not all children are the same, and at Golftastic we recognise this. Through 17 years of teaching group and individual lessons, we have developed an ethos of teaching each child individually after assessing their strengths and areas for improvement.

After testing each child, we devise a programme aimed at the social, physical and mental development of each individual, through our fun packed programmes and drills.

