

Haggin Oaks | Summer 2019



Active Start 0-5 years

- Tots on the Tee | \$99.95**
(3-4 years)
 Saturday 11:00am-12:00pm
June 15 - July 27
Skip July 6

FUNDamental Movements 5-9 years

- FUNDamental Movement**
\$124.95
(5-10 years)
 Saturday 9:00-10:30am
June 8 - August 3
Skip July 6

Learning to Golf 8-12 years

- FUNDamental Movement**
\$124.95
(5-10 years)
 See previous column.

Emerging Competition 11-14 years

- LPGA Girls Play League**
\$119.95
(8-18 years)
 See previous column.

Learning to Compete 15-18 years

- LPGA Girls Play League**
\$119.95
(8-18 years)
 See previous column.

- Tots on the Course | \$89.95**
(4-6 years)
 Thursday 4:30-5:30pm
June 6 - June 27

- Little Linker Development Tour**
\$199.95
(7-12 years)
Orientation May 29 at 6:00pm
See additional flyer for more information.

- Little Linker Development Tour**
\$199.95
(7-12 years)
 See previous column.

- Play to Your Par | \$169.95**
(10-18 years)
 See previous column.

- Play to Your Par | \$169.95**
(10-18 years)
 See previous column.

- Free Girls Golf Clinics**
(7-18 years)
 Saturday 2:00-3:00pm
 May 18
 June 15

- Wednesday
June 12 - August 7
Skip July 3

- LPGA Girls Play League**
\$119.95
(8-18 years)
 Thursday
Tee Times Starting at 1:30pm
June 13 - August 8
Skip July 4

- Junior Linker Development Tour**
\$199.95
(12+ years)
See additional flyer for more information.
 Wednesday
June 12 - August 7
Skip July 3

- Junior Linker Development Tour | \$199.95**
(12+ years)
 See previous column.
- PGA Junior Camp**
(11+ years)
 See previous column.



- Summer Camp**
(5-17 years)
Monday - Thursday
8:30am-1:00pm
June 10 - August 8
Skip July 1-4
 1 Day **\$64.95**
 4 Days **\$239.95**
 16 Days **\$799.95**
 All Summer (32 Days) **\$1,399.95**

- Summer Camp**
(5-17 years)
 See previous column.

- PGA Junior Camp**
(11+ years) 8:00am-4:00pm
Please visit:
www.pgajuniorgolfcamps.com
for specific pricing options.
 July 15 - 18
 July 29 - August 1

- NCIC Academy**
\$200.00 per month
(13-18 years)
 See additional flyer for more information.

**Participants must bring their own lunch.*

- NCIC Academy**
\$200.00 per month
(13-18 years)
 See additional flyer for more information.

- Junior Tour | \$125.00**
(12-18 years)
 Register and details @

www.TheFirstTeesSacramento.org





THE NORTHERN CALIFORNIA INSTITUTE OF GOLF JUNIOR PROGRAMS (916) 808-2531



The Northern California Institute of Golf is committed to bring excellence to the long term development of its junior golfers. Our model is based off of the American Development Model, which was designed by The United States Olympic Committee. Our goal is to provide a road map for all families who wish to find the correct program for their child, no matter where they are in their development. Whether your child wants to play competitively at the high school and college level or simply wants to play the game for fun, we have a program to fit their needs. The Northern California Institute of Golf is committed to guiding your child through their journey within the game of golf.



Active Start 0-5 years

Have Fun and Enjoy Golf

During the Active Start stage of development, it is essential for participants to begin developing the necessary athletic movements needed for a child to become physically literate (running, jumping, kicking, catching, striking, etc.). Our goal during these five years (approximately) is to provide youth with a fun and safe environment so they can explore different athletic movements as well as being introduced to the game of golf. Children in this stage should move sequentially from **Tots on the Tee** to **Tots on the Course**.



FUNdamental Movements 5-9 years

Keep it fun! Practice and Play

The focus in the FUNdamental Movement phase is the continuing development of physical literacy. Fundamental movement skills should be mastered and motor development emphasized, while the participation in many sports/activities is encouraged. For optimal skill acquisition, playing golf on our academy holes is introduced along with FUN golf competitions. Children in this step should be involved in our **FUNdamental Movement**, **Year Round Program**, **Summer Camp** and/or the **Little Linker Development Tour**.



Learning to Golf 8-12 years

Go Play!

This age range is critical for development of coordination and fine motor movements. Players should be able to begin to transfer skills and concepts from practice to the golf course. Group interaction, team building and social activities should be emphasized. A balance of practices and play on a golf course will promote the continued development and mastery of golf skills. Participants in this category should be involved in the **Little Linker Development Tour**, **Summer Camps**, **FUNdamental Movement**, **Play to Your Par** and/or the **Year Round Program**.



Emerging Competition 11-14 years

Building Foundation and Learning to Practice

During this period the majority of the participants are going through physical, mental and emotional changes. Recognizing this, the focus during this stage is to further develop sport specific skills, emphasize the best possible way to practice and begin to introduce meaningful competition. Athletes may want to consider the process of consulting many golf coaches, in order to find the one they are most comfortable with and can see themselves working on the technical side of their game. Participants in this stage should be involved with **Play to Your Par**, **Junior Linker Development Tour**, **PGA Junior Camp**, and/or the **NCIG Academy**.



Learning to Compete 15-18 years

Follow Your Heart, Dream Big, Set Goals

In the Learning to Compete Stage it is the time to prepare athletes for the competitive environment, continue to refine technical skills, ancillary skills and develop the physical attributes. We are going to take a close look at what the participant's goals are, and we will create a specific plan to help them achieve their goals. Training will be individualized to the athlete's particular needs in skill development, mental preparation, fitness and recovery. The training volume will increase as does the training intensity. Athletes should be involved with **NCIG Academy** and/or **The First Tee Junior Tour**.