Active Start
0-5 years

**Tots on the Tee | $99.95**
(3-4 years)
- Saturday 11:00am-12:00pm
- SPRING: March 23 - May 11 Skip April 20 & 27
- FALL: Sept. 7 - October 19 Skip September 28

**Tots on the Course | $89.95**
(4-6 years)
- Wednesday 6:00-7:00pm
- SPRING: May 1 - May 22
- FALL: July 31 - August 21

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

**FUNdamental Movements**
5-9 years

**FUNdamental Movement | $124.95**
(5-10 years)
- Saturday 9:00-10:30am
- SPRING: March 16 - May 18 Skip April 20 & 27
- FALL: August 17 - October 19 Skip August 31 & September 28

**Year Round Morning Program | $189.95**
(7+ years)
- Tuesday & Thursday 10:30am-12:00pm
- SPRING: February 5 - May 23
- FALL: August 20 - December 12 Skip Thanksgiving Week

**Year Round After School Program | $269.95**
(7+ years)
- Tuesday, Wednesday, Thursday 4:00-5:30pm
- SPRING: February 5 - May 23
- FALL: August 20 - December 12 Skip Thanksgiving Week
- Weekly Drop-In $24.95

**Learning to Golf**
8-12 years

**FUNdamental Movement | $124.95**
(5-10 years)
- See previous column.

**Year Round Morning Program | $189.95**
(7+ years)
- See previous column.

**Year Round After School Program | $269.95**
(7+ years)
- See previous column.

**Play to Your Par | $329.95**
(10-16 years)
- Saturday 1:00-3:00pm
- SPRING: February 9 - May 18 Skip April 20 & 27
- FALL: Sept. 7 - December 14 Skip September 28 & November 30

**Emerging Competition**
11-14 years

**Year Round Morning Program | $189.95**
(7+ years)
- See previous column.

**Year Round After School Program | $269.95**
(7+ years)
- See previous column.

**Junior Tour | $125.00**
(12-18 years)
- Register and details @ www.TheFirstTeeSacramento.org

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

**Learning to Compete**
15-18 years

- Haggin Oaks | Spring / Fall 2019
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.

**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.

**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.

**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.

**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.

**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.