

*Note: The annual plan would normally commence in January of each year, with selection of players scheduled for February, but 2014 is a transition year for WGI as the support for the Academy is reassessed, and the content of the programme reviewed. This year, player identification and enrolment began in March, and the main programme in April.*

	<b>WELLINGTON GOLF ACADEMY CALENDAR 2014</b>	
<b>Date</b>	<b>Activity</b>	<b>Notes</b>
March	<ul style="list-style-type: none"> <li>Initial planning meeting</li> <li>Pelorus Grant application</li> <li>Invitations for membership</li> </ul>	
April	<ul style="list-style-type: none"> <li>Talent ID Day 4 April</li> <li>Selection of members for Academy and Development Groups</li> </ul>	
April 18 - May 4	<b>SCHOOL HOLIDAYS &amp; EASTER</b>	
April 22 - 23	<b>Marion Quadrangular</b>	
	<ul style="list-style-type: none"> <li>Players draft game assessment plans</li> </ul>	
May 1	<b>First Academy Day</b>	<b>11 players</b>
	<ul style="list-style-type: none"> <li>Academy introduction &amp; goals</li> <li>Short game and skill tests</li> <li>Video analyses</li> </ul>	
May 2	<b>First Academy Day - Development Groups</b>	<b>35 players</b>
	<ul style="list-style-type: none"> <li>Academy introduction &amp; goals</li> <li>Short game and skill tests</li> <li>Video analyses</li> </ul>	
May 25	<b>JUNIOR INTERCLUB FINISHES</b>	
<b>Sunday June 8</b>	<b>Meeting of players, coaches, parents with WGI Academy</b> <ul style="list-style-type: none"> <li>Management Panel to communicate the plan for the season</li> <li>Players to complete individual plans</li> </ul>	<b>Boulcotts Farm</b>

**WELLINGTON GOLF ACADEMY CALENDAR  
2014**



<b>Date</b>	<b>Activity</b>	<b>Notes</b>
Sunday June 22	<b>Group nutrition education session for players and parents</b> <ul style="list-style-type: none"> <li>• everyday nutrition</li> <li>• training nutrition</li> <li>• pre &amp; post training/competition snacks</li> <li>• hydration</li> <li>• ideas for pre-competition snacks &amp; meals</li> </ul>	<b>Provider:</b> Celine Evans 'Nutrition 360' <b>Venue:</b> Shandon Golf Club
July 5 - July 20	<b>SCHOOL HOLIDAYS</b>	
Thursday July 17	<b>2<sup>nd</sup> Academy Day</b>	<b>Venue:</b> Royal Wellington Golf Club
<b>Programme</b>  Players will rotate through the programme	<b>1. Golf Specific Fitness Classes (4 classes x 6 players)</b> <ul style="list-style-type: none"> <li>• Posture belt exercises</li> <li>• core strengthening</li> <li>• flexibility</li> <li>• education re ongoing self-management</li> <li>• posture off golf course</li> <li>• warm up exercises</li> <li>• maintaining postural strength to prevent injury</li> <li>• reinforcement of correct movement patterns</li> <li>• individual exercise programmes</li> </ul>	<b>Provider:</b> Tracey Woodward
<b>Programme</b>	<b>2. Using the technology</b> <ul style="list-style-type: none"> <li>• Swingbyte</li> <li>• Shots to hole</li> </ul>	<b>Providers:</b> Geoff Smart Kevin Smith
	<b>3. Rules session</b>	<b>Provider:</b> Referees Association
	<b>4. Protocols - courtesy, Captains role etc</b>	Coaches and players
	<b>5. Review of goals/peer review/feedback</b>	Coaches and players
Friday July 18	<b>2<sup>nd</sup> Academy Day - Development Groups</b>	<b>Venue:</b> Royal Wellington Golf Club
<b>Programme:</b>  To be decided depending on suitability for age groups/maturity	<b>1. Golf Specific Fitness Classes (2 classes x 6 players)</b> <ul style="list-style-type: none"> <li>• core strengthening</li> <li>• flexibility</li> <li>• education re ongoing self-management</li> <li>• posture off golf course</li> <li>• warm up exercises</li> <li>• maintaining postural strength to prevent injury</li> <li>• reinforcement of correct movement patterns</li> <li>• individual exercise programmes</li> </ul>	<b>Provider:</b> Tracey Woodward
<b>Programme:</b>  To be tailored to align with the age group	<b>2. Using the Technology</b> <ul style="list-style-type: none"> <li>• Swingbyte</li> <li>• Shots to hole</li> </ul>	<b>Providers:</b> Geoff Smart Kevin Smith Alastair Sidford Dean Kingsbeer
	<b>3. Rules session</b>	<b>Provider:</b> Referees Assn
	<b>6. Review of goals/peer review/feedback</b>	Coaches and players

	<b>WELLINGTON GOLF ACADEMY CALENDAR 2014</b>	
<b>Date</b>	<b>Activity</b>	<b>Notes</b>
July 26 - 27	Representative - Wellington vs Marlborough - away	Men; Junior boys
August 9-10	Representative - Wellington vs Manawatu/Wanganui - Levin	All teams
August 23 - 24	Representative - Wellington vs Auckland - Taupo	Men; Women; Junior Boys
September 3 - 5	NZ Mens & Women's U 19 - Taupo	
September 27 - October 12	SCHOOL HOLIDAYS	
<b>Tuesday September 30</b>	<b>3<sup>RD</sup> ACADEMY DAY</b>	<b>Venue:</b> Royal Wellington Golf Club
	1. High Performance Sports Mentoring Group session x 1.5 hours	<b>Provider:</b> Vicki Aitken
	2. Using the technology <ul style="list-style-type: none"> <li>• Swingbyte</li> <li>• Shots to hole</li> </ul>	<b>Providers:</b> Geoff Smart Kevin Smith Renee Fowler
	3. On course play - course management	As above
	4. Update of players individual plans	Update of players individual plans
<b>Wednesday 1 October</b>	<b>3<sup>rd</sup> ACADEMY DAY - DEVELOPMENT GROUPS</b>	<b>Venue:</b> Royal Wellington Golf Club
<b>Programme:</b> To be tailored to needs	1. Fitness for golf; representative	<b>Provider:</b> Vicki Aitken
To be tailored to align with the age groups	2. Using the Technology <ul style="list-style-type: none"> <li>• Swingbyte</li> <li>• Shots to hole</li> </ul>	<b>Providers:</b> Geoff Smart Kevin Smith Renee Fowler Alastair Sidford Dean Kingsbeer
	3. On course play - course management	As above
	4. Update of players individual plans	Players and coaches

	<b>WELLINGTON GOLF ACADEMY CALENDAR 2014</b>	
<b>Date</b>	<b>Activity</b>	<b>Notes</b>
October 6 - 9	Representative - Junior Girls' Interprovincial - Rotorua	
October 11 - 12	Representative - Shand Cup - Men, Women, Junior Boys - Hawkes Bay	
October 18 - 19	Representative - Tasman Quad - Men - Tasman	
<b>Sunday 2 or 9 November</b>  <b>5 hours</b>	<b>FINAL ACADEMY SESSION FOR PLAYERS</b>  Round of golf (team play), debrief on the year and celebration Parents invited	New idea - to replace 4 Academy Day Venue: TBD
November 16	Wellington vs Canterbury - Women - Christchurch	
December 2 - 7	Representative - Men's Interprovincials - Hamilton GC	
December 9 - 14	Representative - Women's Interprovincials - Narrows GC	