



Sussex County Ladies Golf Association

Girls Development Programme Winter 2011/2012

Open to ALL Junior Girls under the age of 18
19 handicap to beginner
No handicap or prior experience required to attend

Dates + Venues
Sunday 30th October @ Sweetwoods Golf Club
Sunday 4th December @ Slinfold Golf & Country Club
Sunday 8th January @ Sweetwoods Golf Club
Sunday 5th February @ Slinfold Golf & Country Club
Sunday 11th March @ Sweetwoods Golf Club



Itinerary of the Sessions
1.30pm - 1.40pm Meet, introductions and plan for the day
1.40pm - 3.20pm Activities & Coaching
3.20pm - 3.30pm Review of day. End.

session will include a number of Activities on a variety of subjects that will enhance the knowledge of your game.
To include :

- Effective Practice
- Fitness for golf
- Golf jargon explained
- Equipment
- Rules
- Mental game
- Golf Nutrition *and much more*

Cost
£5.00 per player per session
£20.00 for all 5 sessions when paid on first day
These sessions are being supported & subsidised by the Sussex County Ladies Golf Association to give more players the opportunity to develop their games

To book a place and/or to find out more information please contact
SCLGA County Coach - Neil Plimmer
on **07713 646988** or
neilplimmer@tiscali.co.uk