



Sussex County Ladies Golf Association

# Player Development Programme Winter 2011/2012

Open to ALL ladies affiliated to a Sussex club  
with a handicap of 12 & below  
& ALL Junior Girls with a handicap of 18 and below

## 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

9.00am–9.10am Meet, introductions  
and plan for the day  
9.10am - 10.30am Presentation 1  
10.30am - 10.45am Break  
10.45am - 12.15pm Presentation 2  
12.15pm - 12.30pm Review of day. End.

Each session will include a number of expert speakers 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