



Junior Academy Application

2018-2019

The Golf Performance Center Academy
Office of Admissions
824 Ethan Allen Hwy.
Ridgefield, CT 06877
203.790.4653
www.thegolfperformancecenter.com

Application Process & Checklist

Step 1: Gather and complete all of the following paperwork

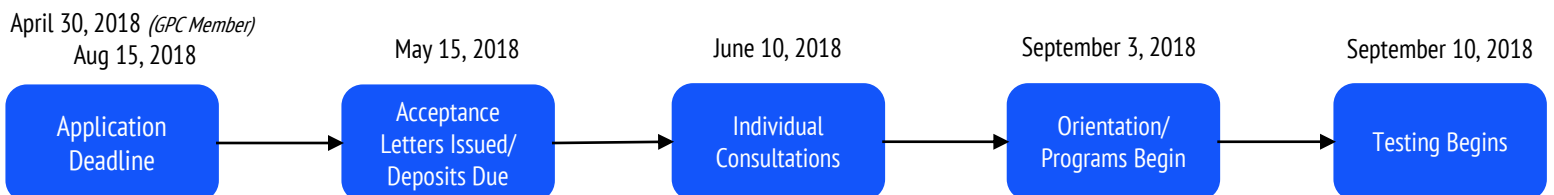
- Application
- Copy of Identification Form (Driver's License, Passport, etc.)
- Letters of Recommendation (minimum of two) - non GPC members only
- Official School Transcript (High School only)
- Golf Tournament & Playing Resume
- Financial Aid Forms

Step 2: Application Deadline & Submitting Options

Once all of the items in Step 1 are completed and gathered, submit the application by **April 30, 2018 for current GPC Members** and **June 30, 2018** by means of:

- Email: melanie@thegolfperformancecenter.com
- Fax: (203) 826-2221
- Mail: The Golf Performance Center
Attn: Admissions
824 Ethan Allen Hwy.
Ridgefield, CT 06877

Step 3: Application Timetable



Our Coaching Philosophy

Training Details

- The Golf Performance Center prefers group training over individual training because the students benefit when they can learn with their peers.
- Performance training is broken into small group sessions to encourage participation, competition, and fun.

Why Traditional Training Doesn't Work

Traditional Instruction

- A player strokes putts repeatedly from the same distance without routine
- A player hits the ball repeatedly from the same distance with the same club
- Practice doesn't simulate the competitive pressures involved in play

GPC Coaching

- Players are coached to practice in situations that are more similar to how to play the game
- Every rep is accountable, coaching the player to be aware and present for each rep, not just hitting balls
- Practice is fun with peer interaction for feedback as well as competitive games in practice
- GPC coaching translates to on-course performance

Periodization

One of our goals here at GPC Academy is to make sure our young student athletes are prepared for peak performance, therefore we divide the year into phases which will progress towards athletes performing their best at the right time.

September

Assessment of Summer Season, Goal Setting, and Planning

October-December

Practice 15-20 hours per week (60% random, 40% block)
 Play 2-3 rounds per week
 Training 2-4 times per week
 Mental practice 2-4 hours per week
 Nutritional Plan Daily
 School work 6 days per week
 Scheduling for tournaments 1 time per month
 Recruiting for college as needed

January-April

Practice 15-20 hours per week (70% random, 30% block)
 Private session(s) weekly with golf coach if needed
 Play 2-3 rounds per week
 Training 3-4 times per week
 Mental practice 3-4 hours per week
 Nutritional Plan Daily
 School work 6 days per week
 Tournament scheduling review and revisions

May-August

In sessions for high school and summer
 Practice 20-50 hours per week (80% random, 20% block)
 Private sessions as needed for maintenance
 Training 2-3 times per week
 Mental practice 5-6 hours per week
 Nutritional Plan Daily
 School work 6 days per week until school is out
 Tournament scheduling revisions as needed

Below are examples of what a day in the life of a Golf Performance Center Athlete looks like:

Though there are scheduled Academy days, members are welcomed and encouraged to come and practice every day.

Program Days

6:30 am Breakfast
 7:45 am - 3:15 pm School
 4:00 pm - 6:00 pm GPC Academy
 6:30 pm - 8:00 pm Homework

Off Days

6:30 am Breakfast
 7:45 am - 3:15 pm School
 4:00 pm - 6:00 pm GPC Academy
 6:30 pm - 8:00 pm Homework

	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July
Physical	Preparation		Strength & Power				Maintenance			Peak Competition	
Golf	Competition			Hard Skills			Soft Skills			Peak Competition	

Full Day Student Periodization

One of our goals here at GPC Academy is to make sure our young student athletes are prepared for peak performance, therefore we divide the year into phases which will progress towards athletes performing their best at the right time.

September

Assessment of Summer Season, Goal Setting, and Planning

October-December

Practice 15-20 hours per week (60% random, 40% block)
Play 2-3 rounds per week
Training 2-4 times per week
Mental practice 2-4 hours per week
Nutritional Plan Daily
School work 6 days per week
Scheduling for tournaments 1 time per month
Recruiting for college as needed

January-April

Practice 15-20 hours per week (70% random, 30% block)
Private session(s) weekly with golf coach if needed
Play 2-3 rounds per week
Training 3-4 times per week
Mental practice 3-4 hours per week
Nutritional Plan Daily
School work 6 days per week
Tournament scheduling review and revisions

May-August (for year round athletes)

In sessions for high school and summer
Practice 20-50 hours per week (80% random, 20% block)
Private sessions as needed for maintenance
Training 2-3 times per week
Mental practice 5-6 hours per week
Nutritional Plan Daily
School work 6 days per week until school is out
Tournament scheduling revisions as needed

Below are examples of what a day in the life of a Full Day Student at Golf Performance Center looks like:

Though there are scheduled Academy days, members are welcomed and encouraged to come and practice every day.

Monday/Tuesday/Wednesday/Thursday*/Friday

7:00 am Workout
8:30 am - 11:30 am School
11:30 am - 12:30 pm Lunch
12:30 pm - 4:30 pm Golf Practice
4:30 pm - 6:00 pm Homework
6:00 pm - 8:00 pm Optional Golf Practice

*Thursdays will be field trip days

School breaks follow Ridgefield school district calendar (dates TBD)

Saturday

9:00 am – 11:00 am School or ACT/Sat
11:30 am Lunch
12:00 pm Golf Practice

	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July
Physical	Preparation		Strength & Power				Maintenance			Peak Competition	
Golf	Competition			Hard Skills			Soft Skills			Peak Competition	

****Please contact our admin office for more information about our Academic curriculum**

General Information

I am applying for:

Full Day Program Non Boarding Boarding (coming soon) After School Program

Athlete Information

Today's Date	Last Name	Middle Name	First Name
Street Address			
City	State	Zip Code	
Gender	Phone Number (C) (H)	Email Address	
School Name			Graduation Year

Parent Information

Legal Guardian <input type="checkbox"/> Yes <input type="checkbox"/> No	Last Name	Middle Name	First Name
Street Address			
City	State	Zip Code	
Relationship to Athlete	Phone Number (C) (H)	Email Address	

How did you hear about us?

Golf Specific Information

How can GPC help you reach your goals?

How long have you been playing golf?

What is your tournament handicap?

How long have you been playing golf?

What is your best competitive tournament finish?

What is the lowest score you've ever recorded?

What has been the highlight of your golfing career thus far?

What were your golf goals for this past season? Did you reach any?

Do you have a current golf instructor? If yes, who?

Have you ever gone through a golf evaluation? If yes, when?

What are the strengths to your game?

What are the weaknesses to your game?

Character Aptitude

Please answer the following questions to the best of your ability. Keep in mind there are no right or wrong answers in this section, it is designed specifically to analyze the athletes thought process. Answers need to be in multiple complete sentences. All single sentence answers will not be accepted.

If you witnessed someone cheating (school or golf), what would you do?

You're hanging out with a group of friends and some of them start to pick on a younger, weaker kid. What do you do?

Provide an example of when you were faced with adversity or an unfavorable situation. How did you handle it and what did you learn from it?

Who and what inspires you?

Golf IQ

The Golf IQ section is designed to assess how an athlete processes information strictly on a golf basis. The information given in this section will provide the GPC coaching staff an indication of the athlete's golf experience, knowledge and intuition. Please answer all questions in complete sentences to the best of your ability, again keeping in mind that there are no right or wrong answers.

Do you believe that great golfers are born or made?

If you could only use five clubs for an 18-hole round, which clubs would you use and why?

You have a one shot lead going to your last hole, a Par 5 18. You hit an excellent tee shot and you're in the middle of the fairway. You're 220 yards from the green but a water hazard is guarding the green. Do you go for the green in two for an eagle opportunity or lay up?
