



Janine Young

GET FIT

THE GROWING SEASON: JUNIOR GOLF TRAINING

With all the rain and intermittent sun we have had, I think I actually have seen the grass grow during the past few weeks. Not that we have had a lot of time to watch it grow, but if you blink, it is time to mow again. Timing is everything though and as most of you probably know, just wait to do the work, it rains again, and the grass and the weeds are up to your knees.

It is kind of like the Junior Golfers we work with, they all seem to have that same kind of growth...cruising along without much action, and then WOW they have grown 4 or 5 inches in 6 months. They go from being little people to full grown in what seems to be overnight.

Like the grass growing in the Spring, the development of these athletes in this stage is effected by so many variables: nutrition, hormones, sleep patterns, and physical training. We all have been (or will be going) through the physical changes that occur during these FUN times, and for the teenagers, just add the stress of school, competition, social pressures and it can be a TORNADO waiting to happen! Implementing a plan that can develop balance in your Junior Golfer's life can be vital to their success.

We classify anyone under the age of 21 as a "Junior." The 3 stages of development we will be exploring are:

- Early Development Phase (usually ages 5 – 11)
- Mid-Development Phase (usually ages 12 – 15)
- Late Development Phase (usually ages > 15)

Based on a philosophy develop by Istvan Bayli, the Long Term Athletic Development model is being implemented globally with great success. It involves the elements of training, competition and recovery based on developmental versus chronological age and needs.

Males		Females
0 – 6	Active Start	0 – 6
6 – 9	FUNDamentals	6 – 8
9 – 12	Learning to Train	8 – 11
12 – 16	Training to Train	11- 15
16 – 23	Training to Compete	15 – 21
19 +	Training to Win	18 +

At Elite Golf and Fitness, we have adopted the Titleist Performance Institute's philosophy of "FUN AND FAST" for the Early Development Phase (FUNDamentals/Learning to Train). Just like Jack Nicklaus said and Arnold Palmer and Tiger Woods did, "the first thing he learned was to swing hard and never mind where the ball went." Basic FUNDamentals taught using FUNctional training techniques in a FUN setting is a recipe for the development of Rotary Speed.

Here are a few examples of activities we use in our Junior Golf Rotary Speed Training:

JUMPING – JUMP WITH TWIST



SWINGING – SLAPSHOT



During the **Training to Train** and phase, **Fitness**, specifically the components of **endurance, strength, speed and power** can be developed exponentially. Because of the dramatic physical changes that are occurring, consistent monitoring of the athlete's musculoskeletal system is very important. Body Weight, Tubing, Swiss and Medicine Balls are the preferred functional training "Equipment". Growth spurts can often lead to flexibility issues. Multiple sport participation is encouraged up to 9 times per week, so that repetitive movement patterns do not lead to overuse injuries.

Here are some exercises we employ with our Junior Golfers in the Training to Train Phase:

Dive Bombers – Start by rolling out face down on a Swiss ball until the ball is under your thighs. Take both hands and place them close together in a push-up fashion.



ion. Slowly lower your head down to the ground like a push-up without moving your hands. Gradually roll your head forward past your hands and push-up until your elbows are extended. Return to the starting position and repeat. Make sure you keep your core braced throughout the exercise.

Prone Planks – Lying face down on the mat, place your elbows under your shoulders and your forearms flat on the mat. Lift your body off the ground keeping your



core braced and stable and support yourself with just your forearms and pads of your feet. Make sure your lower back is not sagging and your core is braced throughout the exercise.

It is in the **Training to Compete** phase that specialization is initiated. Physical development should include sport specific, positional and event preparation.

An example of Competitive Training techniques for Golf:

Backswing Resisted Drill – Attach the handles of your FMT to the middle hinge of a door and place the harness around your waist. Walk away from the door to create resistance and make sure the tension is pulling towards your trail leg in your golf



swing. Get into a good golf posture and try to make a good backswing without swaying towards the door. Add a medicine ball for a slight resistance with your upper body if you want.

Finally, it is in the **Training to Win** phase where upper level performance is emphasized, with all components of training being modeled in order to achieve peak physical condition.

Elite Golf and Fitness is currently accepting registration for our **Junior Golf Rotary Speed Training Class** and our **High School and College Prep Golf Performance Training**. Call 913.226.7092 or email us at contactus@elitegolffitness.com for more information.

Junior Golf Rotary Speed
Tuesday and Thursday: 9 am to 10 am

High School/College Prep Golf Performance
Tuesday and Thursday: 8 am to 9:30 am

Classes will be held at our new home at **Will Shield's "68 Inside Sports"** in the "68 Inside Sports Warehouse" at 9111 Flint Street, Overland Park, Kansas 66214. We are proud to bring to you the only complete **Titleist Performance Institute Model** in the midwest and announce our new partnership with Tony Phillips and his staff of the Inside Sports Clinic.

Now is the time to get going! As Titleist Performance Institute (TPI) Certified Golf Fitness Instructors, the Elite Golf and Fitness Staff is trained to implement the protocols that the PGA Touring Professionals use to identify their strengths and weaknesses to design and create their individual golf performance training programs. In order to achieve maximum success, we would encourage you to go through our complete assessment process – the Eagle, including **V1 Coach 2D and the only TPI 3D video swing analysis available in the Kansas City Area**, exclusive to the TPI and the Elite Golf and Fitness Process.

Special thanks to Jake and Peter Dahmer (pg. 24) and Miles (pg. 25) for demonstrating.

Elite Golf and Fitness
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