

4 INTRODUCTION TO COMPETITION

Ages: Boys 12-16 and Girls 11-15

What a Parent Should Know

Parents must monitor the growth spurt, communication should increase between parent and child as they discuss sporting options. Parents can help with input as the child looks to specialize in specific sports. Golf is a late specialization sport. Parents should also facilitate the relationship with any coaches and put the child and schools before sport. Nutrition and rest are also important during this stage of development.

Athletic Skills

Agility, footwork, balance, complex coordination, strength, core strength and flexibility.

Technical Development

Consolidating and beginning to master technical skills. Exploring variations and developing consistency under pressure. Focus on putting, chipping, full swing, bunker play, green reading, pitching and club selection.

Psychological Development

Love of the sport, focus, simple goal-setting, self motivation, confidence, learning to make decisions, developing self reliance, understanding winning and losing, respect for others.

Social Behavioral Development

More independent, ability to share, improved decision making ability. Desire, confidence and independence are growing. Peer group acceptance becomes important and physical competency plays a role in how one is perceived. Girls tend to form close friendships, boys have more broad relationships.

Practice

Continue random practice sessions in different environments. 45-90 minute sessions, 5-7 hours per week and include fun and on course play.

Competition

Competition is good at this stage however, should include fun and social activities as well. Stakes of competition are increased particularly when travel is involved. Important to note that long distance travel takes away from practice time which is crucial at this stage. 60 percent of time should be spent training and 40 percent in competition. 9, 18, 36 and 54 hole events played with a focus on 18 holes.

Equipment

Full set of equipment monitored regularly due to growth spurt and strength development.

Where to Play

Male – 18 holes up to 6,400 yards, Female – 18 holes up to 5,800 yards.

Support System in Hawaii For This Stage

The First Tee of Hawaii

US Kids Golf Association – Local Competition

Island Golf Associations – Varied programming, events and lessons.

Hawaii State Junior Golf Association – State, National and International Events

Aloha Section PGA - PGA Professionals at facilities throughout the state (see interactive map), PGA Junior League, Drive Chip & Putt.

Hawaii Junior Golf Day – Free of charge and held annually throughout the state.