

5 TRAIN AND COMPETE

Ages: Boys 16-23 and Girls 15-21

What a Parent Should Know

A competitive athlete's schedule becomes all-consuming and it's important for the parents to be aware of needs. As an athlete at this stage becomes more independent and more capable, parents can play a more passive role and offer guidance and support throughout. The parent becomes a support vehicle for the coach and to make sure the athlete is following the proper regimen.

Athletic Skills

Agility, footwork, dynamic balance, strength, endurance, speed, plyometric/power and flexibility. A well designed and individualized plan should be developed at this stage in conjunction with a fitness professional. As frequency of playing and practicing increases, it is important to monitor for overuse injuries and mental fatigue.

Technical Development

Repetition of fundamental skills, curbing bad habits, innovating, tweaking and fine-tuning. Mastering skills.

Psychological Development

Self-defined enjoyment and participation in the sport. Willingness to be flexible and try new things, accepting responsibility, respect, making good choices, leadership skills, communication skills, interpersonal skills and mental toughness. Long term goal setting and short range planning to reach desired goals.

Social Behavioral Development

Seeking independence without needing to ask permission. Developing logical and deductive reasoning. Self-image is stabilizing but peers are very influential. Opportunity to explore and experiment within sport is important. Healthy/adult mentor relationships are beneficial.

Practice

32-42 weeks a year, 30-40 hours per week, three to four hour practice session with 40% putting, 20% short game, 40% long gam. Practice schedule should be reviewed and monitored by coach.

Competition

Personalized competition plan based on periodization. At least one annual review of performance with coach as well as competition planning sessions.

Equipment

Custom fit equipment required.

Where to Play

Male – 18 holes up to 7,200 yards, Female – 18 holes up to 6,400 yards.

Support System in Hawaii For This Stage

Hawaii State Junior Golf Association – Statewide, National and International competitive programming, major team events, college preparation and support.

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ASPGA - PGA Professionals at facilities throughout the state.

NCAA – Team and Individual competition.

USGA – National competitions.