

## 6 TRAIN TO WIN

**Ages:** Boys 19+ and Girls 18+

### **What a Parent Should Know**

N/A

### **Athletic Skills**

Agility, footwork, dynamic balance, strength, endurance, speed, plyometric/power and flexibility. At this stage the athlete should have a solid foundation in place from years of training and following an annual plan.

### **Technical Development**

Full Mastery of technical skills, ball contact, controlling the ball, ability to adapt to a variety of conditions, set game plan and understanding of personal strengths and weaknesses.

### **Psychological Development**

Completely understands and accepts the need for rules, regulation, planning and structure. Also sees long-term pay off of hard work and goal setting.

### **Social Behavioral Development**

Self-actualization and self-expression are important. Major decisions about like are of significant importance with a need to be self directed and independent.

### **Practice**

44-48 weeks per year, 40 hours per week, 4-6 hour sessions.

### **Competition**

Periodization planning based on the athlete. Professional 20-35 multi round events per year. Amateur 13-20 multi round events per year.

### **Equipment**

Custom fit equipment required.

### **Where to Play**

N/A

### **Support System in Hawaii For This Stage**

Hawaii State Golf Association – Statewide competitive programming, major team events.

ASPGA - PGA Professionals at facilities throughout the state.

NCAA – Team and Individual competition.

USGA – National competitions.