

# Programs and Pathway



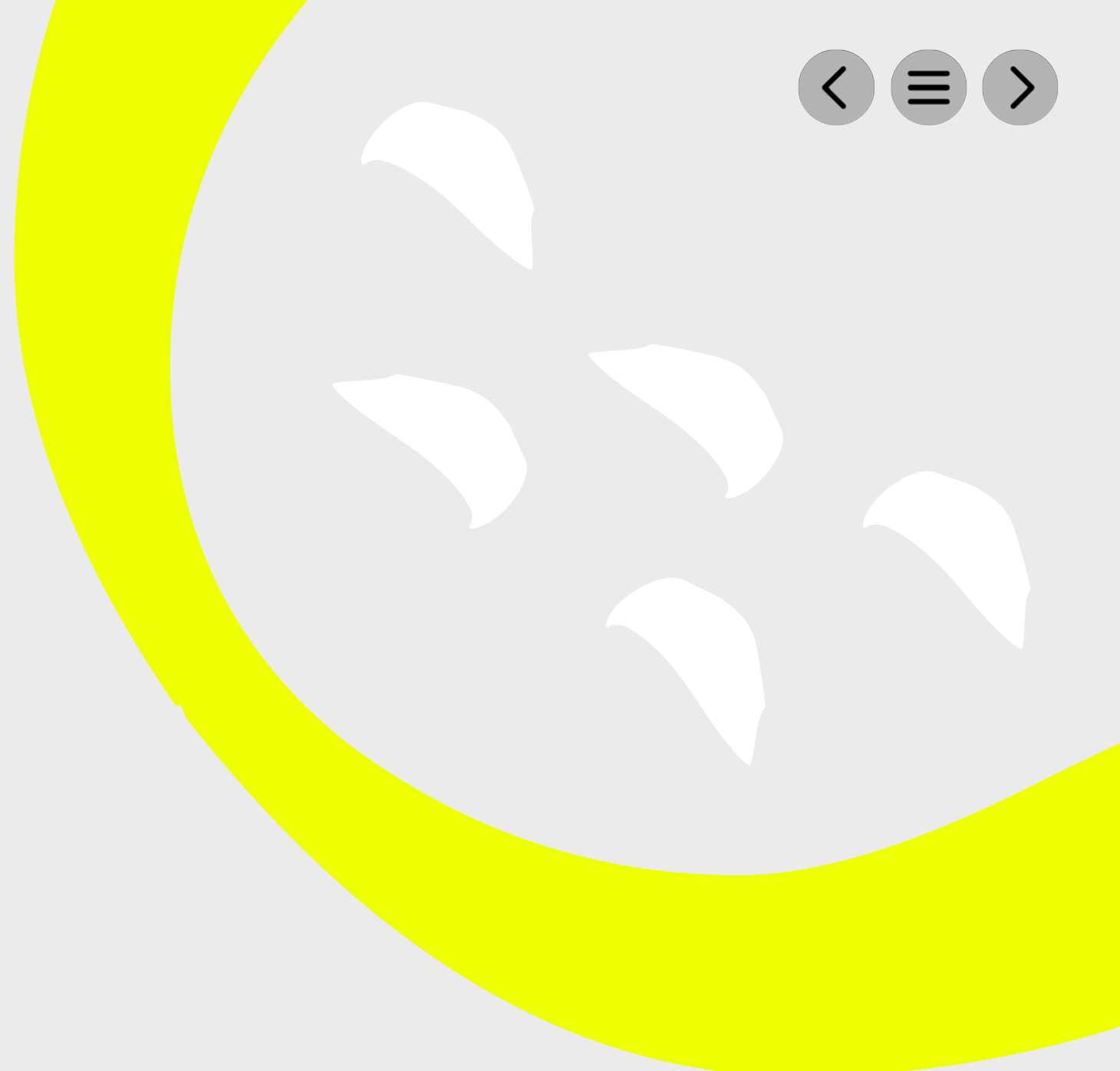
# Contents

- 3** The Programs
- 11** Learning Outcomes
- 17** Progression Pathway and Levels
- 22** Measuring Progress
- 28** Rewarding Progress
- 36** Tracking Progress
- 46** Developmentally Appropriate
- 52** Next Steps





# The Programs





# Convert, Retain and Develop - The Six Programs

There are six core *Crush It* Junior Programs, delivered at your venue to drive the four KPI's and develop the child across the critical components. The six programs to convert, retain and develop the child at your venue are:



## 1. Junior Monthly

Weekly sessions throughout the month designed for different ages and experience, developing the necessary FUNdamentals of the game and developing friendships.



## 2. Junior Course Play

It's super important for juniors to play the course and we do this through a developmental structure. This will help juniors learn to play and score and where necessary with a competitive element.



## 3. Junior Social Play

Opportunities for juniors and the family to engage in social play events at the club. To promote the development of fundamentals, friendships and family engagement at your venue.



## 4. Junior Golf Camps

Activities during the school vacation for ages 11-16 covering golf and multi skills. To help develop the fundamentals of the game and develop friendships.



## 5. Junior Fun Days

A day where juniors can come to the club to have fun and experience playing golf.



## 6. Junior PGA Junior League

PGA Jr. League is a group of local golf teams who play a series of games against each other, utilizing a nurturing and social scramble format. This is imbedded in our annual programming schedule.



# Junior Monthly

The Junior Monthly Program is the core program at your venue. This program is delivered at your venue on a weekly basis in age and where feasible ability-based classes. This program will develop the child's necessary fundamentals to play the game, learn important life skills and form memorable friendships. This part of the program is delivered on a weekly basis at the venue on a monthly subscription model.

### Ages

# 4-6

Development of the child through group coaching and games-based play across the learning outcomes.



### Ages

# 6-11

Development of the child through group games-based and formalized learning across the learning outcomes and progression pathway.



### Ages

# 11-16

Development of the child in gender-based groups with a focus on co-operative and independent based learning, across the learning outcome and progression pathway, with an emphasis on creating competitive experiences.



Monthly Subscription



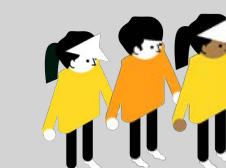
Weekly Classes



Access to Course Play Event Included



Ages 4-16 in Age and Ability Based Groups



6:1 Group Based Classes



60 Minute Classes

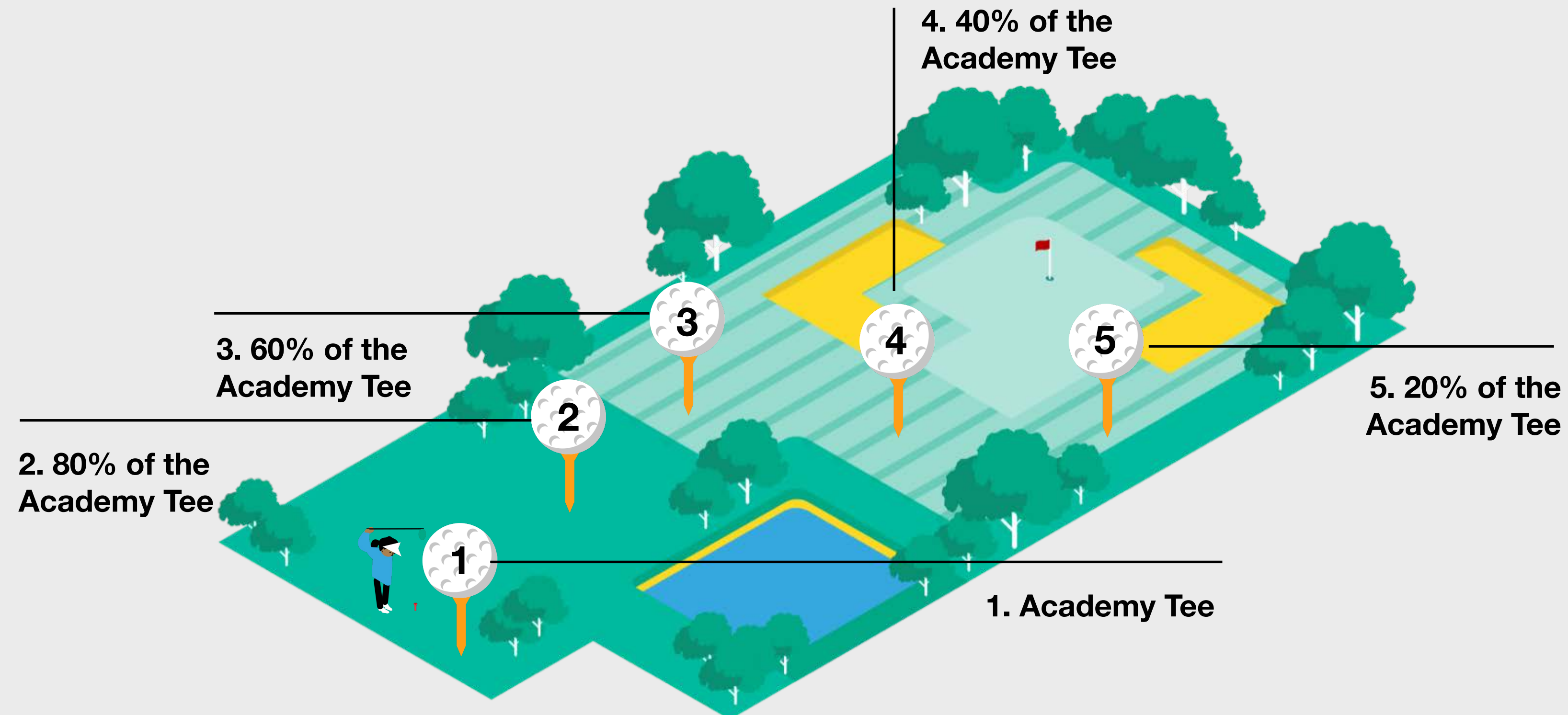


Drive Friendships

# Junior Course Play

The Course Play component provides the child with increased opportunities and exposure to the golf course at your venue. By implementing a developmentally appropriate five-stage teeing system to cater for children of varying ability, physical maturity and experience, this element will help the children to develop their confidence and competence on the golf course.

Through playing they will also learn to build friendships and learn to play both socially and competitively as well as being able to play on the golf course outside of *Crush It* Programming at your venue. The five-stage teeing system is as follows:



Included in the Junior Monthly Program



Monthly Event



Playing the Course Opportunity



Ages 4 -16



Drive Friendships



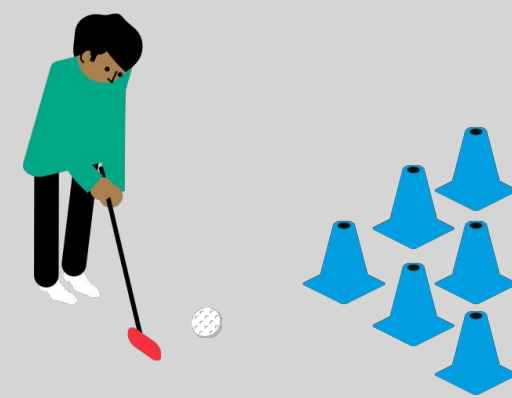
# Junior Social Play

These are opportunities for juniors to engage in life at your club with the family, friends and the club community. The Junior Social Play component of the *Crush It Program* will promote the development of fundamentals by increasing exposure to the golf course but mainly drive the development of friendship, fun and family engagement. The social play events focus on building the child's confidence at the club and to develop their understanding of playing the golf course in a variety of formats.



## Fun for the Family

These are events at the club aimed at engaging the whole family, regardless of ability and experience. Golfers and non-golfers alike can participate in fun, social and competitive play events.



## Fun Formats

These are fun and engaging events at the club aimed at widening the child's experience of playing formats and engaging them in life at the club.



## Bring-a-Friend

These are events at the club aimed at welcoming participating juniors' friendship circle to engage in activities at the club and to drive future involvement in the program.



## Buddy Play

These are events aimed at developing relationships between juniors and other club sections regardless of age and experience to help forge community and confidence at the club.



Price per Event



Monthly Event



Playing the Course Opportunity



Ages 4-16 Under Guidance of the Coach



Engage the Family



Drive Friendships

# Junior Camps

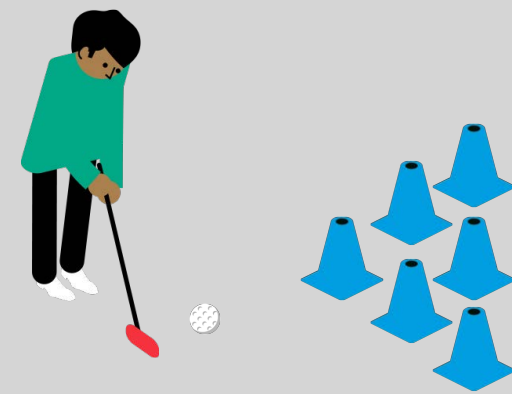
This program is all about providing opportunities during the school holidays for children to learn and develop golf and multi skills as well as to develop friendships. Golf Camps have been built flexibly for a range of venues with differing facilities. Golf Camps focus on building the child's fundamentals of the game, forging friendships and provide an opportunity to build confidence when being at the club. There are three camps available within this program:



## Introductory Golf Camp

Appropriate for children with limited experience of the game or who are at the early stages of participating in the *Crush it* Program.

The camp focuses on developing basic golf-based skills with multi-skills elements.



## Multi Sports Camp

Appropriate for children with limited experience of the game or who are at the early stages of participating in the *Crush it* Program.

The camp focuses on developing basic golf-based skills with a multi-skills focus.



## Golf Performance Camp

This camp is focused on developing golf specific skills with a greater time allocated to the golf course.

This camp is ideal for those who are already in the Junior *Crush it* Program and progressing through the program pathway.



Price per Camp



Scheduled During School Breaks



Playing the Course Opportunity



Ages 6-16 in Age Based Groups



Group Based



Half Day and Full Days

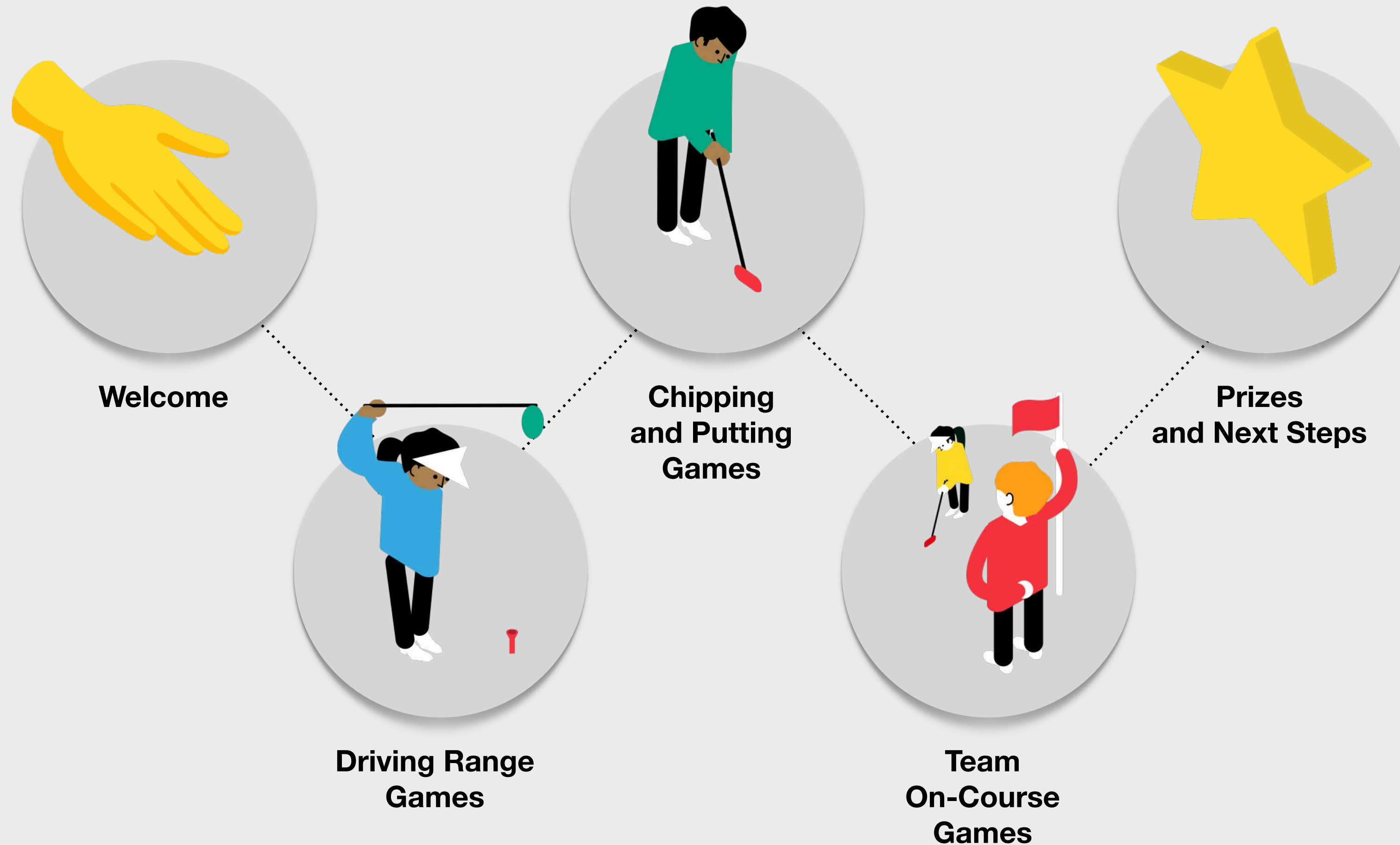


Drive Friendships



# Junior Fun Days

A Fun Day is exactly what it says it is! A day where juniors can come to the club to have fun and experience playing golf. The purpose of the session is for attendees to have fun, experience playing golf and NOT just hit balls on the driving range. Fun Days are ideal for driving new participation and exposure to the program.



Price per Event



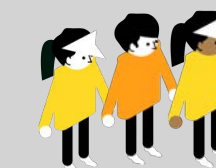
Quarterly Events



Playing the Course Opportunity



Ages 4-16



Group Based



3 Hour Event



Drive Friendships

# PGA Junior League

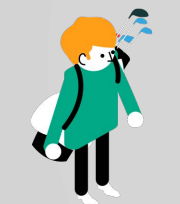
At its core, PGA Jr. League is a group of local golf teams who play a series of games against each other, utilizing a nurturing and social scramble format. PGA and LPGA Professionals exclusively serve as Captains and are responsible for creating a welcoming environment for all that encourages skill and character development. Find out more about this program by visiting [pgajrleague.com](http://pgajrleague.com)



Price per Season



Climate Dependent



Playing the Course Opportunity



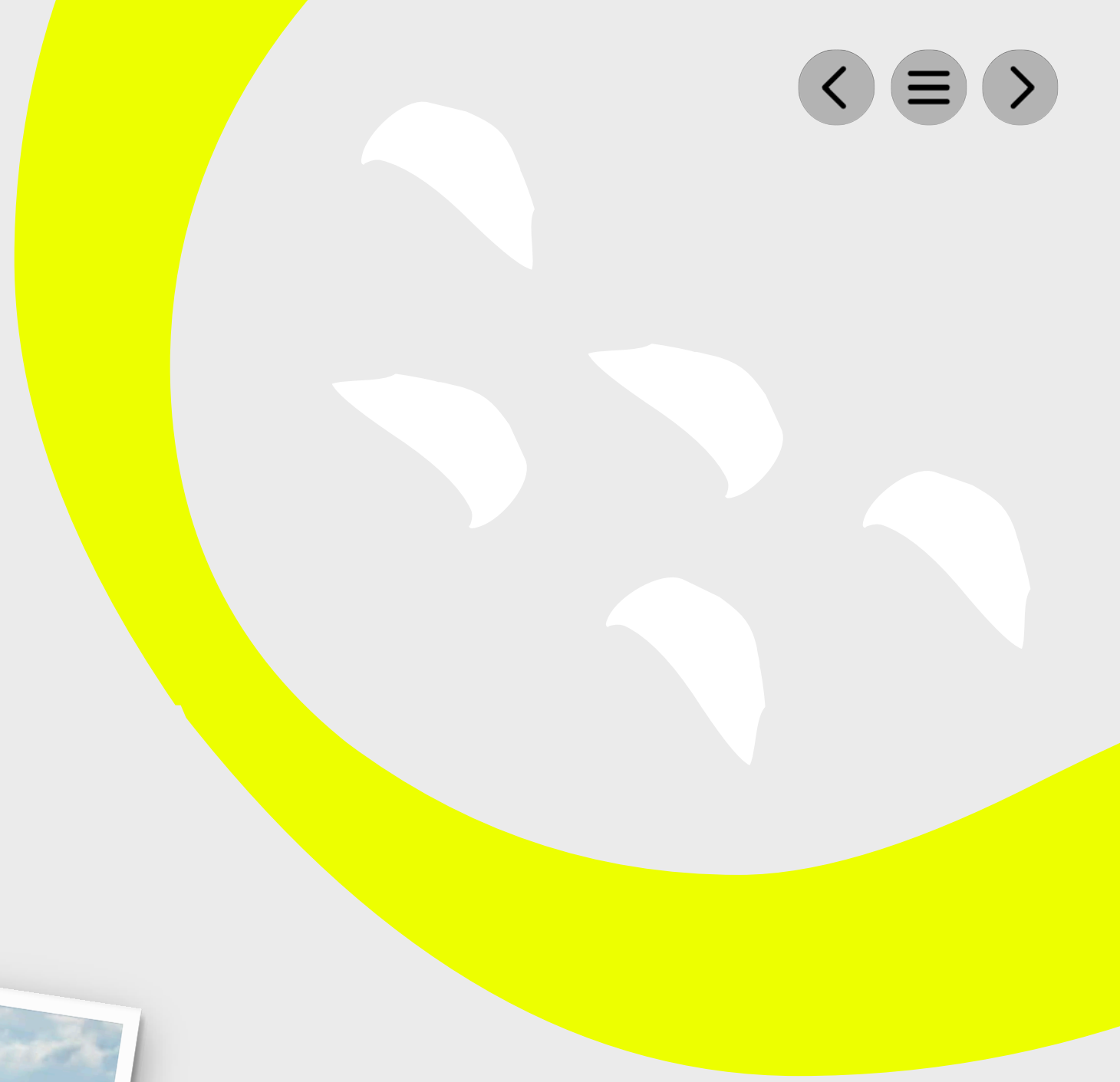
Ages 4-16 Under Guidance of the Coach



Drive Friendships



# Learning Outcomes





# Learning Outcomes

The *Crush It* Junior Program develops the child through four learning outcomes. These learning outcomes are interlinked and are critical to develop the child's competency and confidence to play the game. They are also vital to help the child to thrive as a person outside of golf and to become an active participant at your club. These learning outcomes are critical to creating a program curriculum and shaping the child's progression through the program pathway.



## 1. Mastering the Game

This element is focused on developing the child's golf skills to play the game confidently and competently.



## 2. Learning the Game

This element is focused on developing the child's knowledge to be at the club and to play the golf course independently, socially and/or competitively.



## 3. The Whole Child

This element is focused on the development of the child to thrive in golf and wider life across a range of social and psychological development elements.



## 4. Physical Literacy

This element is focused on the development of the child's necessary movement skills and physical development to thrive in golf and the necessary grounding for a healthy and active life.



# Mastering the Game

This learning outcomes focuses on developing the child across four skills within the game. Within each of these skills are sub-skills that are necessary for the child to develop in order to play the game confidently and competently:

## 1. Swing

Development of the skills required for the child to competently use the clubs in full swing areas of the game including driving, fairway woods and irons.



## 2. On the Course

This element is focused on the development and transference of the child's skills onto the golf course independently, socially and competitively.



## 3. Around the Green

Development of the necessary skills the child will require in situations around the green including pitching, chipping and bunker play.



## 4. On the Green

Development of the necessary skills the child will require in situations on the green including short putts, long putts and scoring.



# Learning the Game

This element is focused on building the child's knowledge of the game to play the golf course, play with others and engage in life at your club. The Learning the Game learning outcome focuses on developing the following four areas:





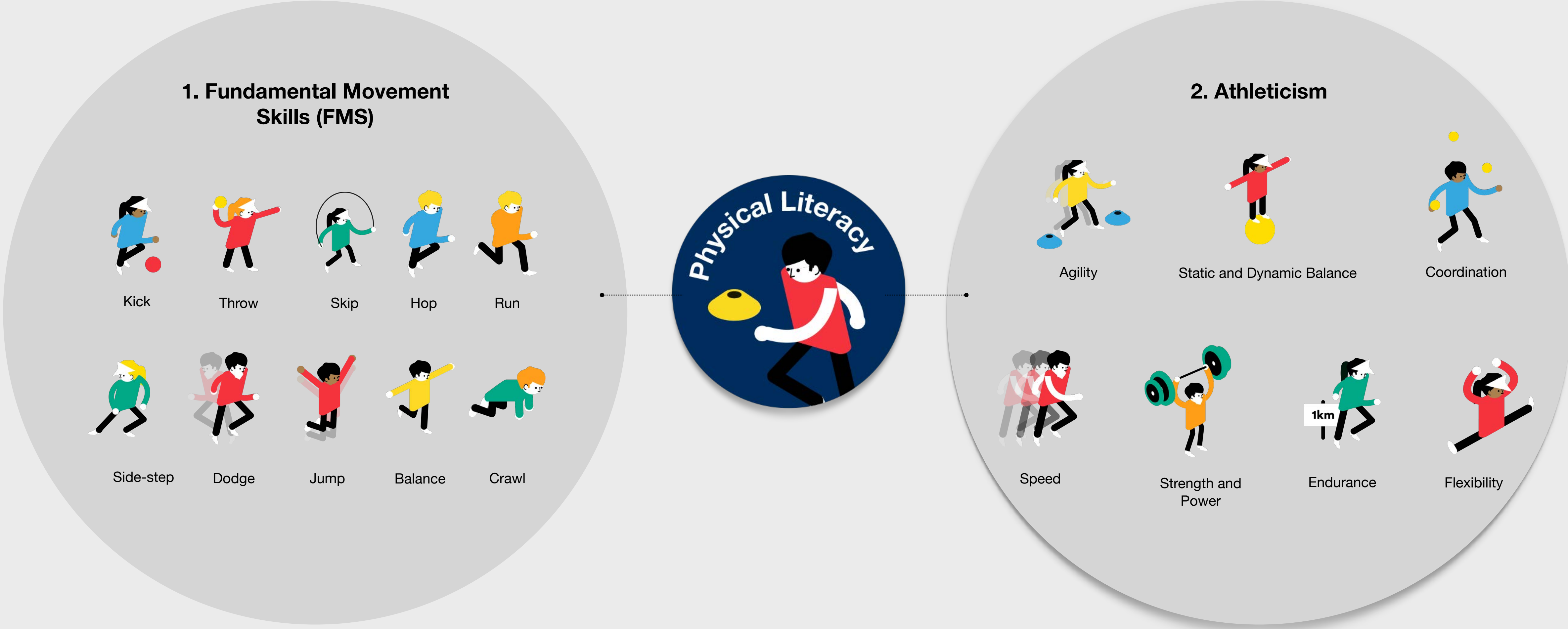
# The Whole Child

This element is focused on the social behavioral and psychological development of the child to thrive in golf, life at the club and in wider life. The child will develop these elements through active participation in the six Junior Programs, engaging actively in life at the club with others and their family. This learning outcome will develop:



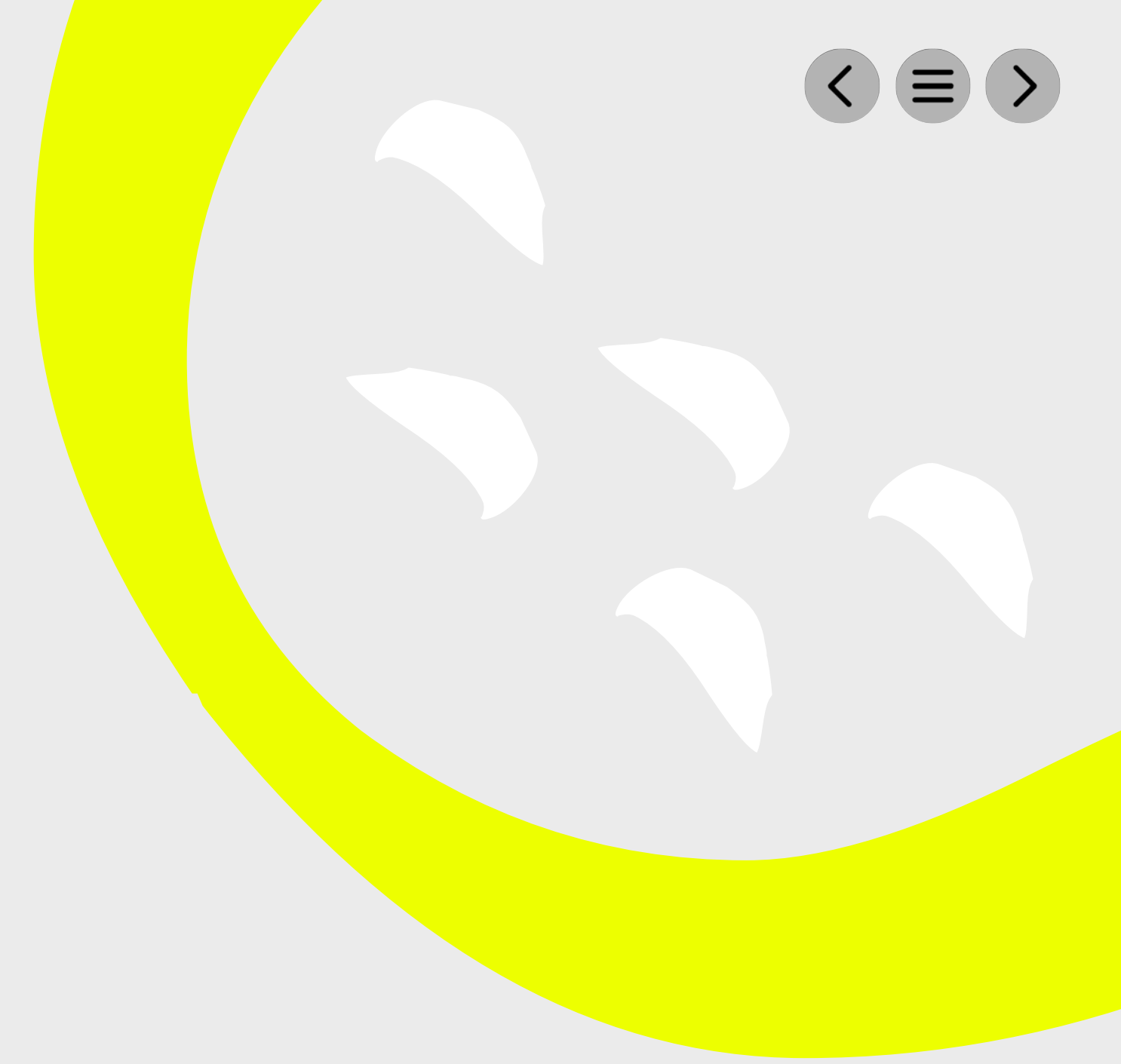
# Physical Literacy

This element is focused on developing the necessary movement skills and basic athleticism skills to play golf and thrive to live a healthy and active lifestyle. The physical literacy component is delivered within the Junior Program classes in the form of warm up games and activities in a developmentally appropriate way.





# Progression Pathway and Levels

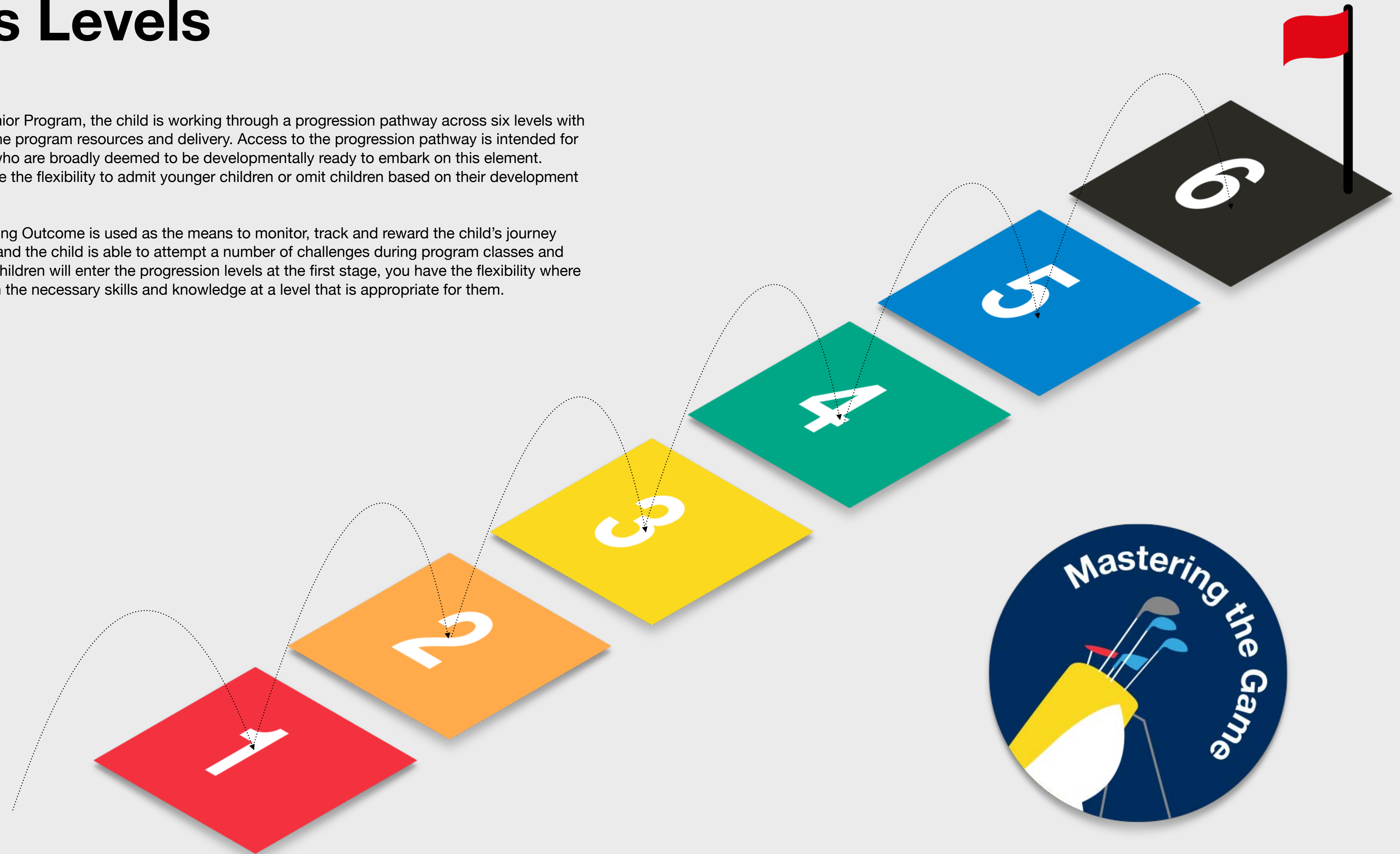
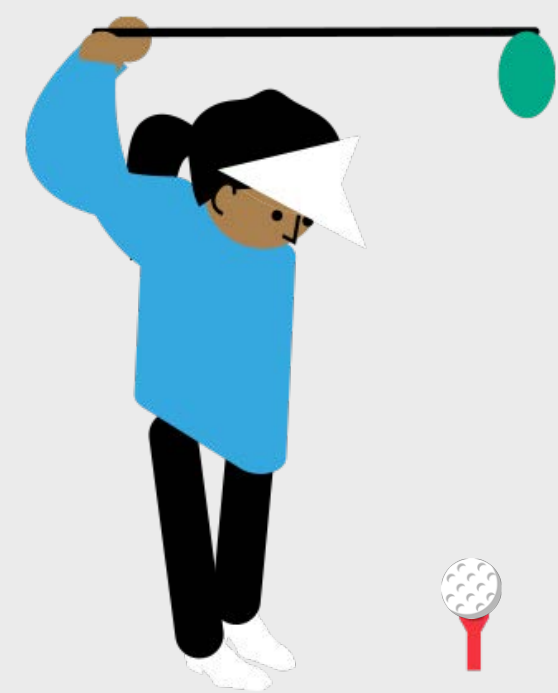




# Progress Levels

Through participation in the Junior Program, the child is working through a progression pathway across six levels with the levels color coded across the program resources and delivery. Access to the progression pathway is intended for children aged 6 through to 16 who are broadly deemed to be developmentally ready to embark on this element. However, you as the coach have the flexibility to admit younger children or omit children based on their development stage and needs.

The Mastering the Game Learning Outcome is used as the means to monitor, track and reward the child's journey through the progression levels and the child is able to attempt a number of challenges during program classes and events. Whilst, the majority of children will enter the progression levels at the first stage, you have the flexibility where necessary to enrol children with the necessary skills and knowledge at a level that is appropriate for them.





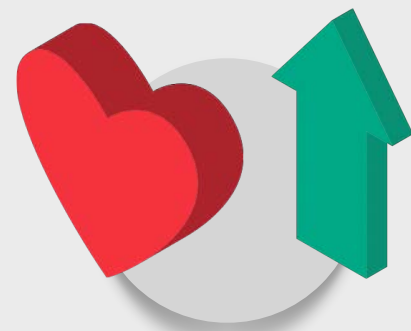
# Importance of a Progression Pathway

It is important that the child is able to move through progression levels during their participation in the Junior Program. Offering a progression pathway, will connect you, the child and the family. The progression levels will help to:



## 1. Measure Progress

Through the progression pathway all parties can track progression. This will shape the child's unique journey through the program and when engaging in life at the club.



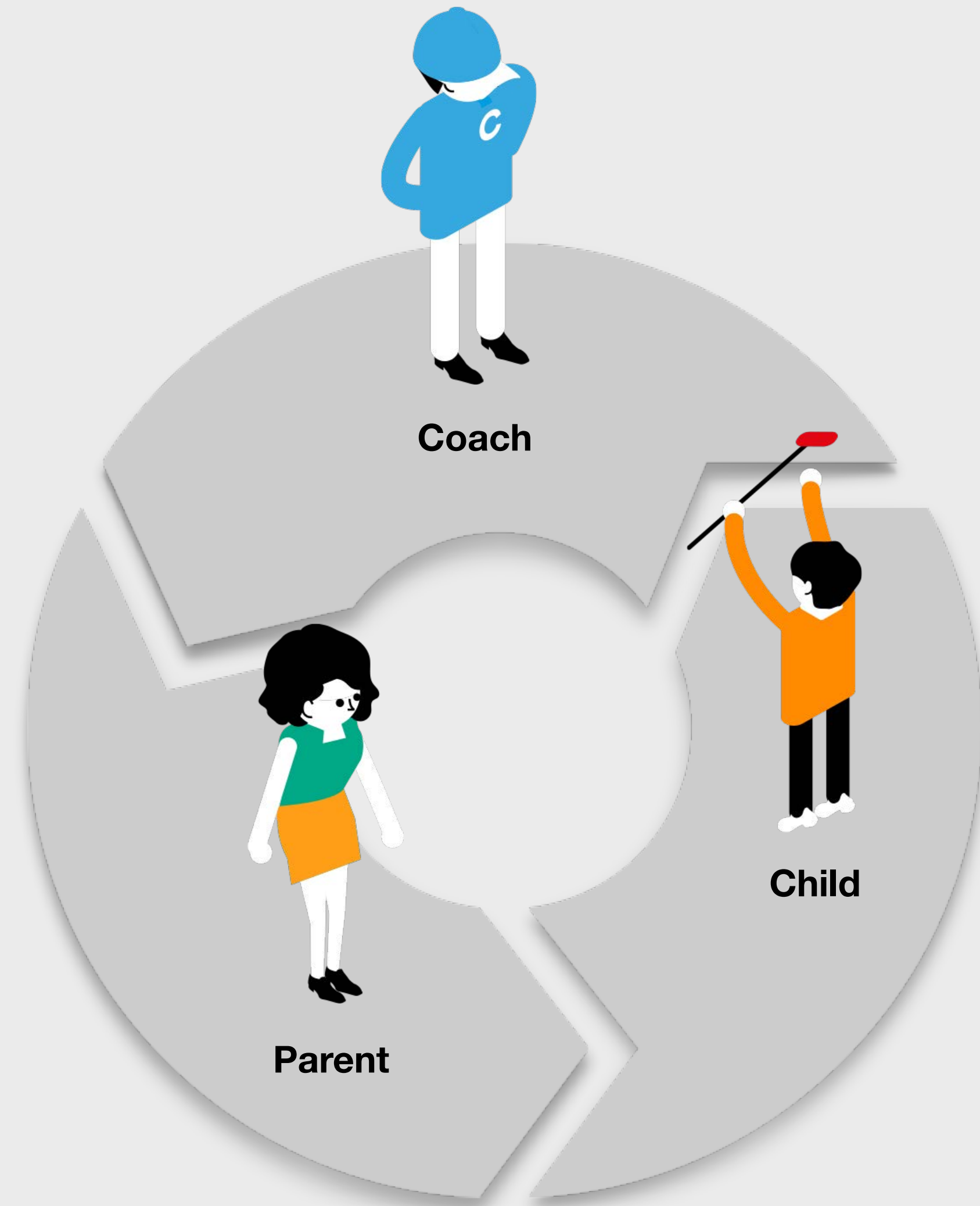
## 2. Drive Engagement

The progression pathway will provide all parties engagement in the child's development and will drive independent and one to one learning opportunities outside of program classes and events.



## 3. Reward Achievement

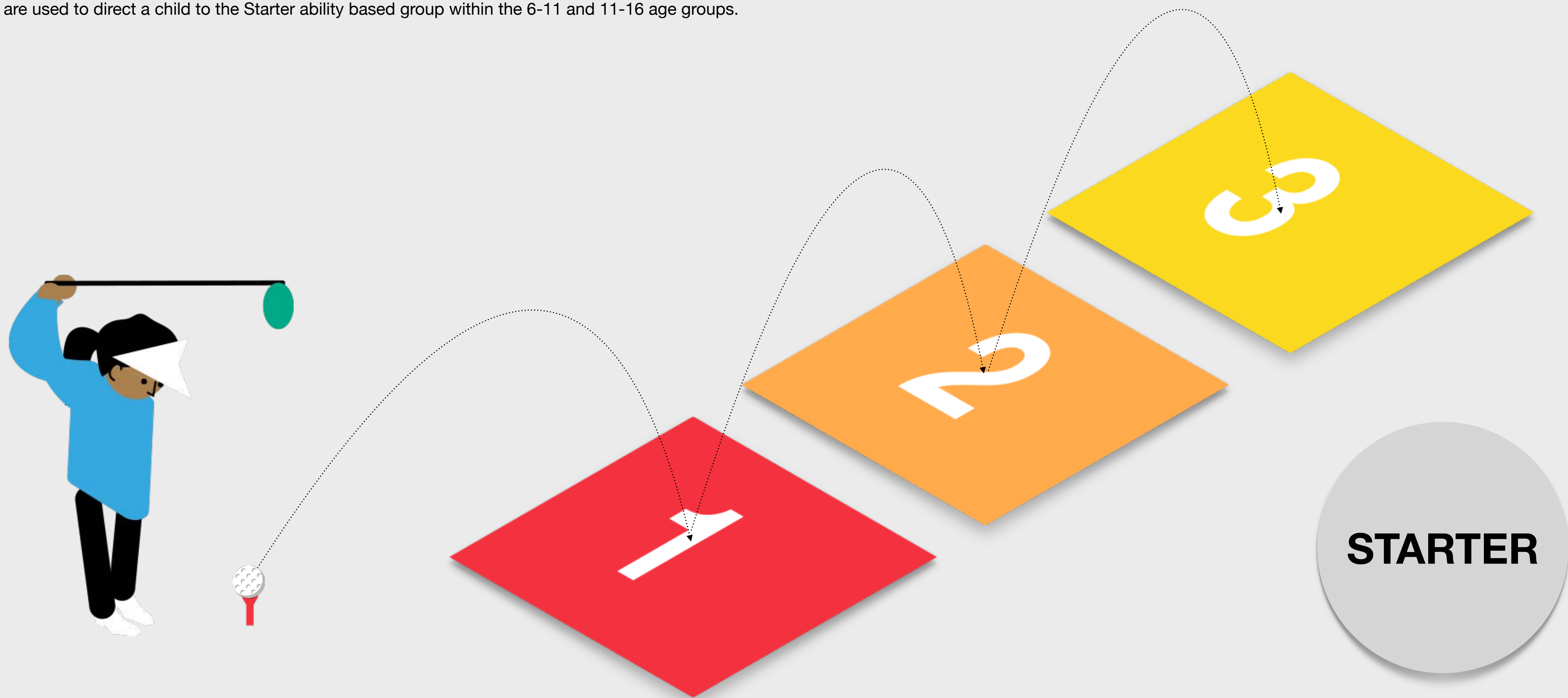
The progression pathway will drive self confidence, enjoyment and fulfillments by rewarding success at every stage.



# Levels 1, 2 and 3

The first three levels of the progression pathway are intended as the entry levels of the program. Targeted towards children with limited to no experience of the game, working to achieve the basic competency across the Mastering the Game learning outcome where physical maturity isn't a barrier to progression.

All participating juniors can work through these progression levels and on the discretion of the coach, children younger than the entry age of six can begin to work through the challenges and progression pathway. Where appropriate at your venue, these levels are used to direct a child to the Starter ability based group within the 6-11 and 11-16 age groups.

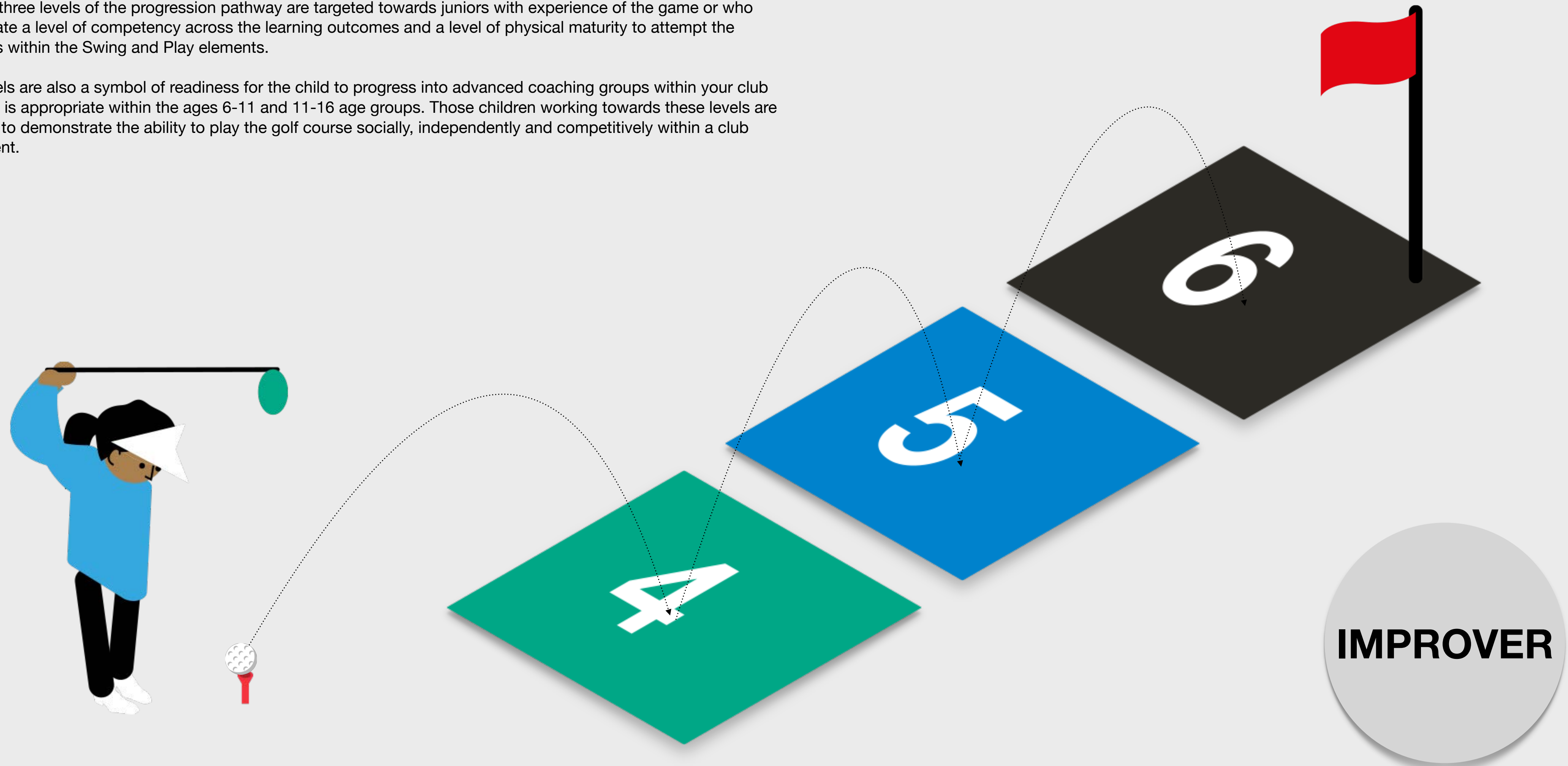




# Levels 4, 5 and 6

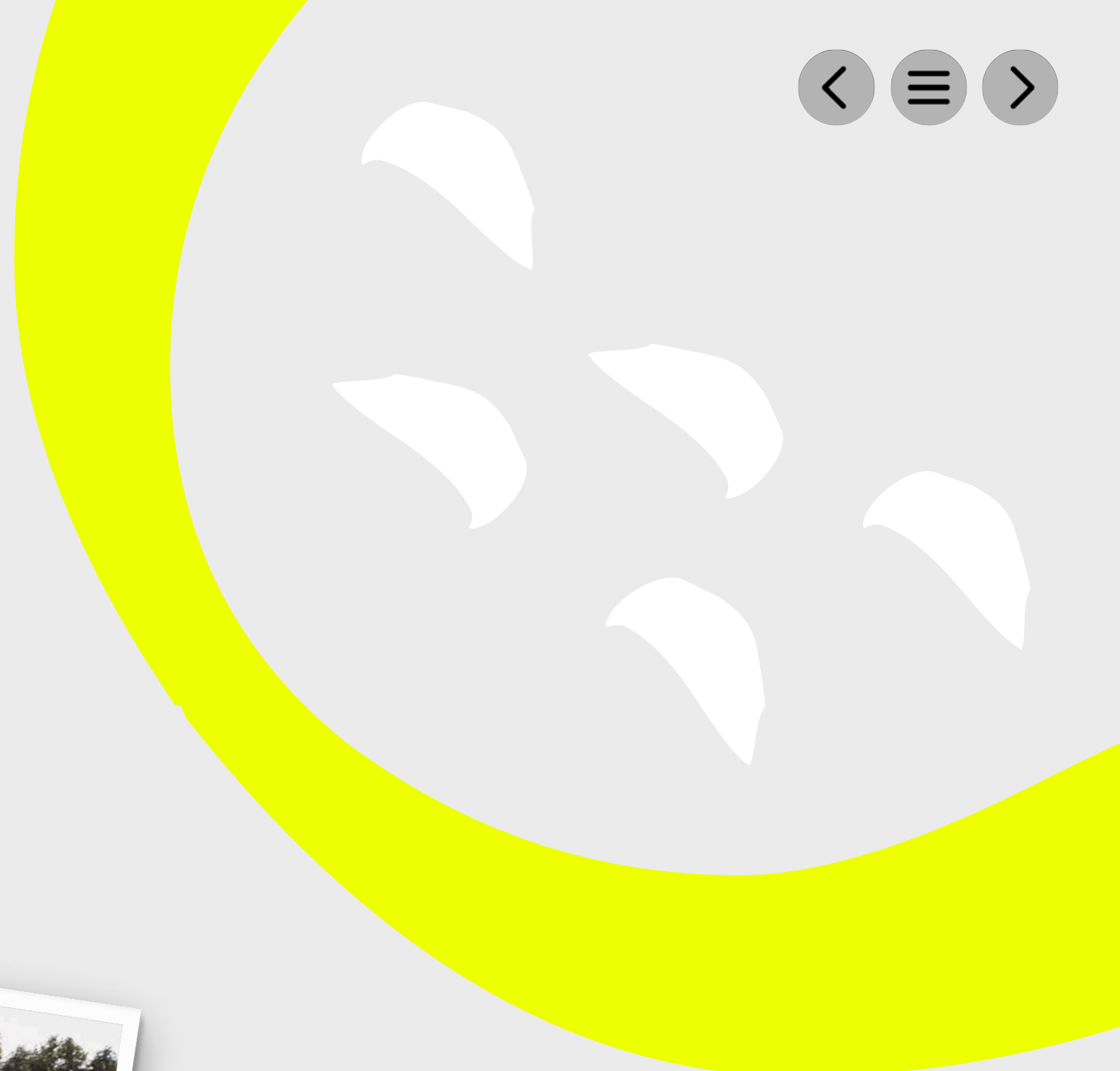
The latter three levels of the progression pathway are targeted towards juniors with experience of the game or who demonstrate a level of competency across the learning outcomes and a level of physical maturity to attempt the challenges within the Swing and Play elements.

These levels are also a symbol of readiness for the child to progress into advanced coaching groups within your club where this is appropriate within the ages 6-11 and 11-16 age groups. Those children working towards these levels are beginning to demonstrate the ability to play the golf course socially, independently and competitively within a club environment.





# Measuring Progress





# Mastering the Game Skill Elements

The Mastering the Game learning outcome is used to measure the child's journey through the progression pathway and levels. This learning outcome has been identified as having the most vital impact on the child's development to play the game confidently and competently as well as become an engaged and active member of the club.

## 1. Full Swing

- Driver
- Fairway Woods
- Irons

## 2. On the Course

- Score
- Attendance
- Number of Holes



## 3. Around the Green

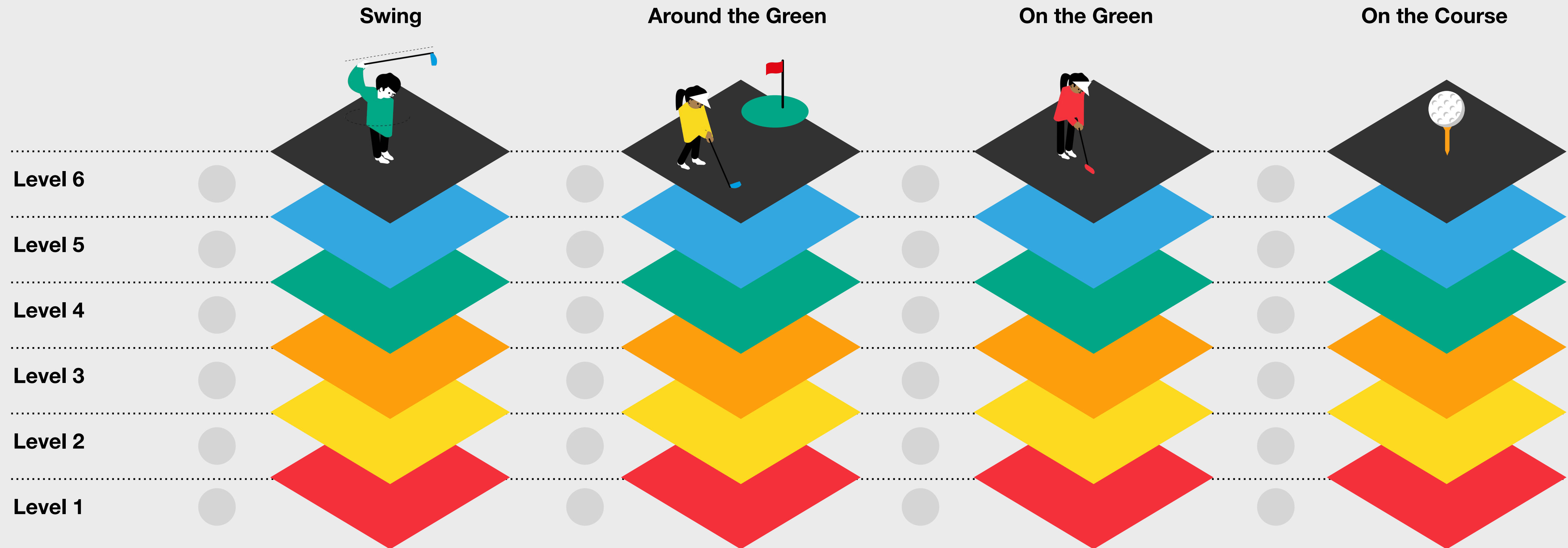
- Chipping
- Pitching
- Bunker Play

## 4. On the Green

- Short Putts
- Long Putts
- Scoring

# Skill Elements Progress levels

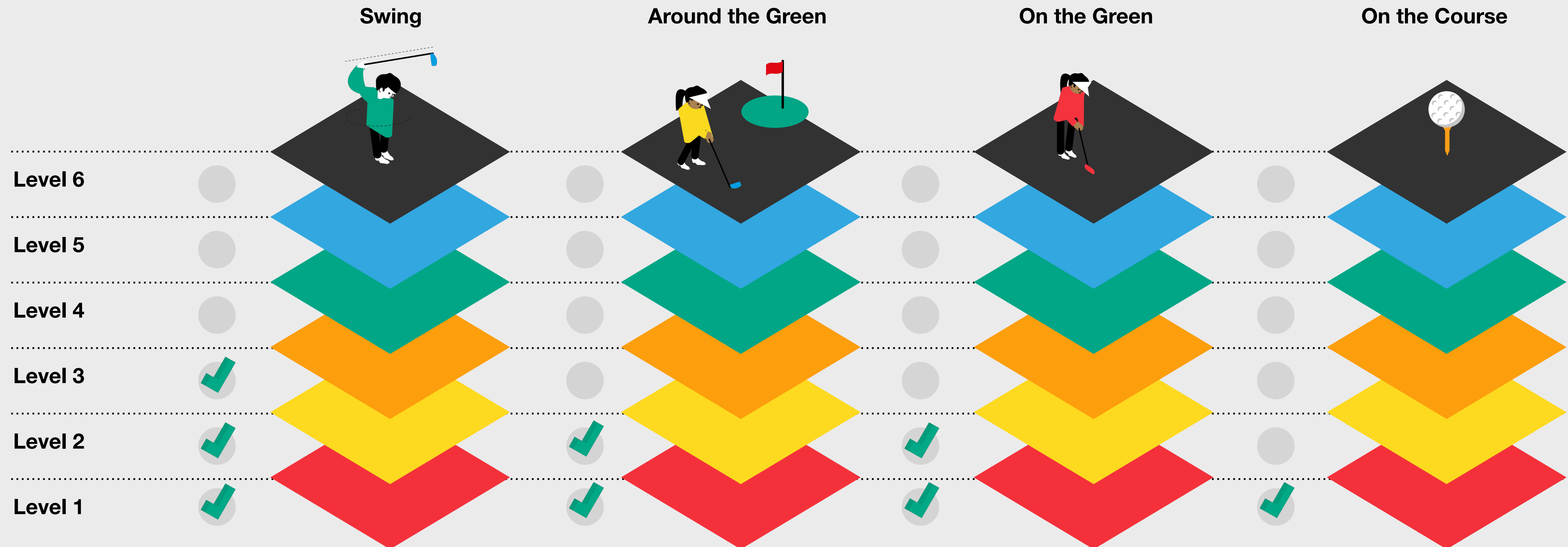
As stated, the child is working through progression levels across six levels within this learning outcome. The child is able to work through these levels across the four skill elements.:





# Not a Pass or Fail Program

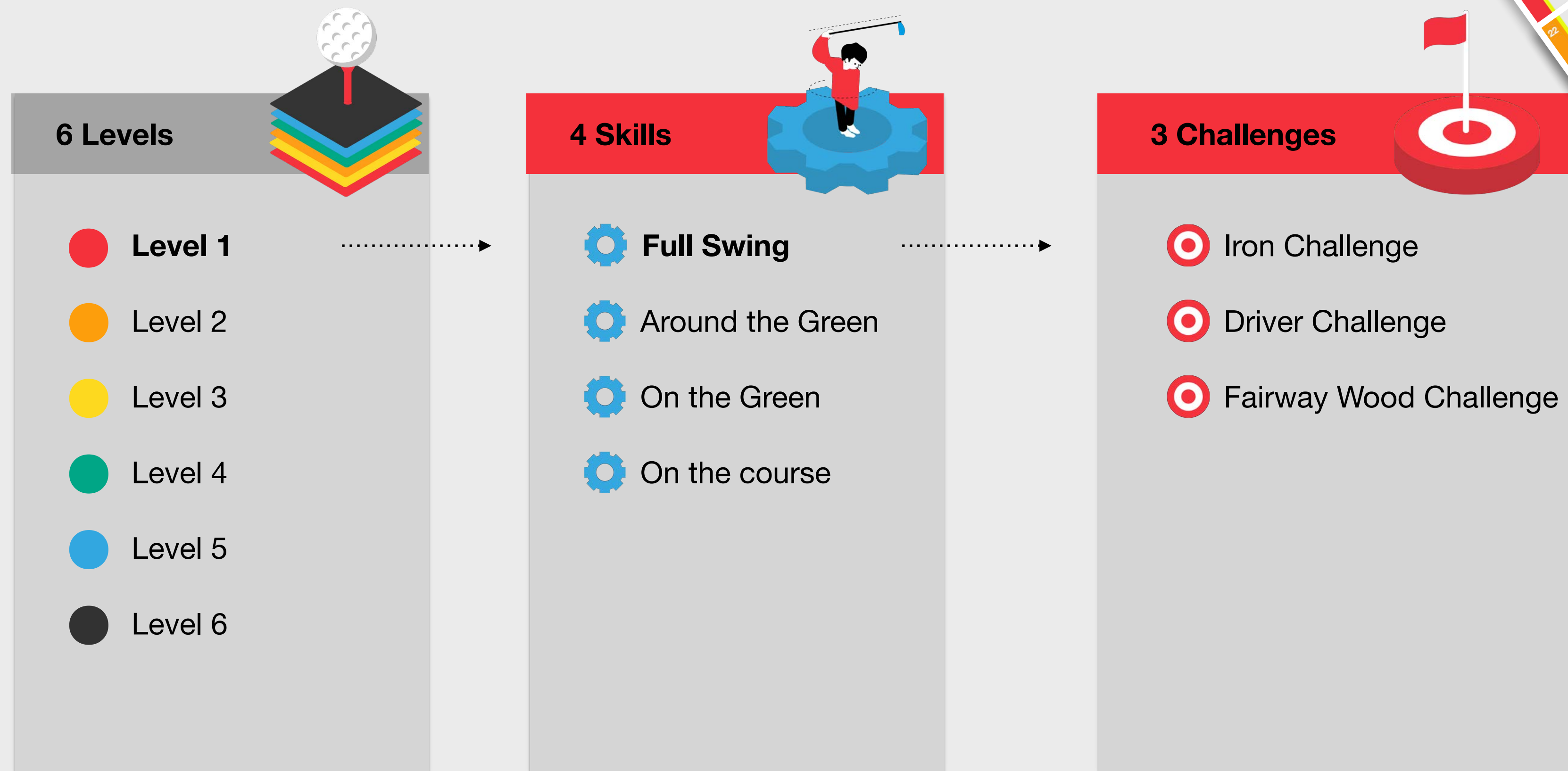
The progression levels do not advocate a 'pass/ fail' culture but offers a means to measure progress across the four skills. A child may progress through the six levels at different rates offering continued engagement in the program. This will also direct attention to the areas where the child needs most support during program classes and events as well as independently outside of the programs. In the example below, the child has completed all of the elements for level 1 but is moving through the levels within each skill at different rates.



# Challenges

The child's progress across the six levels and the four skill elements are assessed using 72 Challenges. There are three challenges within each skill element at each level.

Challenges are to be completed during Junior Program classes, but you have the discretion to run these challenges during other program activities such as individual lessons. You should also use your discretion when children attempt these challenges during classes. The challenges have been designed to be easily conducted during these classes. The challenges are provided within the Challenges Coach Resource which provides further details. The challenges are also provided within the *myJunior* folder and accessible through the Training Hub.





# You Are The Key To Making This Work!

The child's progression through the six levels are assessed during program classes and events. Therefore you have a crucial role to play in the child embarking on this journey. We have outlined some of the key roles you can play in helping to measure the child's progress through the progression levels:



**Prepare by laying out the challenges to be completed within the specific class or event**



**Be consistent when assessing children's progression through the challenges and levels**



**Help to educate children and their family on the progression levels and why they are important within the program**



**Communicate with us regarding improvement to the challenges and progression levels**



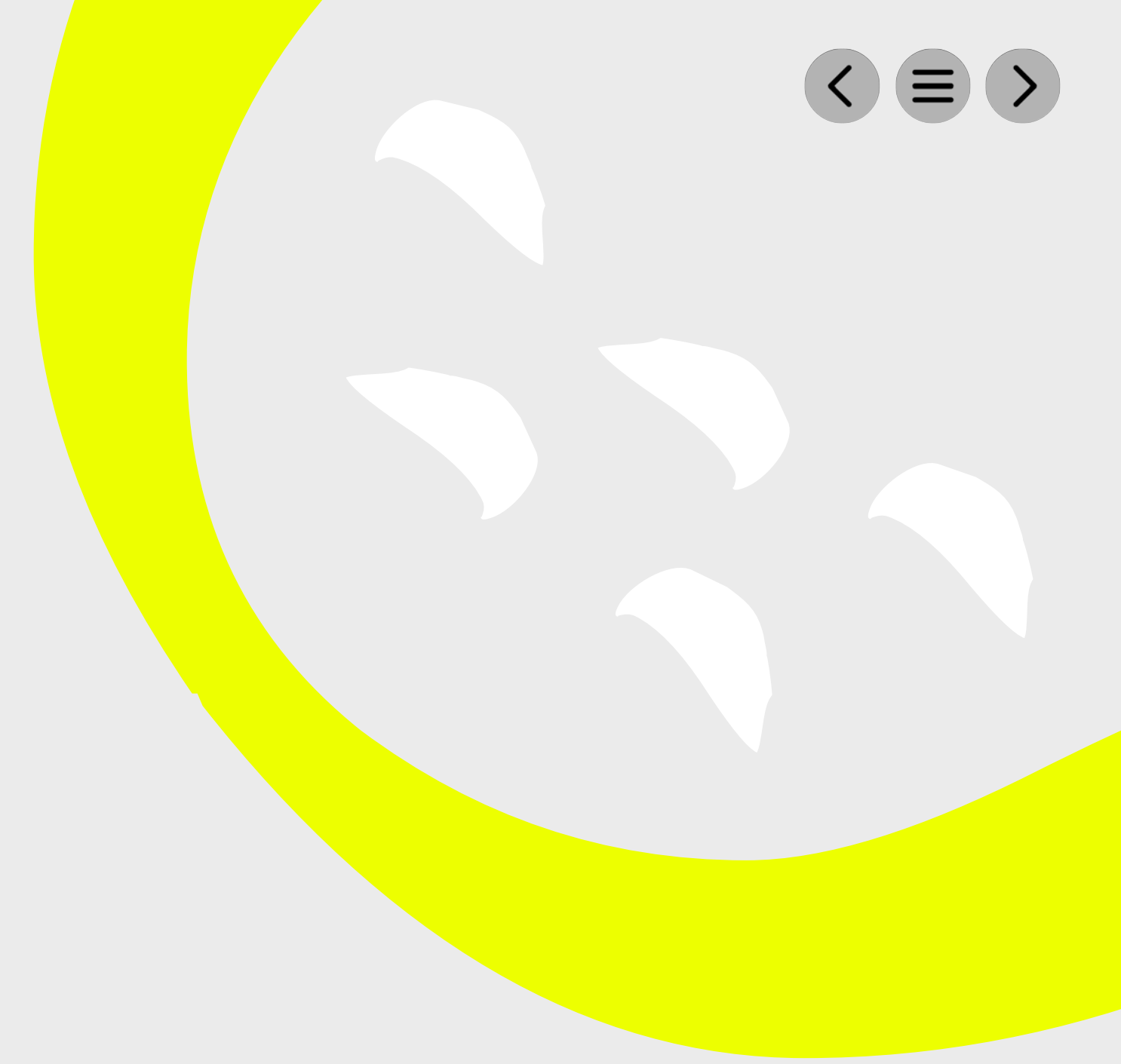
**Be supportive and always keep the challenges fun**



**Take your time to educate yourself on the challenges and how they work within the progression levels**



# Rewarding Progress





# Junior *Crush It* Hats

Through participation in the Junior Program, the child is working towards the attainment of Junior Hats across the six levels. On registration to the program, each child receives a Crush It Hat. The child receives a colored level hat on successful completion of all 12 challenges, within each level, across all four skill elements of Swing, Around the Green, On the Green and On the Course.



## Level 1 - Red

The child is awarded their Red Hat on completion of the Level 1 Challenges



## Level 4 - Green

The child is awarded their Green Hat on completion of all of their Level 4 Challenges



## Level 2 - Orange

The child is awarded their Orange Hat on completion of the Level 2 Challenges



## Level 5 - Blue

The child is awarded their Blue Hat on completion of the Level 5 Challenges



## Level 3 - Yellow

The child is awarded their Yellow Hat on completion of the Level 3 Challenges



## Level 6 - Black

The child is awarded their Level 6 Black Hat on completion of the Level 6 Challenges

# Junior Hat Pins

On the journey towards collecting the Junior Hats, the child has the opportunity to collect Junior Hat Pins across each of the four skill elements and the six levels. These pins allow you to visually see the child's progress through the pathway and for them to proudly display their achievements. The child is able to collect pins across all of the levels regardless of them achieving the pins necessary for being awarded their colored level hat. In this example the child is able to attach their pins to their Crush It hat they receive on registration to the program. They have collected the Red Level 1 Pins for On the Green, Around the Green and the Level 1 and 2 pins for Swing. They still require the On the Course Pin to be awarded their Red Level 1 Hat.

	Full Swing	Around the Green	On the Green	On the Course
Level 6				
Level 5				
Level 4				
Level 3				
Level 2				
Level 1				





# Achieving Junior Hat Pins

The child will be awarded these pins on successful completion of the three challenges within each skill element at each level. In this example, the Red Level 1 pins are being awarded and attached to the Crush It Junior Hat due to successful completion of the three challenges within each skill element:



## 1. Full Swing

- ✓ Driver Challenge
- ✓ Fairway Wood Challenge
- ✓ Iron Challenge



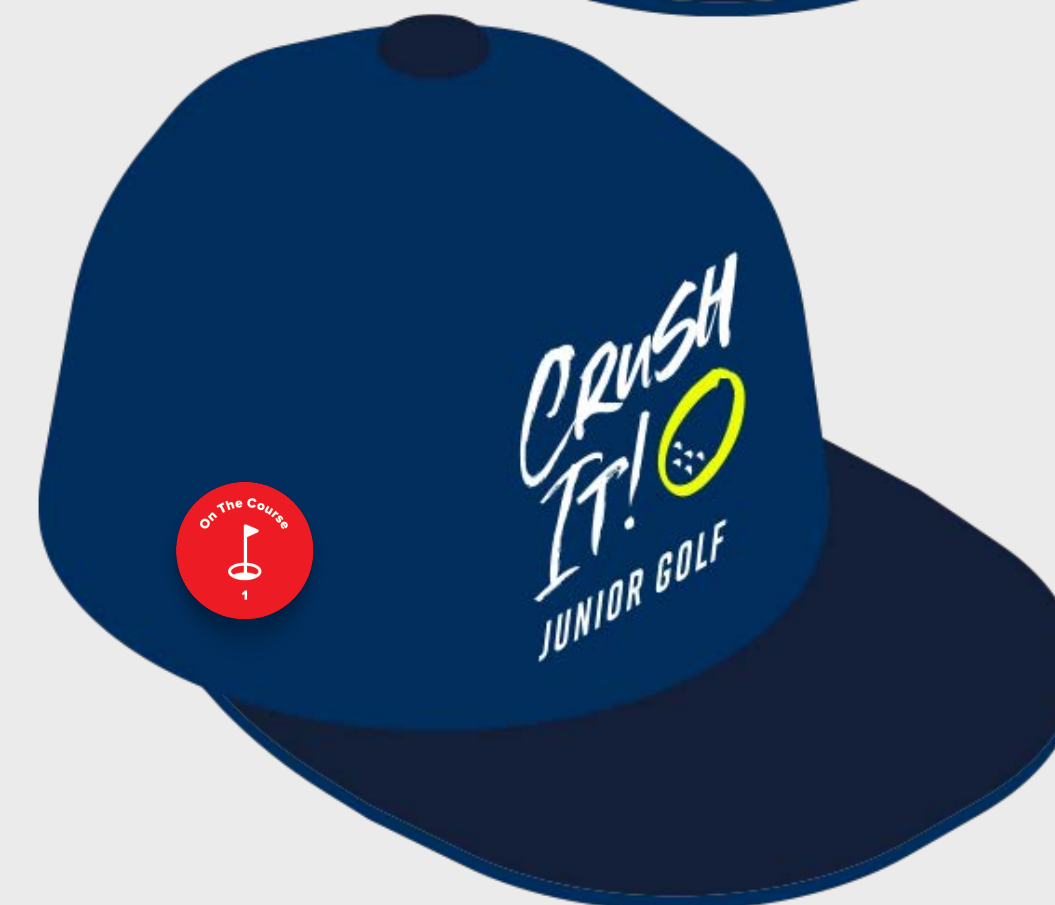
## 2. Around the Green

- ✓ Chipping Challenge
- ✓ Pitching Challenge
- ✓ Bunker Play Challenge



## 3. On the Green

- ✓ Short Putts Challenge
- ✓ Long Putts Challenge
- ✓ Scoring Challenge



## 4. On the Course

- ✓ Scoring Challenge
- ✓ Attendance Challenge
- ✓ Number of Holes Challenge

# Achieving Junior Hats

The child will successfully be awarded a colored level hat across the six levels when they have earned all of their Junior Hat Pins for the respective level within the four skill elements of Full Swing, Around the Green, On the Green and On the Course.





# Skill Achievement Stickers

Skill Achievement Stickers are awarded to the child on successful completion of the specific challenges within each of the four skill elements of Swing, Around the Green, On the Green and Play across the six levels. These stickers are available within the my Junior Folder and can be added to the tracker sheets by the child on completion of each challenge.








	Swing			Around the Green			On the Green			Playing the Game		
Level 6												
Level 5												
Level 4												
Level 3												
Level 2												
Level 1												

# Achievement Stickers and Award

During program classes and events you are able to award **Achievement Stickers**. You have the discretion to award these stickers for a range of positive behaviors within program classes or events. The achievement stickers form a critical component of reward achievement for those aged 4-6.

During programs classes, you are also able to award a child the **Achiever Award**. This is an opportunity for a child to be rewarded and congratulated in front of peers and parents at the end of the class for achievements outside of the program pathway and progression levels. It is the child's responsibility to look after the Achiever Reward between program events or classes and return it to the next class.

As an example, you may decide to award the Achiever Stickers and Rewards for the following, but this is at your discretion.

- |   |   |
|---|---|
|  Attendance                |  Preparation  |
|  Improvement              |  Timekeeping |
|  Perseverance and Effort |  Teamwork   |
|  Attendance              |  Attention  |
|  Behavior                |   |










# Your Role in Rewarding Progress

It is important to recognize the child for their achievements throughout their journey through the program. This will promote a range of positive behaviors including engagement in the program, develop self confidence in the child and a sense of appropriate competition amongst the class group. Achievements need to be delivered in the appropriate way for each child, and you, as the expert are best placed to do this when appropriate. It is recommended that specific reward elements such as the Achiever Reward, Hat Pins and Hats are awarded in front of the family and the class group. Achiever and Skill Stickers can be awarded individually to the child in and outside of a class or event.

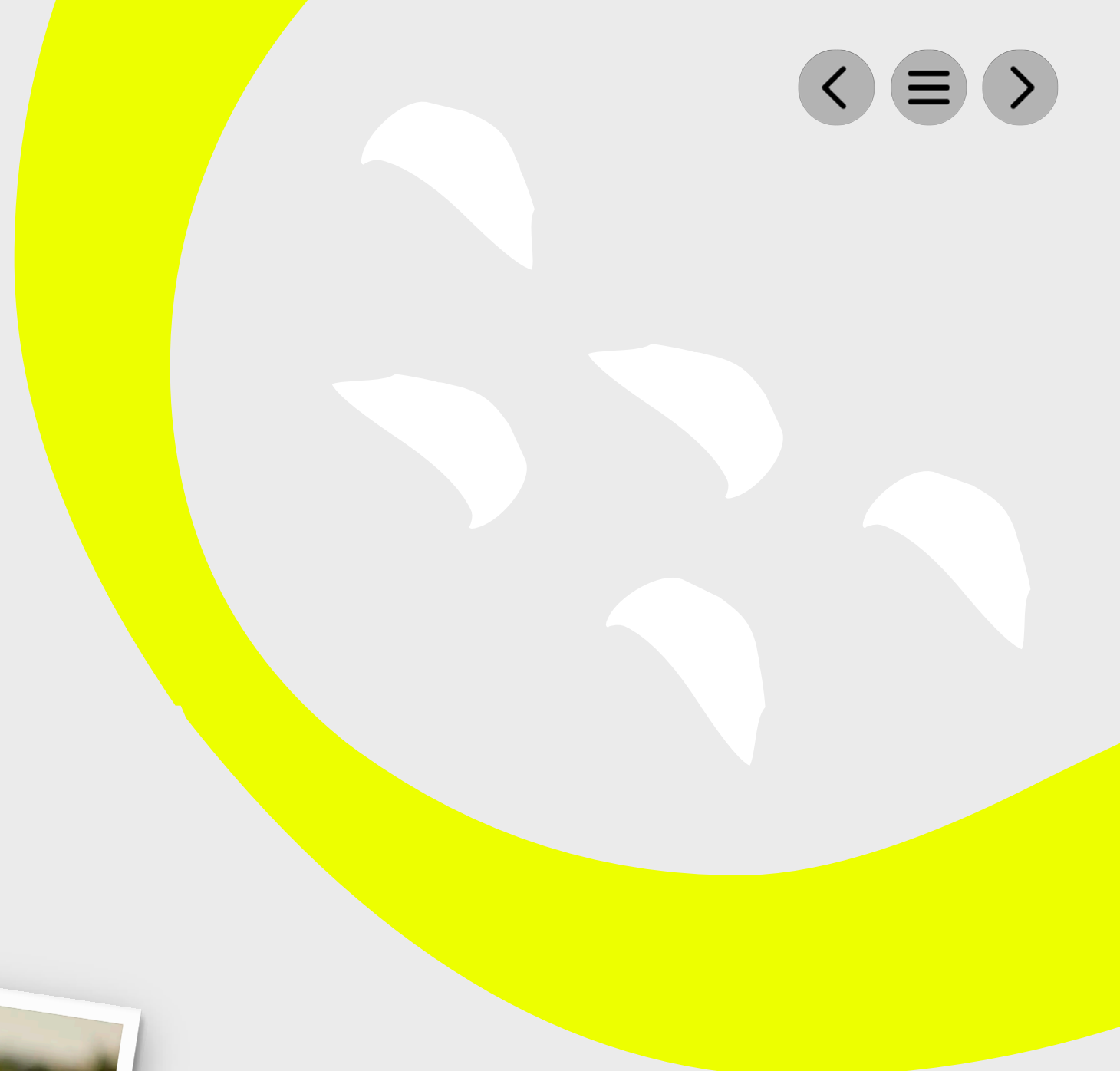
You are responsible for rewarding children who are involved in classes and events that you deliver at your venue. Your engagement in this part of the program will drive its success. You are responsible for:

-  Understanding the reward system
-  Being organized during classes and events with the rewards
-  Distributing the Achiever Award at the end of each class and reward this consistently across class participants
-  Rewarding children positively in front of peers and the family at the end of each class
-  Educate the child and the family on the reward system when attending classes and events





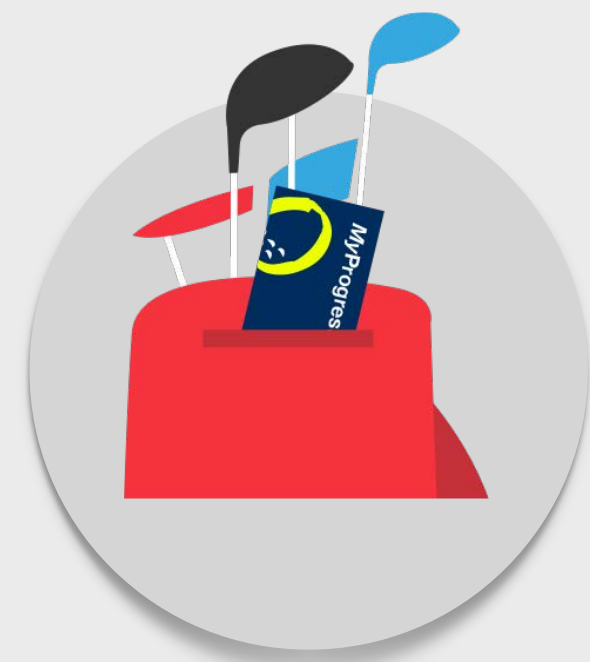
# Tracking Progress





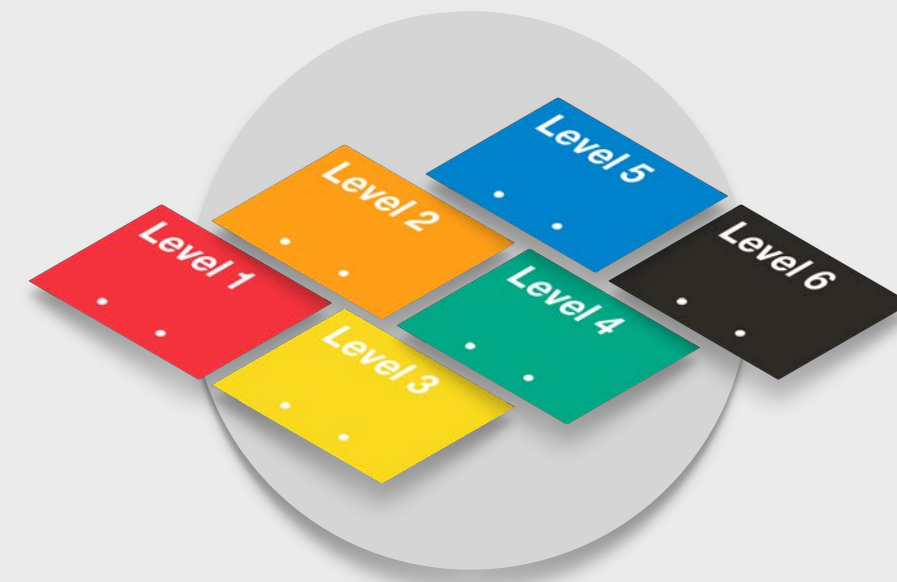
# myJunior Folder

The *myJunior* folder is the hub for tracking the child's journey through the programs and the progression pathway and levels. It has been designed to give you flexibility in the program delivery and is aimed at being engaging and easy to use for you and the child during program classes and events.



## 1. Golf Bag Size

The folder has been designed to be easily kept in the child's golf bag. The size and ease of storage is critical to ensure that the child brings the folder to each class or event and can be easily accessed during these classes.



## 2. Interchangeable Resources

The ring binder design gives you flexibility to build your own program and change in and out program resources. It also allows the program content to continually be developed as you feedback suggestions, improvements and additions.



## 3. Editable and Educational

The resources within the folder are aimed at educating the child and the parent on the learning outcomes as they progress through the program. The resources are also built to be interactive so you and the child can catalogue their journey at every step.



# Impact of the *myJunior* Folder

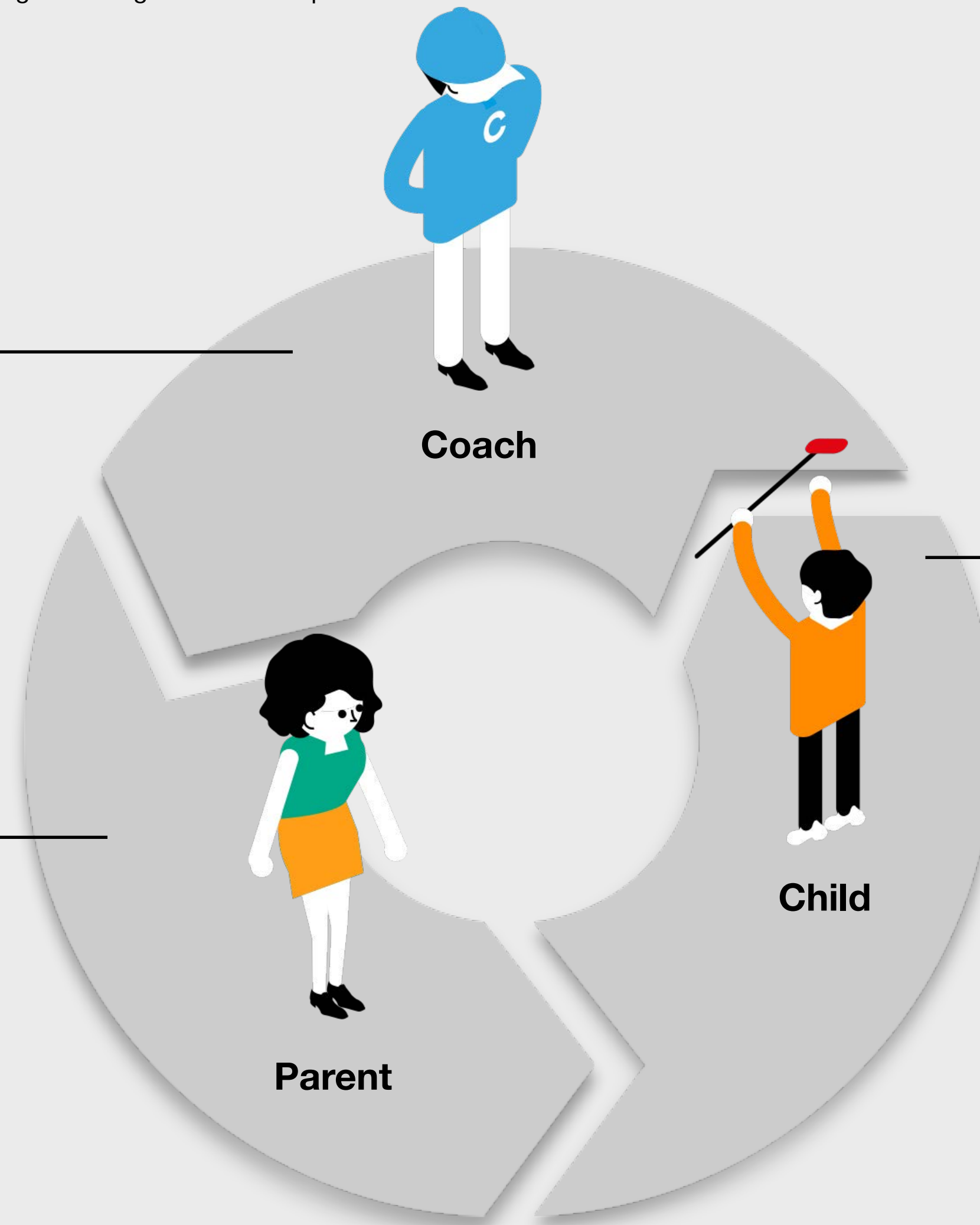
The *myJunior* folder is the hub for engagement in the child's journey and is critical to connecting you, the child and the parent. The benefits of the *myJunior* folder to the success of driving this triangular relationship is as follows:

## 1. Support You

The folder allows you to track the child's progression through the program pathway. It also allows you to support the child's development, for example through class notes and shared class learning resources.

## 3. Involve the Family

Engaging parents or guardians in the child's journey on the program is a vital aspect. The parent can understand the coaching journey of their child, the learning outcomes and monitor and assist their child during their journey on the program.



Coach

Child

Parent

## 2. Engage the Child

Allows the child to actively engage in the program by collating resources, notes and to track their journey through the progression pathway in a visually engaging and interactive way.

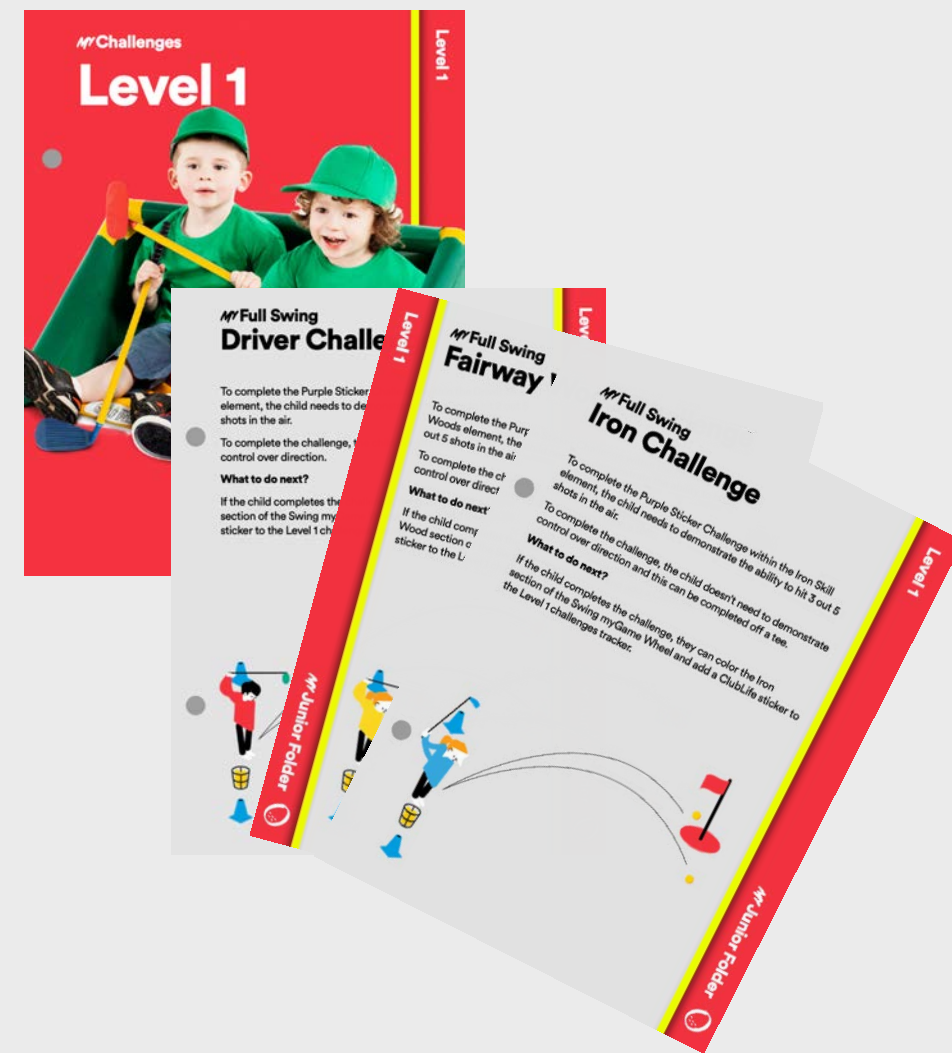


# What's Included

Included within the *myJunior* folder is a range of interactive pages to help track the child's journey through the program and the progression levels. You can also share with the child resources to add to the folder as they progress through the program. Within this folder will be:

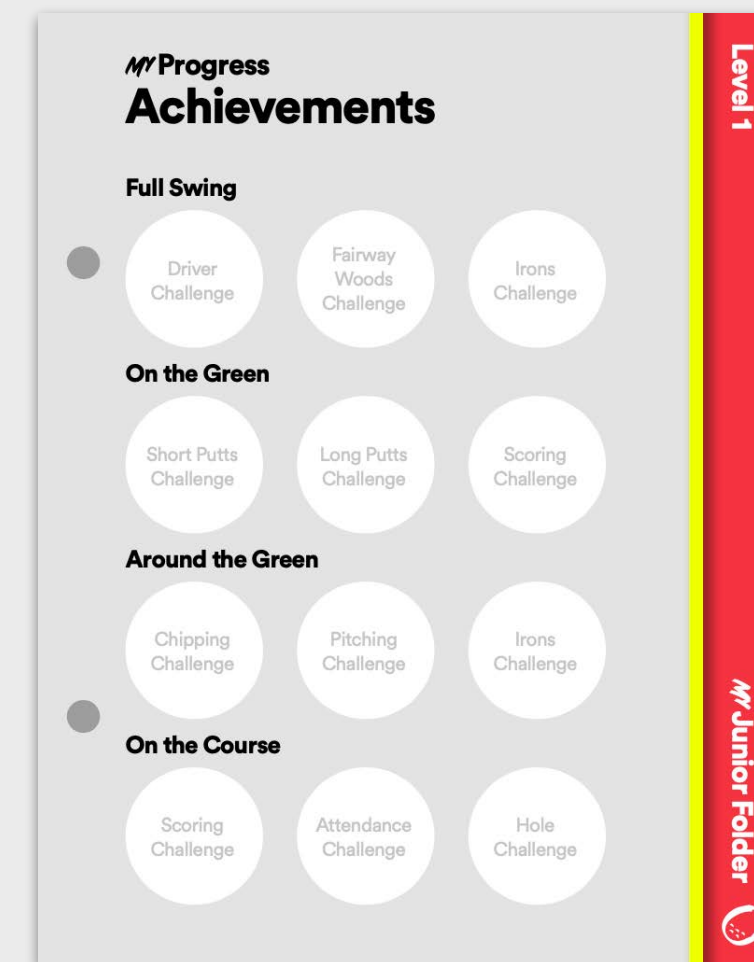
## 1. Level 1 - 6 Challenges

Included within the folder are the challenges within each of the six levels across the four skill elements



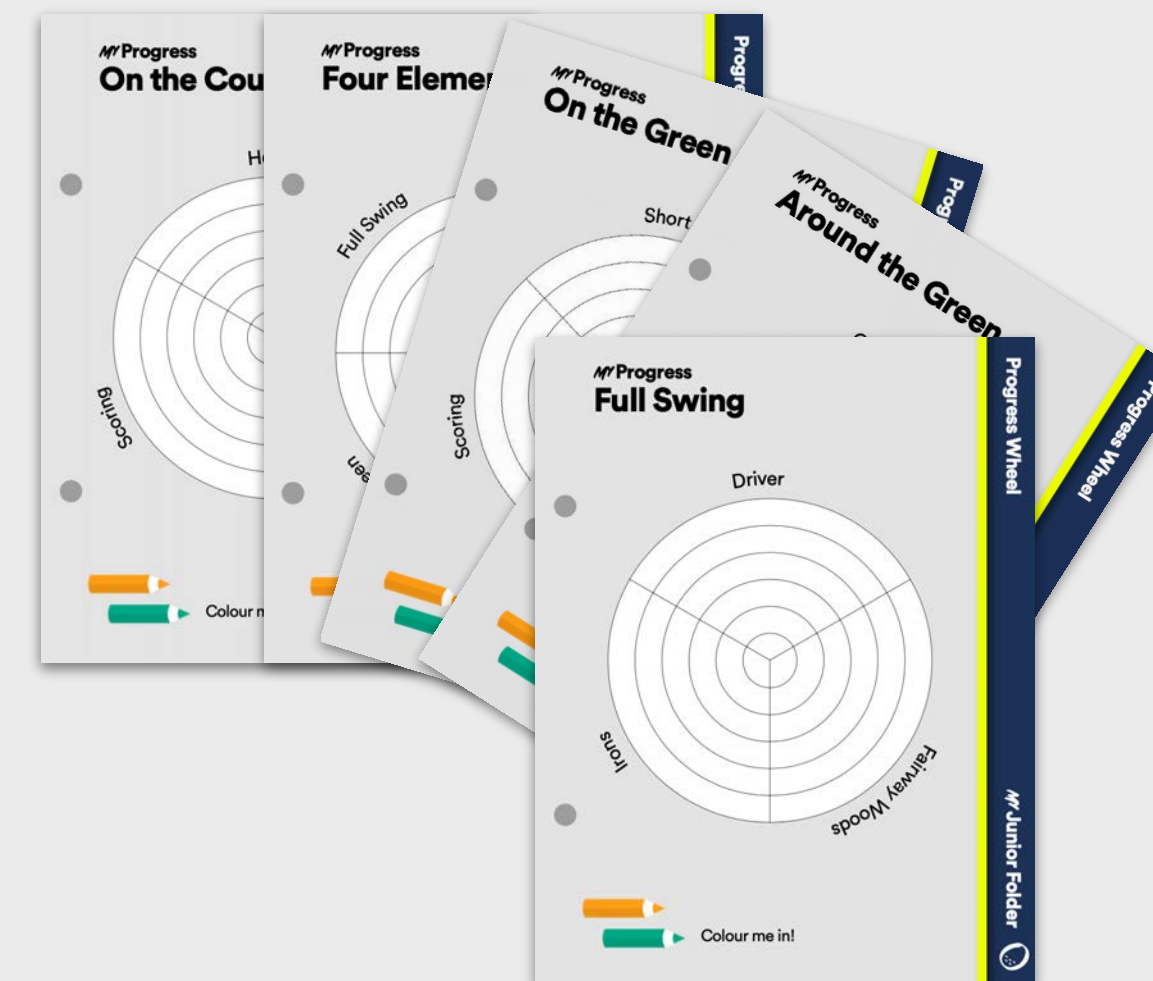
## 2. Level 1 - 6 Challenge Trackers

Included within the folder are the challenges within each of the six levels, across the four skill elements



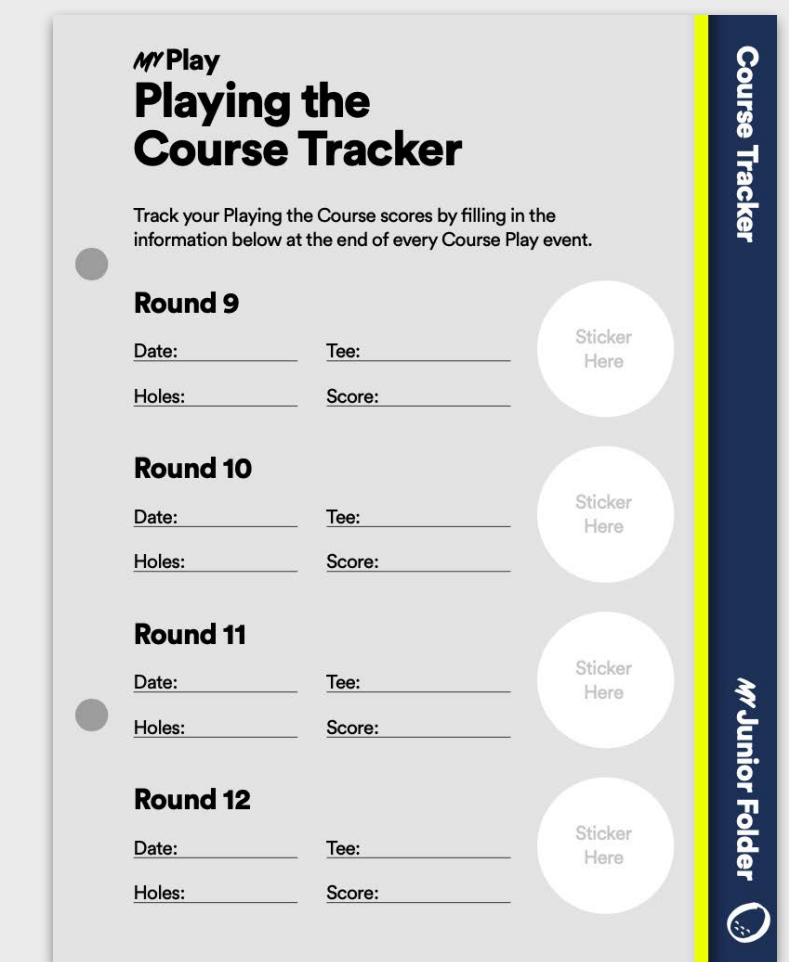
## 3. myProgress Wheels

*myProgress* Wheels allows you and the child to interactively and visually track progress through the progression levels and the journey towards achieving the pins and hats



## 4. myPlay Tracker

The child can log and track their scoring progression when attending Course Play events within each of the teeing positions



# What's Included

## 5. myAchievement Trackers

When you award Achievement Stickers for success outside of the progression levels, the child can add these to the tracker sheets.

**myAchievements Tracker**

Achievement Tracker

You achieved this ClubLife sticker for... Sticker Here

You achieved this ClubLife sticker for... Sticker Here

You achieved this ClubLife sticker for... Sticker Here

You achieved this ClubLife sticker for... Sticker Here

myJunior Folder

## 6. myGame Trackers

When attending program classes and events you and the child can record specific notes to track their development and promote independent learning.

**myGame Tracker**

Game Tracker

Date: \_\_\_\_\_ Coach: \_\_\_\_\_

Notes:

myJunior Folder

## 7. Course Play Challenges

To ensure continued engagement in Course Play events and development of the On the Course skill element, the child can attempt a number of scoring challenges from each starting position.

**myPlay Tee Box 1 – 20%**

Can you complete the scoring challenges below?

Score 27 or under over 3 holes

Score 24 or under over 3 holes

Score 21 or under over 3 holes

Score 18 or under over 3 holes – 81

Score 15 or under over 3 holes

Score 12 or under over 3 holes

Course Tracker

myJunior Folder

## 8. Sticker Sheets

Within their holder are the 72 stickers across the six levels and skill elements. When a child successfully completes a challenge, they can add the sticker to the relevant tracker sheet under the guidance of you or the parent.

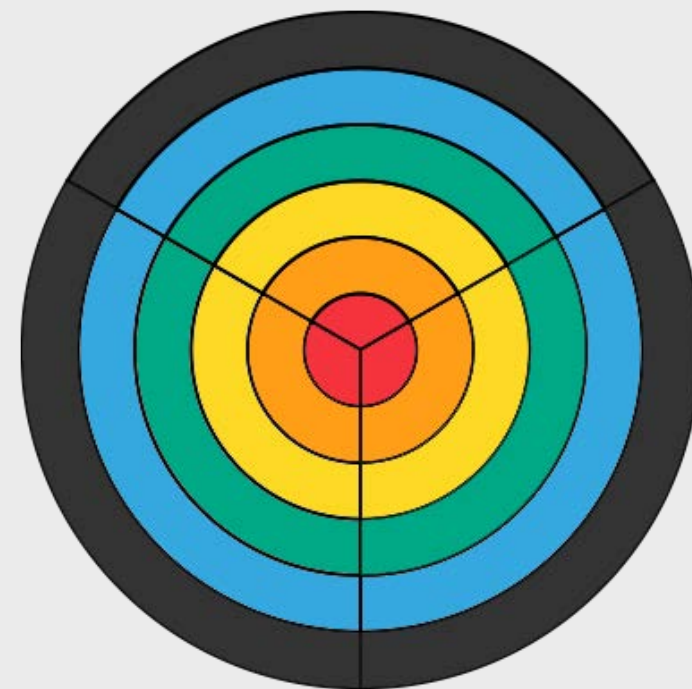




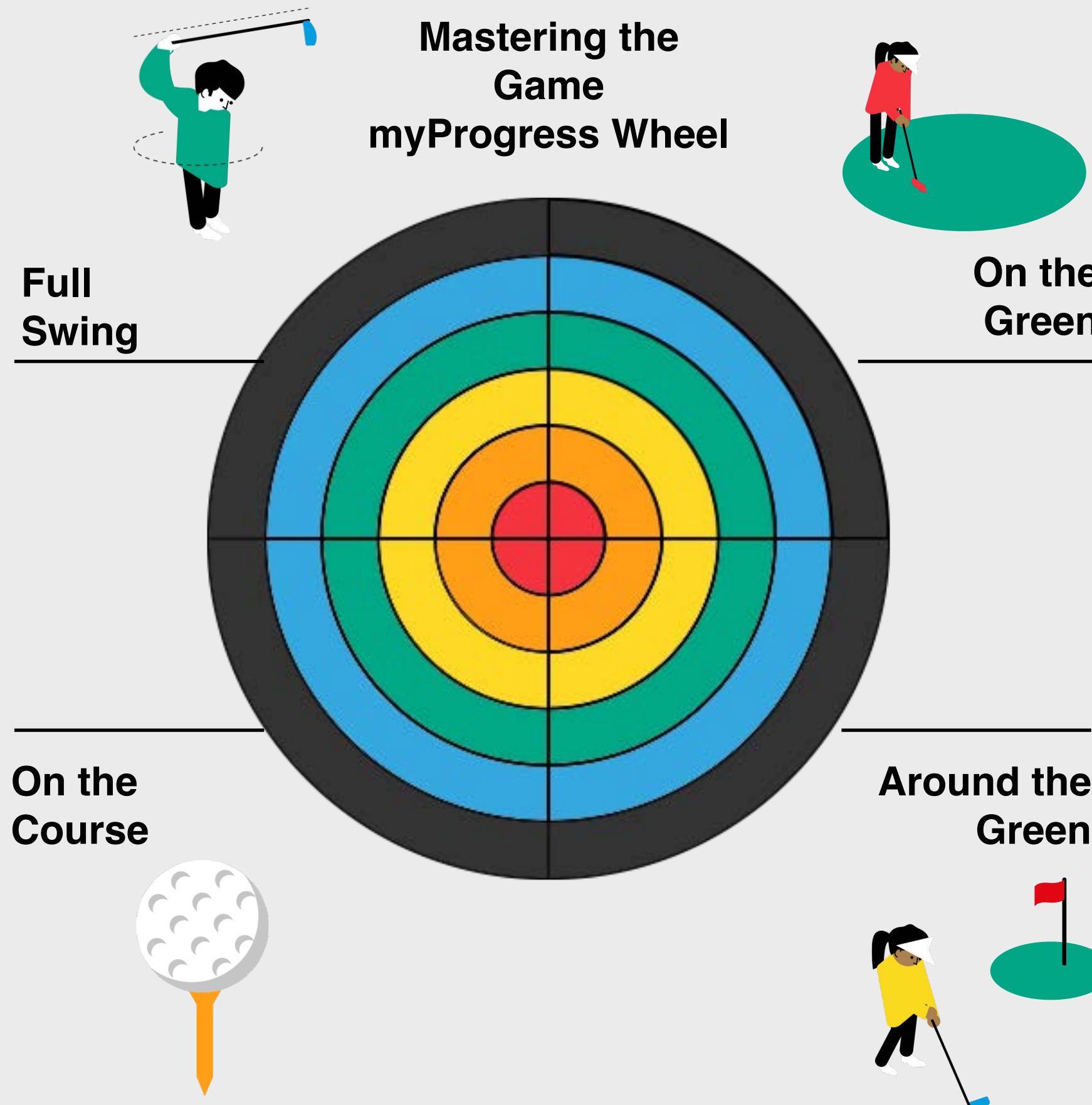
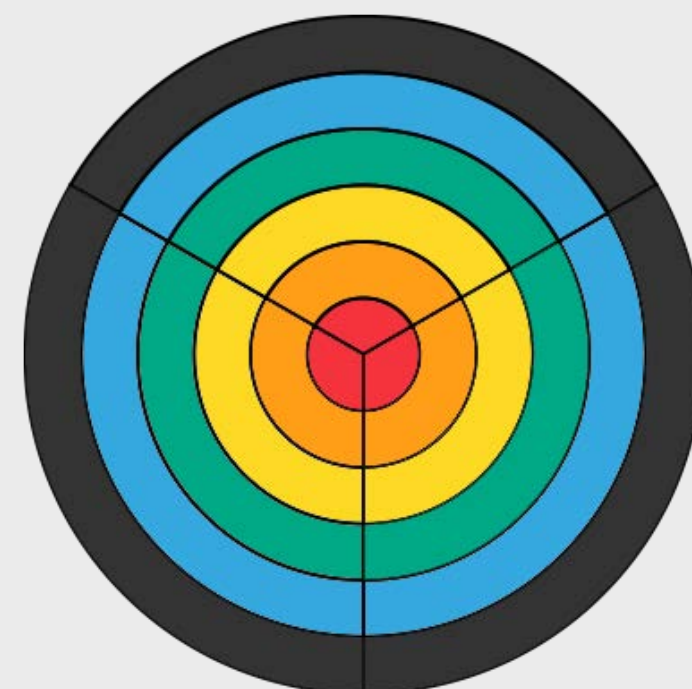
# myProgress Wheels

The child can visually track progress through the progression pathway and levels using the *myProgress* Wheels. The wheels also offer an engaging way for the child to track progress by allowing them to color in each of them on successful completion of the challenges within each element. The Mastering the Game *myProgress* Wheel consists of four skill elements and the six progress levels and is used to track the journey toward achieving the Level Hats. Each of the Skill *myProgress* wheels consist of the three sections covering the skills within each element and the six progression levels. These are used to track the child's journey towards achieving Skill Stickers and Hat Pins.

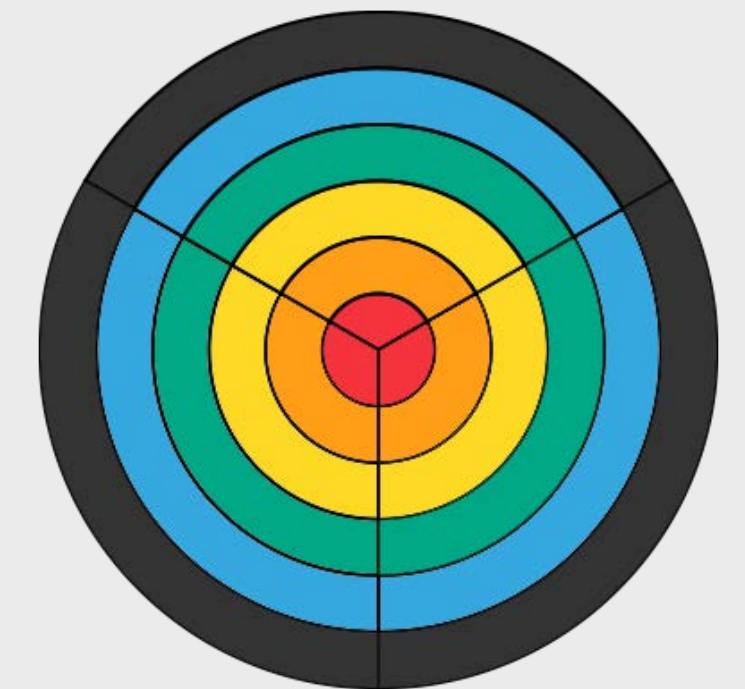
**Swing Skill  
myProgress Wheel**



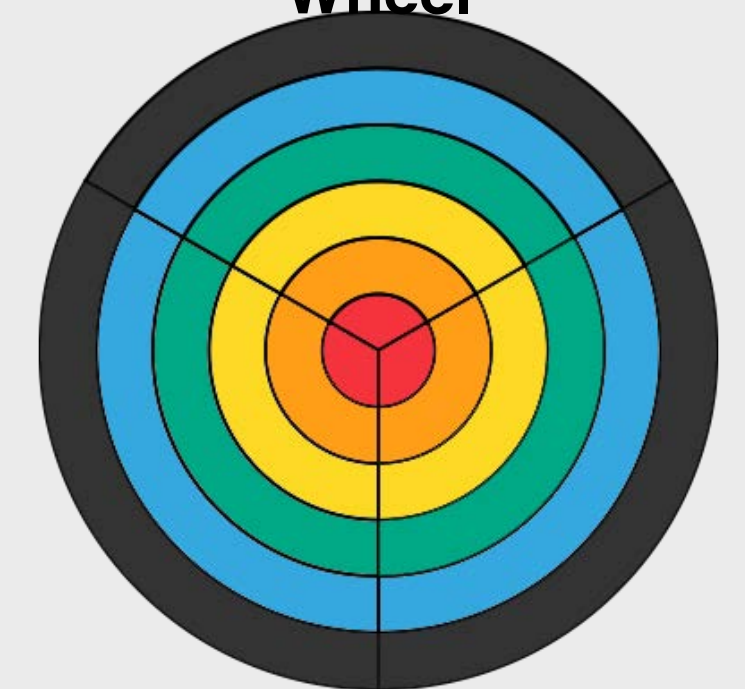
**On the Course Skill  
myProgress Wheel**



**On the Green Skill  
myProgress Wheel**

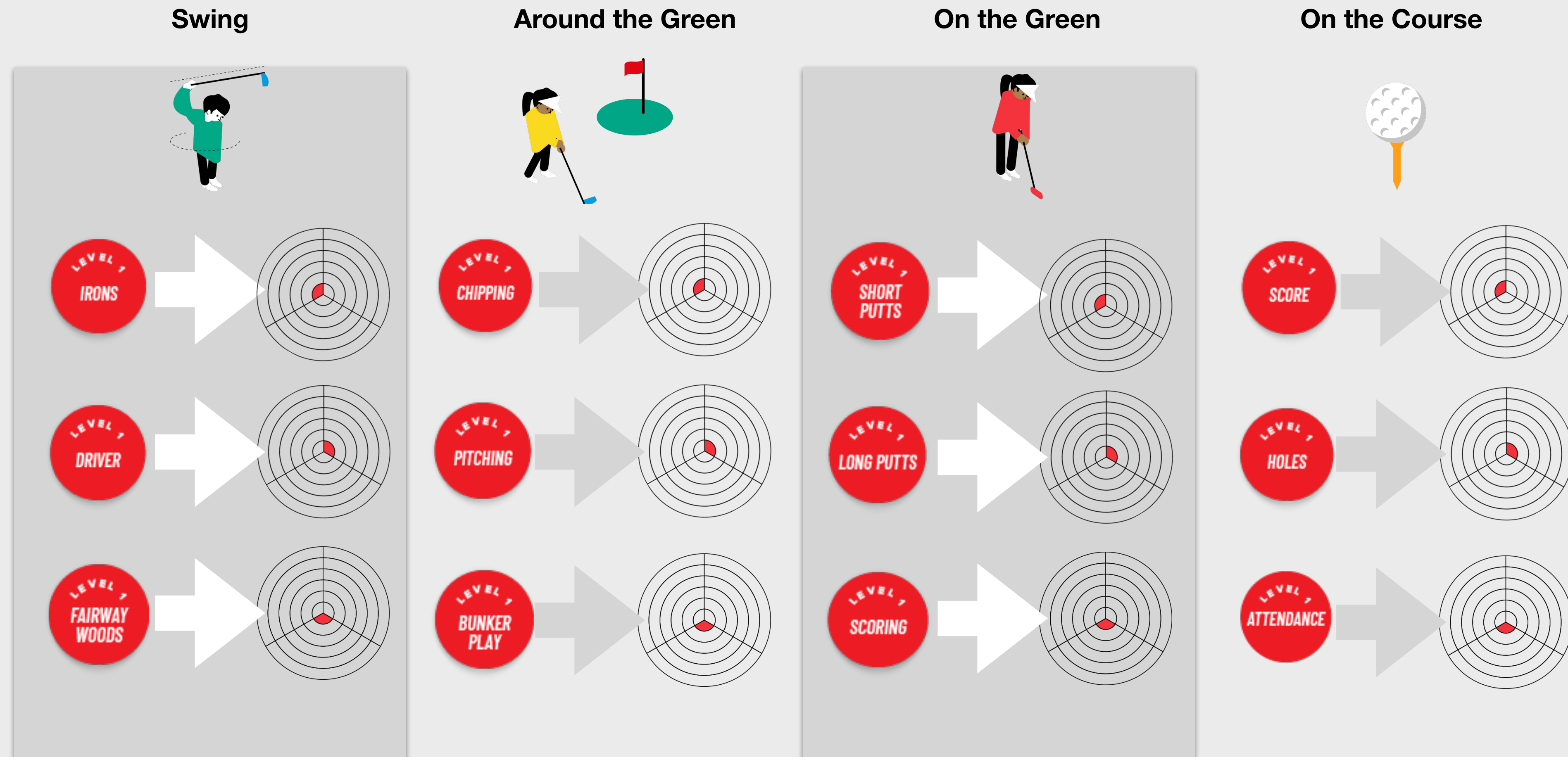


**Around the Green  
Skill myProgress  
Wheel**



# Using the *myProgress* Wheels

The Skill *myProgress* Wheels allow you and the child to visually track their progress towards attaining the Hat Pins within each skill element when each challenge is completed. When a child successfully completes a challenge, they are able to add the Skill Sticker to the tracker sheet within each level and color in the relevant section of the Skill *myProgress* Wheel.

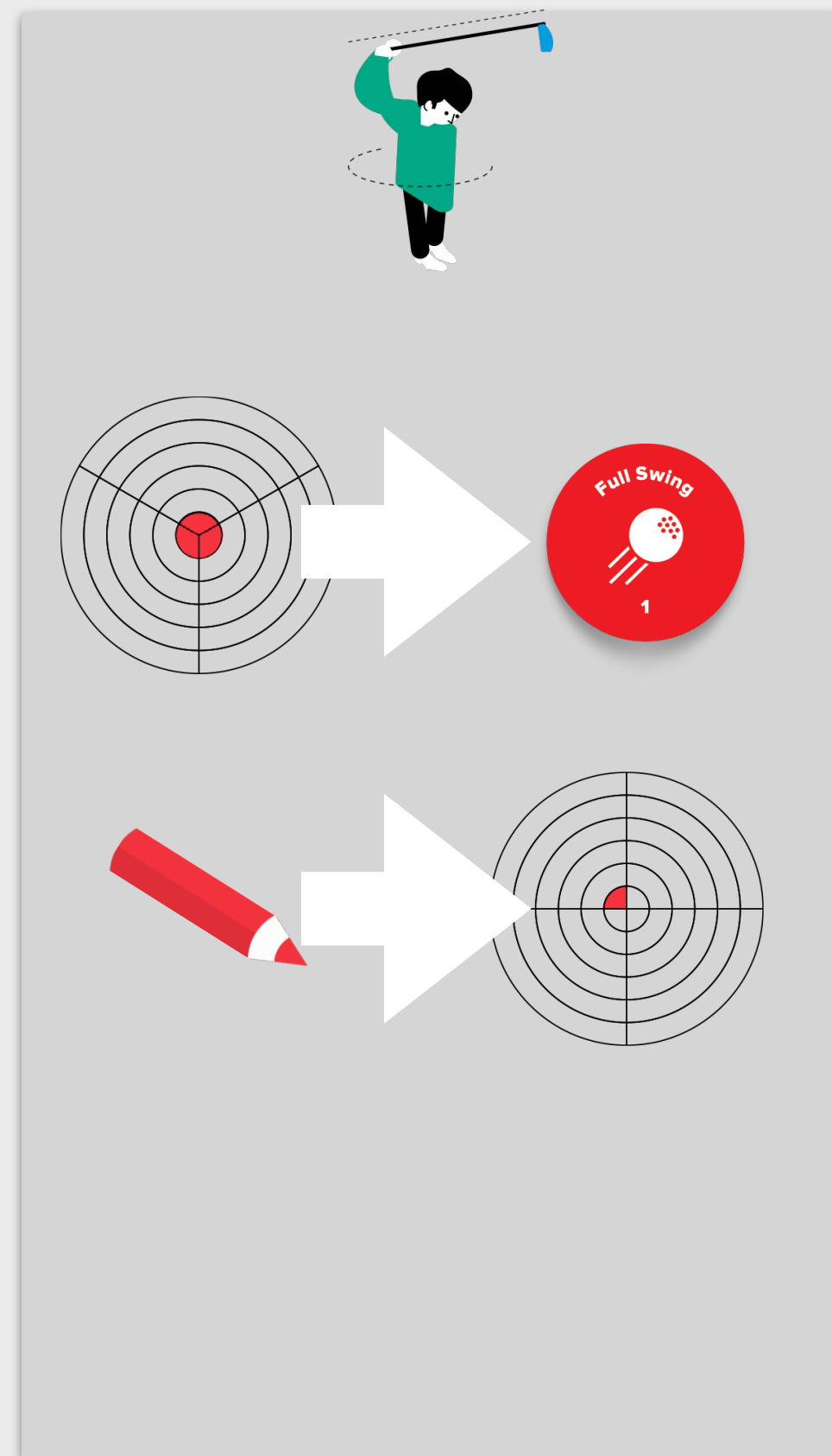




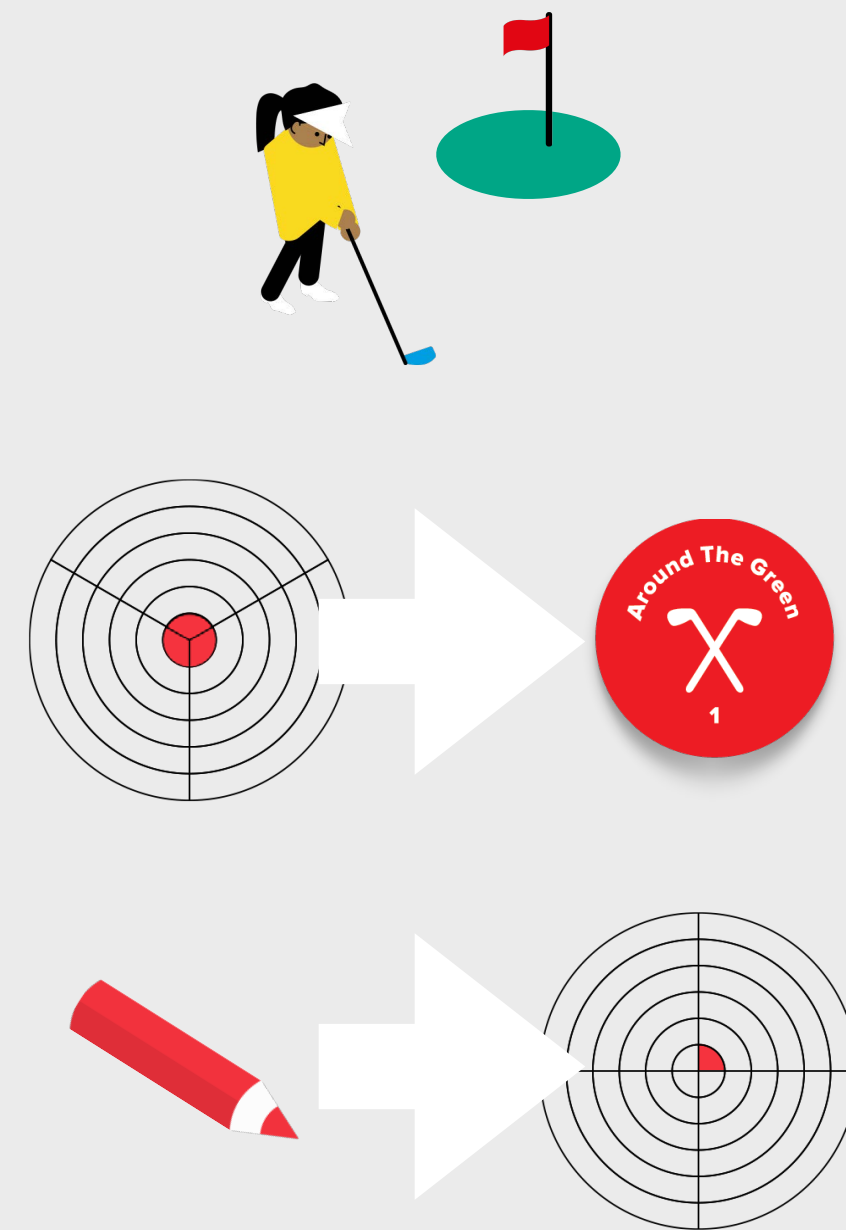
# Using the *myProgress* Wheels

By completing the myProgress wheel sections on successful completion of the challenges with each element, the child is able to log and visually check their journey towards achieving the hat pins and ultimately the colored level hats. When a child has colored in all sections of the Skill myProgress Wheel, they can be awarded their Hat Pin and color in the relevant section of the Mastering the Game myProgress Wheel.

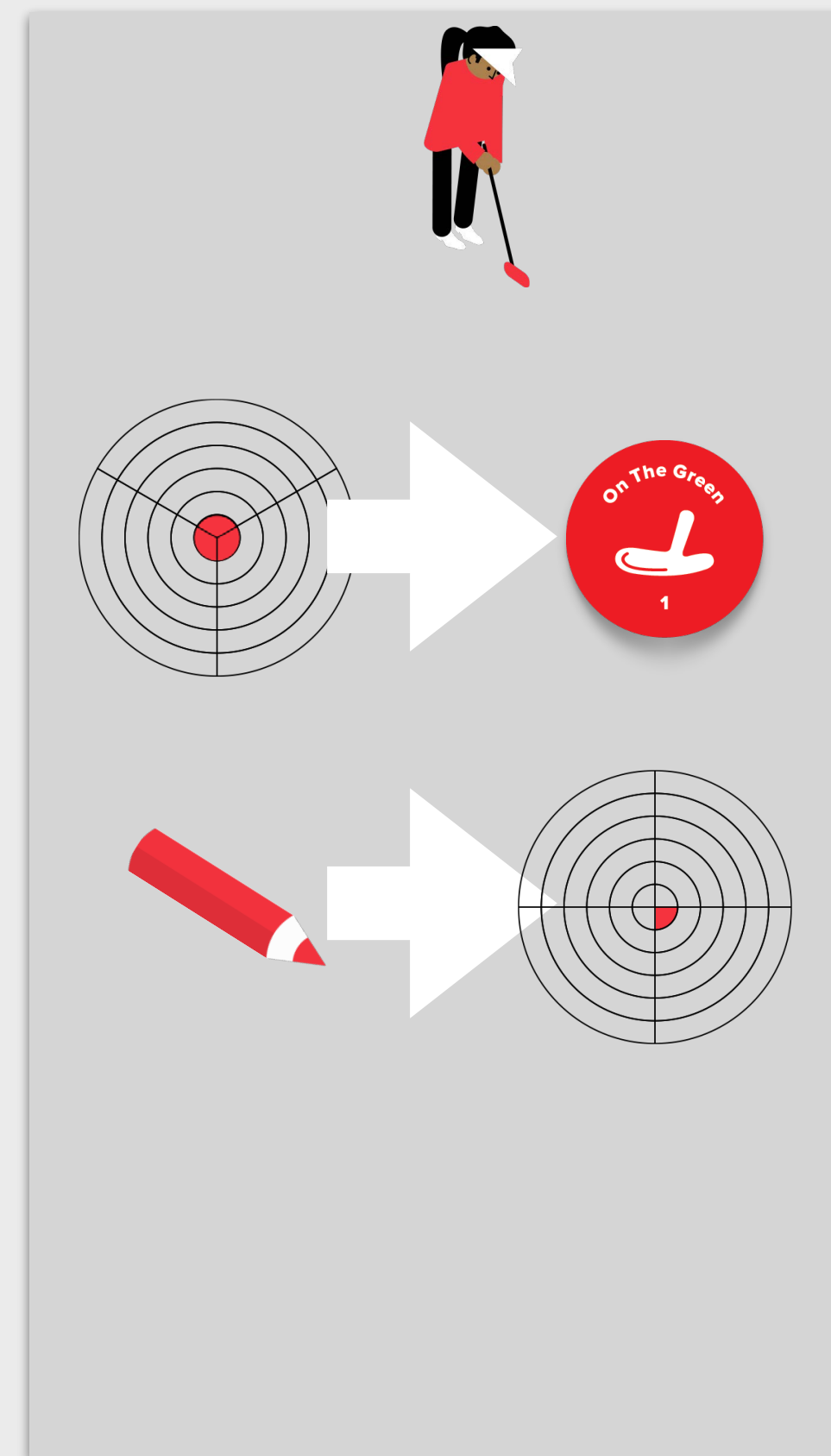
## Swing



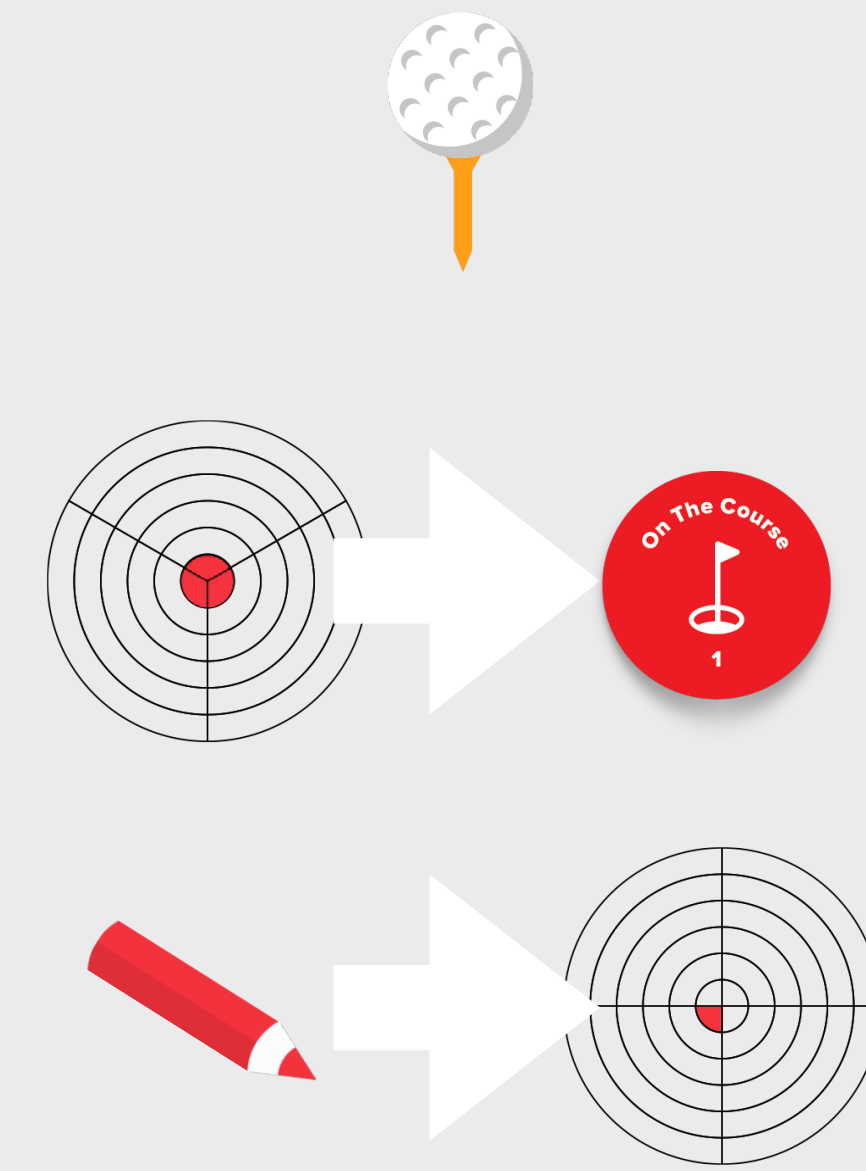
## Around the Green



## On the Green

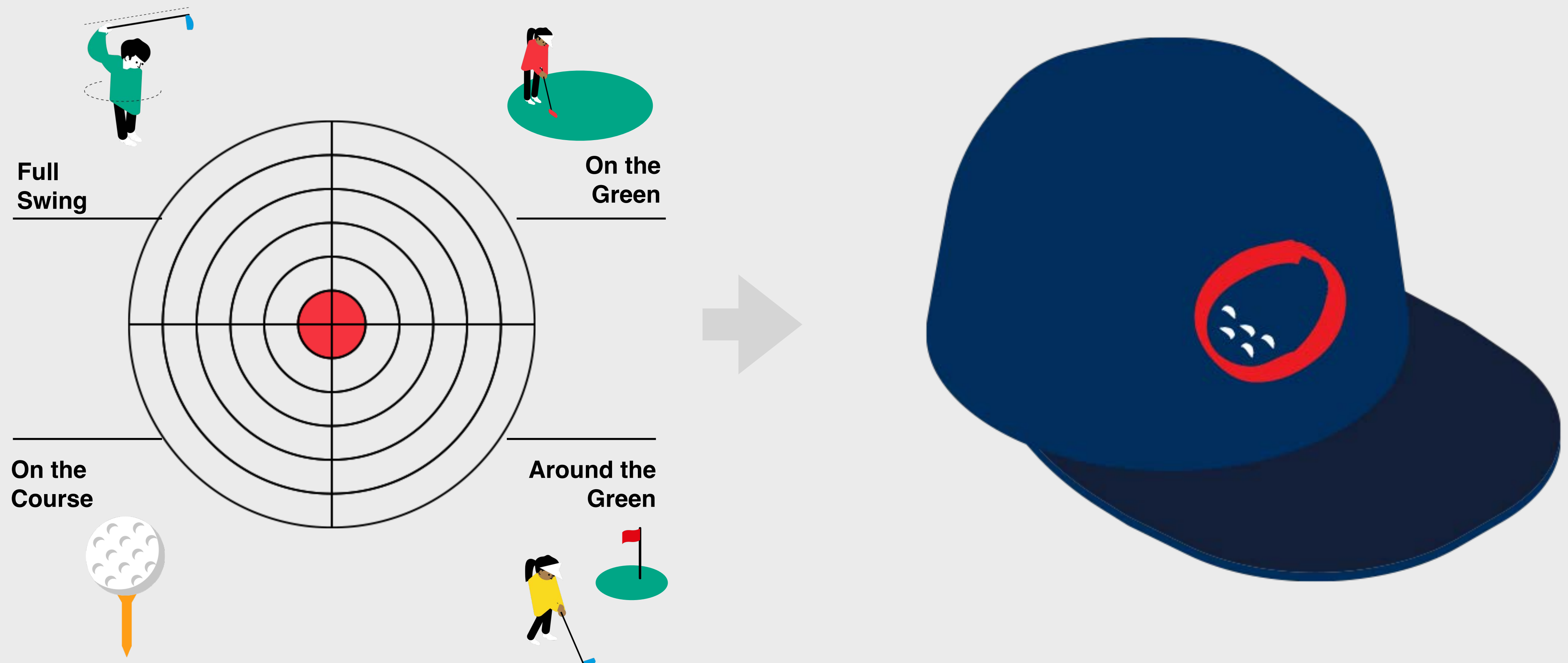


## On the Course



# Mastering the Game *myProgress Wheels*

The child will successfully be awarded a colored level hat across the six levels when they have earned all of their Junior Pins within the four skill elements for the corresponding level and thus have colored in all sections of the Mastering the Game myProgress Wheel. The hat acts as the recognition of achievement for completion of all of the challenges for that level.










# Your Role in Tracking Progress

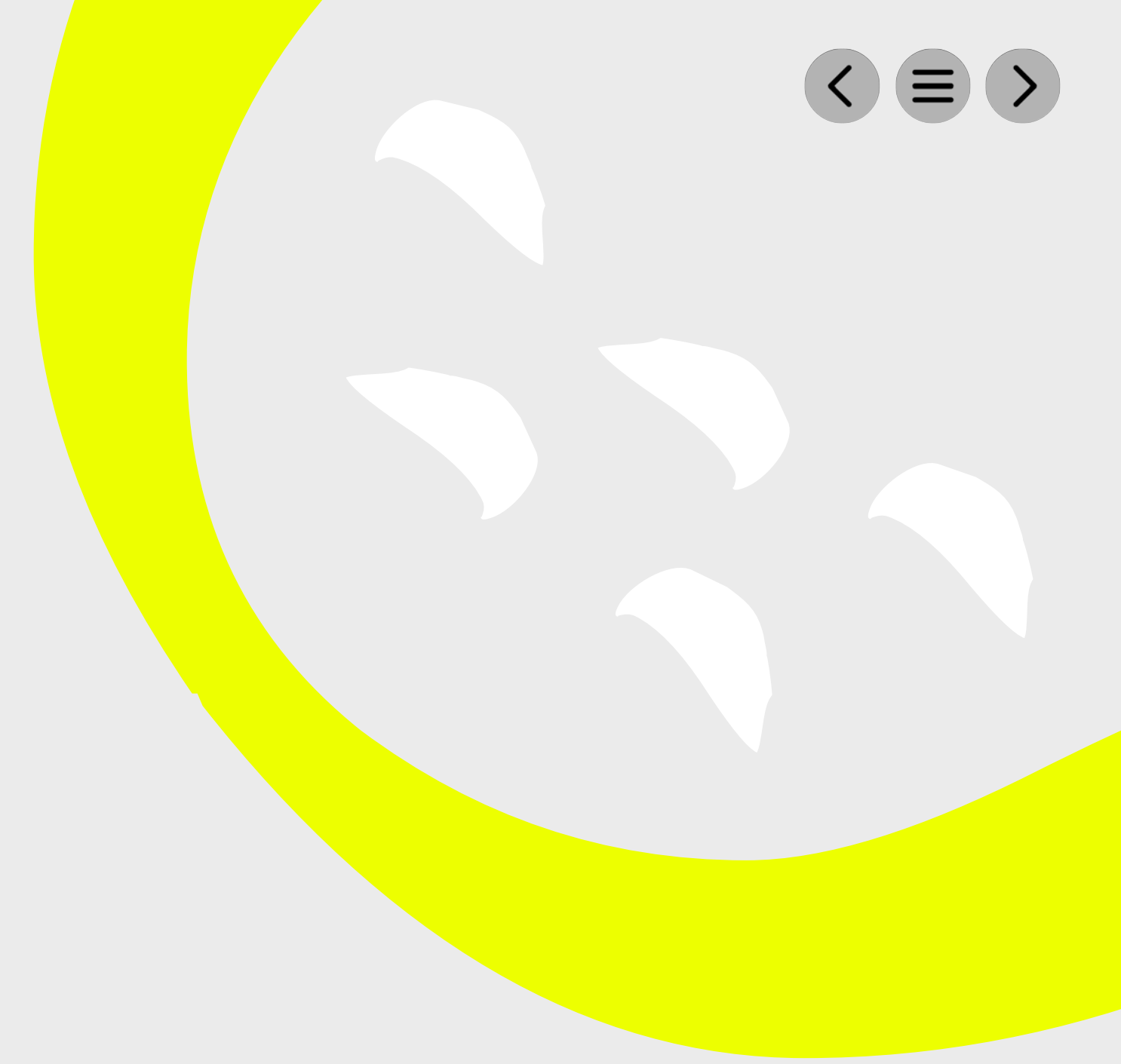
The success of the progression pathway will also be down to how effectively this is tracked by you and the child during program classes and event. You are being provided with all the resources you need to do this, but you have a key role to make sure that progress is tracked. Again, although this list is not exhaustive, we have listed below some of the key roles you can play in the component.



-  Promote the importance of the folder to the child and the family.
-  Ensure you adequately plan and deliver classes to include time to use the folder.
-  Use the folder resources to record the progress of the child.
-  Communicate with the family and the child on the content of the folder.
-  Understand the content of the folder and how they should be used.



# Developmentally Appropriate

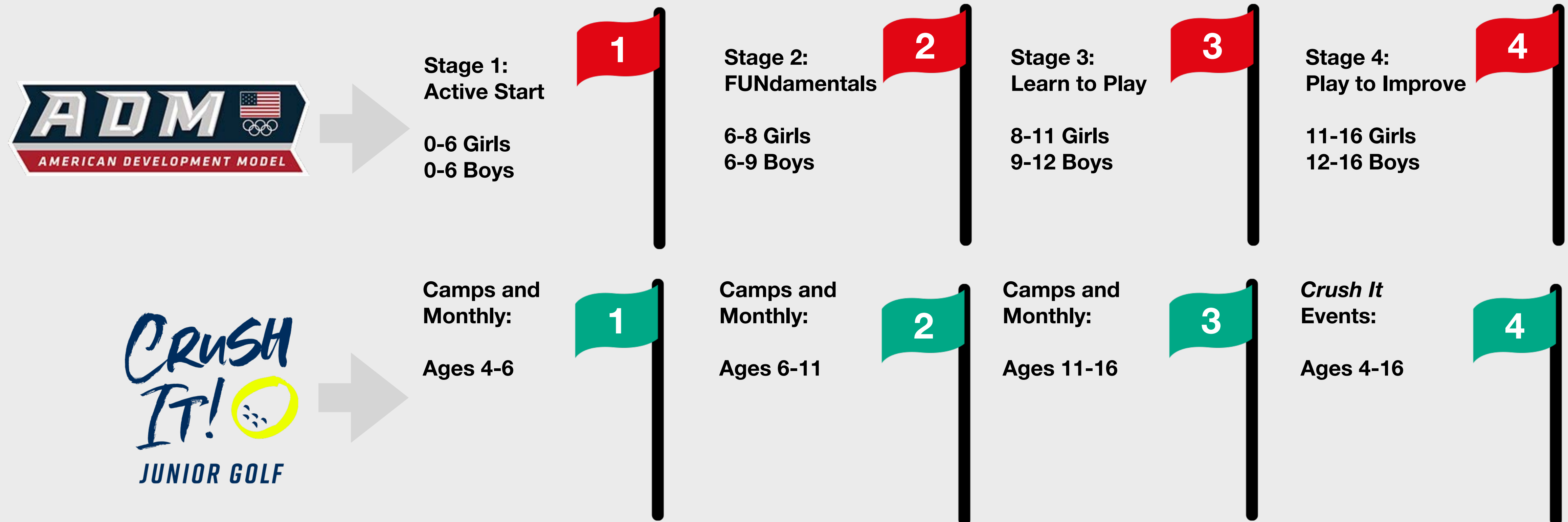




# ADM Vs *Crush It* Program - How Do They Differ?

The Crush It Junior Program focuses on delivering on the first four stages of the American Development Model (ADM) . The ADM provides a structured pathway of ensuring that children receive access to the right opportunities, experiences and learning at the right time in their development. Development which can be variable for each child.

The Crush It Junior Program is targeted towards children aged 4-16 and differs slightly in its delivery in that it has been built to strike the balance between ensuring the child receives opportunities and learning at the right time in their development, all the while delivering on the business needs of the company and the ease of delivery for you on the ground at your venue. Therefore, Junior Camps and Junior Monthly programs are delivered across three age based groups and the other 4 programs cater for children aged 4-16.



# Why Developmentally Appropriate?

Continuity between the ADM model and the Crush It Junior Program is the need to ensure that the opportunities and experiences the child receives are developmentally appropriate. It is vital that you as a coach has a clear understanding of the child's developmental level so that the content and opportunities you present to them meet their needs. This is vital to ensure:

-  Promote healthy sport experiences.
-  Support development based on the child's physical, mental and emotional level, and potential for growth.
-  Help avoid burnout and drop out.
-  Promote competition at the right time.
-  Avoid potential for injury.
-  Provide opportunity for the child to develop the necessary movement and motor skills at the right time.
-  Promote fun and enjoyment for the child when participating and learning.





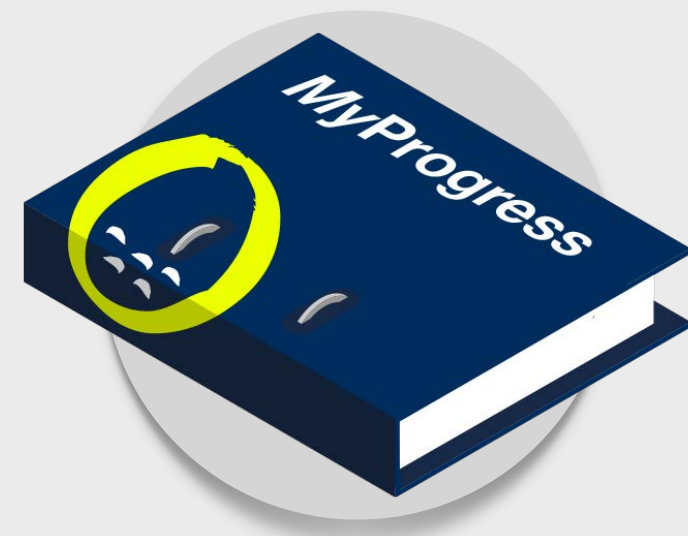
# Ages 4-6 Guidance

Children within this age bracket fall within the **'Active Start'** stage of the ADM Model, however, as every child is different there may be instances where a child is developmentally able to be presented with experiences and learning opportunities within the **FUNDamentals** stage of the ADM model. We have put together guidance below of how you should deliver different elements of this program, but of course you are best placed to make these judgements at your venue.



## 1. Progression Levels

It is recommended that children in this age group do not work through the progression levels. However, it is at the coaches discretion to decide if a child is developmentally ready to begin their journey by attempting the challenges in classes.



## 2. Track and Reward

Children in this age group should receive the *myJunior* Folder but a focus is on attaining the Achievement Reward and collecting the Achievement Stickers within their folder.



## 3. Mastering the Game

The focus at this age group is to explore the broad golf specific skills of Full Swing, Around the Green, On the Green and On the Course. It isn't appropriate at this stage to introduce the specific golf skills within the program pathway such as Bunker Play and Pitching.



## 4. Learning the Game

Children should be introduced to basic concepts across the four Learning the Game sections through games based learning and play.



## 5. The Whole Child

Children should be introduced to basic concepts such as trying new challenges, effort and following simple instructions.



## 6. Physical Literacy

The focus should be on children learning and developing basic fundamental movement skills including running, skipping, jumping, throwing, kicking, catching.



## 7. On Course Play

Children should have the opportunity to play the course under adapted rules, from ability and distance appropriate tees over a limited number of holes with a focus on play rather than competition and scoring.

# Ages 6-11 Guidance

Children within this age bracket fall within the **FUNdamentals** and **Learn to Play** stages of the ADM Model, however, as every child is different we must not assume that the principles of these stages are necessarily appropriate for each child, or that principles within the Active Start and the Play to Improve stages are not appropriate for the individual child. We have put together guidance below of how you should deliver different elements of this program, but of course you are best placed to make these judgements at your venue.



## 1. Progression Levels

This age group should enter into the progression pathway. Children new to the game enter at Level 1 (Red) and those children with golf experience or currently enrolled in coaching programming enter at the level appropriate for them at the coaches discretion.



## 2. Track and Reward

Children in this age group should receive the *myJunior* Folder and associated resources with a focus on collecting the Skill and Achievement stickers as well completing the *myProgress* Wheels to be awarded their hat pins and hats.



## 3. Mastering the Game

The focus at this age group is to introduce and explore the golf specific skills across Swing, On the Green, Around the Green and On the Course. This should be delivered through games based learning, group coaching and one to one coaching during program classes and events.



## 4. Learning the Game

Children should be introduced to basic and specific concepts across the four Learning the Game sections through games based learning and play with others.



## 5. The Whole Child

Children should be introduced to areas such as concentration, learning to make choices, respect, how to cope with success and failure, learning to solve problems and learning to cooperate with and help other children.



## 6. Physical Literacy

Focus on the developing basic fundamental movement skills whilst introducing athleticism skills such as balance, coordination and agility.



## 7. On Course Play

Children should have the opportunity to play the course under adapted rules, from ability and distance appropriate tees up to a maximum of 9 holes. The focus is on play but for the right child, competition and scoring can be introduced by the coach and through the program opportunities.



# Ages 11-16 Guidance

Children within this age bracket fall within the **Learn to Play** and **Play to Improve** stages of the ADM Model, however, as every child is different, especially at this stage when physical and cognitive maturity can vary, we must not assume that the principles of these stages are necessarily appropriate for each child, or that principles within the Play to Improve stages are not appropriate for the individual child. We have put together guidance below of how you should deliver different elements of this program, but of course you are best placed to make these judgements at your venue.



## 1. Progression Levels

This age group should enter into the progression pathway. Children new to the game enter at Level 1 (Red) and those children with golf experience or currently enrolled in coaching programming enter at the level appropriate for them, This is at the coaches discretion. Age and friendship groups should be considered at this age.



## 2. Track and Reward

Children in this age group should receive the *myJunior* Folder and associated resources. The focus should be on the challenge element rather than the achievement stickers as well as the *myGame* resources and on Course Play challenges.



## 3. Mastering the Game

The focus at this age group is to introduce and explore the golf specific skills across Swing, On the Green, Around the Green and Play. This should be delivered through competitive games, challenges, one to one coaching and practice with other juniors.



## 4. Learning the Game

Children should be introduced to basic and specific concepts across the four Learning the Game sections that are vital for playing within a club environment with others socially and competitively.



## 5. The Whole Child

Children should be introduced to more advanced psychological and social behavior components such as developing a love of the sport, focus, simple goal setting, self motivation, confidence, learning to make decisions, developing self-reliance, understanding winning and losing.



## 6. Physical Literacy

Focus introducing and developing athleticism skills such as balance, coordination and agility and relating these to the golf specific skills.

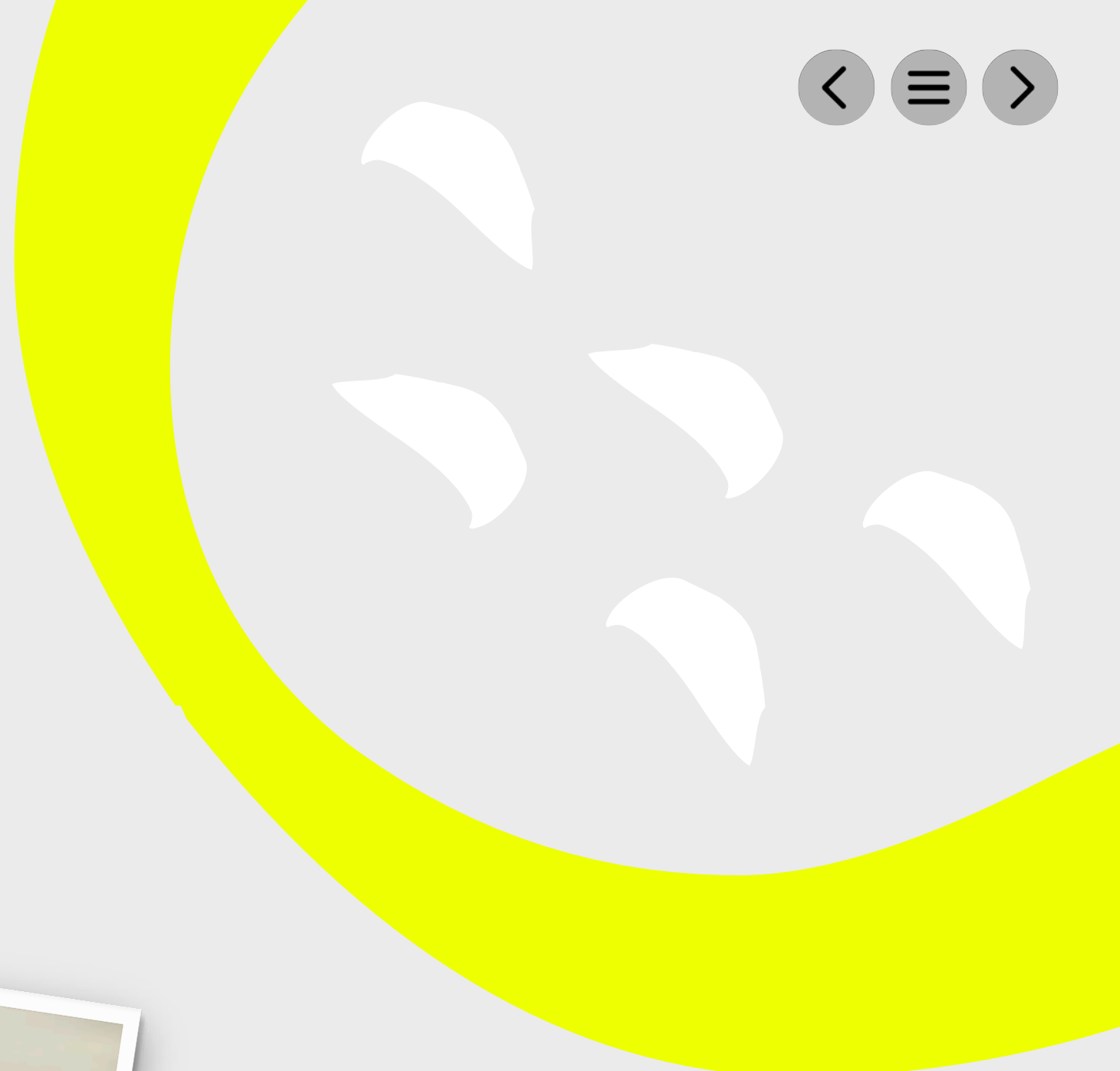


## 7. On Course Play

Children should have the opportunity to play the course under adapted rules and the rules of golf, from ability and distance appropriate tees over 9-18 holes. Children should have opportunity to play competitively with a focus on scoring.



# Next Steps





# Next Steps

Take the next steps towards a thriving Junior *Crush It* Academy at your club...

## 1. Complete the Managing your Programs Training

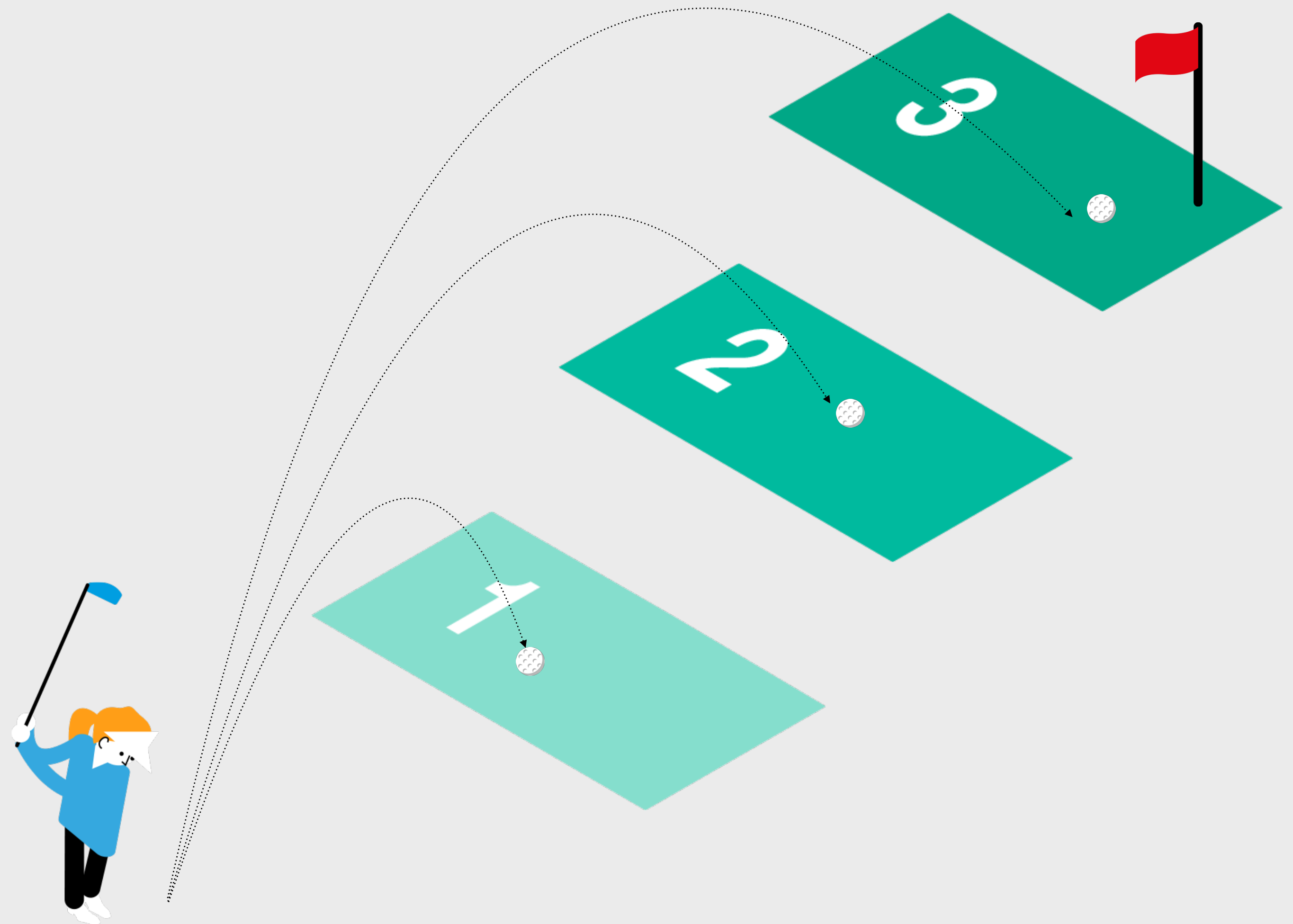
This document will help you understand the expectation of the program, your role and how the Junior programs link together.

## 2. Move onto complete the Program Training

Once you've read through the above documents you will be ready to learn about the six Junior Programs and take the next steps to getting your programs up and running.

## 3. Complete your System Training

Complete your system training in order to get your GLF.locker system setup and so you can use the key features to launch your programs.



# Thank you.

Please review the Managing your Programs Training within the Junior Programs section of the Training Hub.