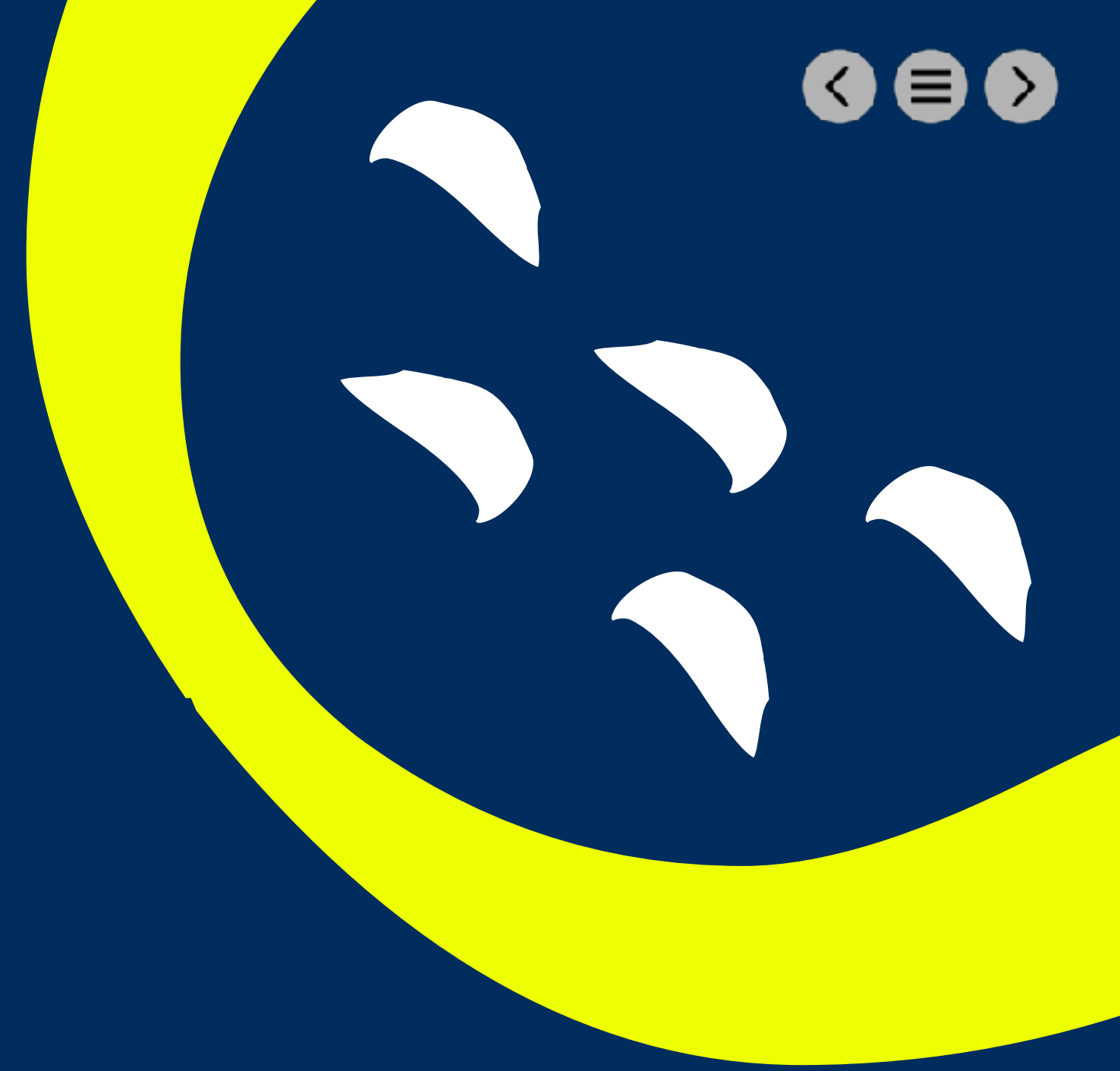


Running Your *Crush It* Junior Camps

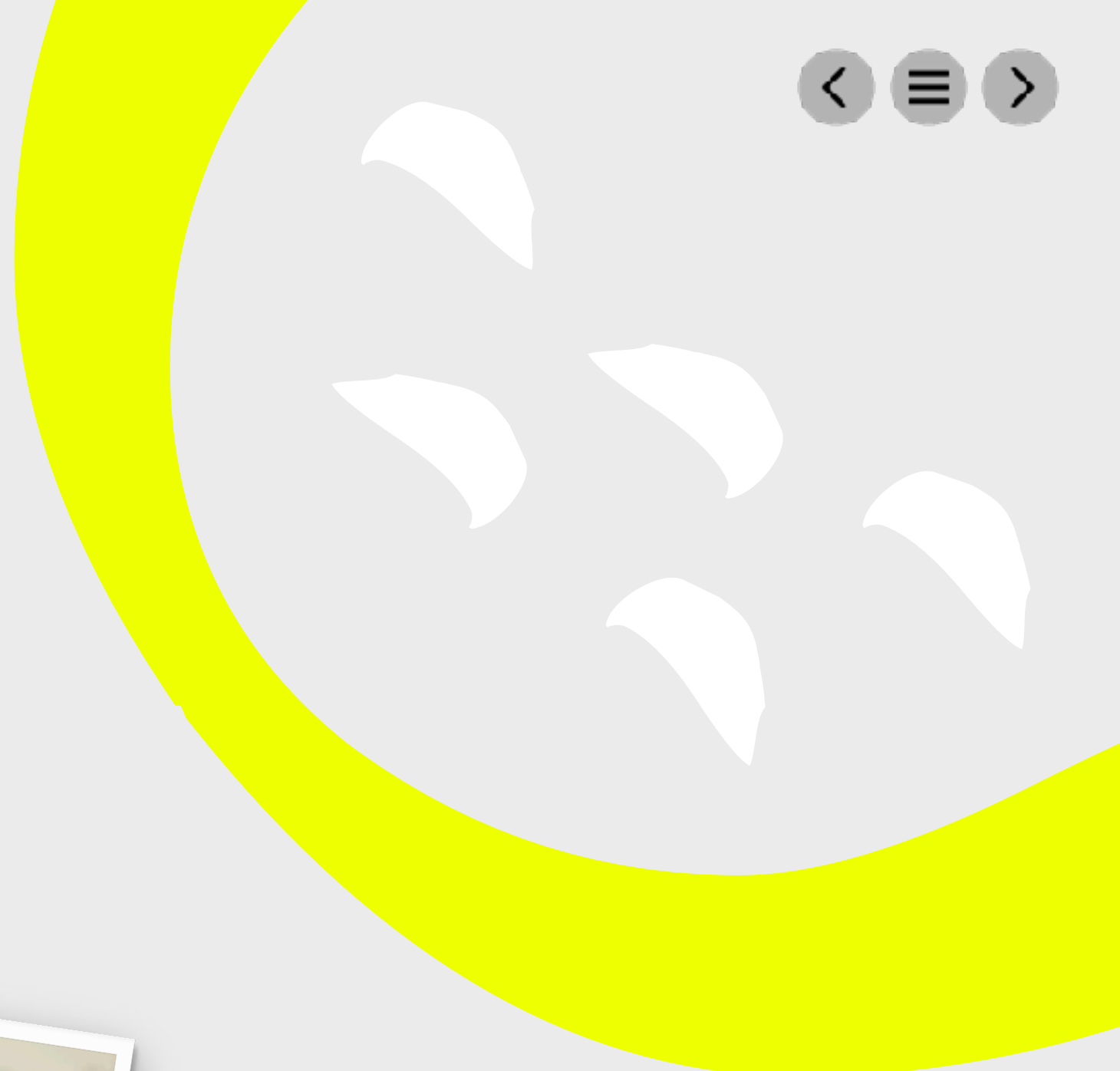


Contents

- 3** Curriculum and Crush It Games
- 13** Camp Plans and Timetables
- 18** Supporting You
- 22** Next Steps



Curriculum and *Crush It* Games



Learning Outcomes

Regardless of the length of the camp type, duration and number of days being delivered, each camp will offer an opportunity to explore skills within each of the four learning outcomes central to the Crush It program. This will include:



1. Mastering the Game

Each camp will provide the child with a chance to focus on their Swing, On the Green and Around the Green skills. Children can participate in a number of games, team based challenges part of the Crush It Games and individual instruction as well practice time.

The Full Day Camp provides the only opportunity for the child to explore their On the Course skills.



2. Learning the Game

Each camp will provide the child with an opportunity to develop their understanding of the Learning the Game elements. This will occur through interaction and discussion during the camp sessions as well as via a mixture of team based and individual tasks at breaks and lunch.



3. The Whole Child

The element within this learning outcome will be developed through independent, social and competitive learning opportunities within each class.



4. Physical Literacy

This elements within this learning outcome will be developed through independent and team based warm up games at the start of each camp and at the start of the afternoon session of the Full Day Camp.

Mastering the Game Opportunities

Within the Mastering the Game learning outcome, there are four skills which include a number of sub-skills. The amount of opportunities with each of these for each camp will vary due to the camp length. However, each of the camps include an opportunity for the child to develop their skills in **Swing, On the Green and Around the Green**. The Full Day Camp provides the only opportunity to develop skills **On the Course** through a variety of team based formats.

1. Full Swing

Driver, Irons & Fairway Woods

-  Mini Camp
-  Half Day Camp
-  Full Day Camp



3. Around the Green

Short Putts, Long Putts & Scoring

-  Mini Camp
-  Half Day Camp
-  Full Day Camp

2. On the Green

Chipping, Pitching & Bunker Play

-  Mini Camp
-  Half Day Camp
-  Full Day Camp



4. On the Course

-  Mini Camp
-  Half Day Camp
-  Full Day Camp

Number of Mastering the Camp Opportunities

The exact breakdown of the camp options is provided in the camp timetables, which are introduced in the next chapter and available with the Training Hub. However, the total number of opportunities within each skill and sub-skill will vary depending on the camp type and therefore the duration as well as the number of days the camp is running for. There are the following opportunities across each camp type:

Mini Camp | 9am - 10.30am

This is the shortest camp, running 90-minutes in length each day. This camp provides an opportunity across the skills as follows:



- 2 Sessions for a 3 Day Camp
- 3 Sessions for a 4 Day Camp
- 4 Sessions for a 5 Day Camp



- 2 Sessions for a 3 Day Camp
- 2 Sessions for a 4 Day Camp
- 3 Sessions for a 5 Day Camp



- 2 Sessions for a 3 Day Camp
- 3 Sessions for a 4 Day Camp
- 3 Sessions for a 5 Day Camp

Half-Day Camp | 9am - 12noon

This is camp runs over 3 hours in the morning each day. This camp provides an opportunity across the skills as follows:



- 3 Sessions for a 3 Day Camp
- 4 Sessions for a 4 Day Camp
- 5 Sessions for a 5 Day Camp



- 3 Sessions for a 3 Day Camp
- 4 Sessions for a 4 Day Camp
- 5 Sessions for a 5 Day Camp



- 3 Sessions for a 3 Day Camp
- 4 Sessions for a 4 Day Camp
- 5 Sessions for a 5 Day Camp

Full-Day Camp | 9am - 4pm

This is camp runs over 7 hours each day. This camp provides an opportunity across the skills as follows and also On the Course opportunities covered on the next page.



- 3 Sessions for a 3 Day Camp
- 4 Sessions for a 4 Day Camp
- 5 Sessions for a 5 Day Camp



- 3 Sessions for a 3 Day Camp
- 4 Sessions for a 4 Day Camp
- 5 Sessions for a 5 Day Camp



- 3 Sessions for a 3 Day Camp
- 4 Sessions for a 4 Day Camp
- 5 Sessions for a 5 Day Camp

Full-Day Camp On the Course Opportunities

Due to the length of the camp, the Full Day Camps provides the only opportunity to get the children out on the course in the afternoon using fun, team based formats. You can also use the adapted course length from the Junior Course Play program to ensure the children's experience is as developmentally appropriate as possible. All of the on course sessions have been designed so that you are able to take the group onto the course and play at a reasonable speed, with all of the children in the same group.

If you have additional help with regards to supervision then you should split the group up so you can move round the course faster. The on the course opportunities are covered in the camp timetable and plans, but includes the following three formats:

1. Team Foursomes

Children play in teams starting from one of the adapted teeing positions. Each team members hits a tee shots, alternating on each hole. The team plays alternate shots until the hole is completed.

2. Team Scramble

Children play in teams starting from one of the adapted teeing positions. Each team member hits a tee shots, and the best positioned ball is chosen and players continue in this manner until the hole is completed.



3. Team Betterball

Children play in teams starting from one of the adapted teeing positions. Each team member plays their own golf ball, until the hole is completed. The lowest score is counted towards the teams score.

How many on course opportunities are there?

Over the course of the camp week, children will have the opportunity to play each format and the amount will vary depending on the number of days:

**3
DAY**

- 1 Team Foursome
- 1 Team Betterball
- 1 Team Scramble

**4
DAY**

- 2 Team Foursome
- 1 Team Betterball
- 1 Team Scramble

**5
DAY**

- 2 Team Foursome
- 1 Team Betterball
- 2 Team Scramble

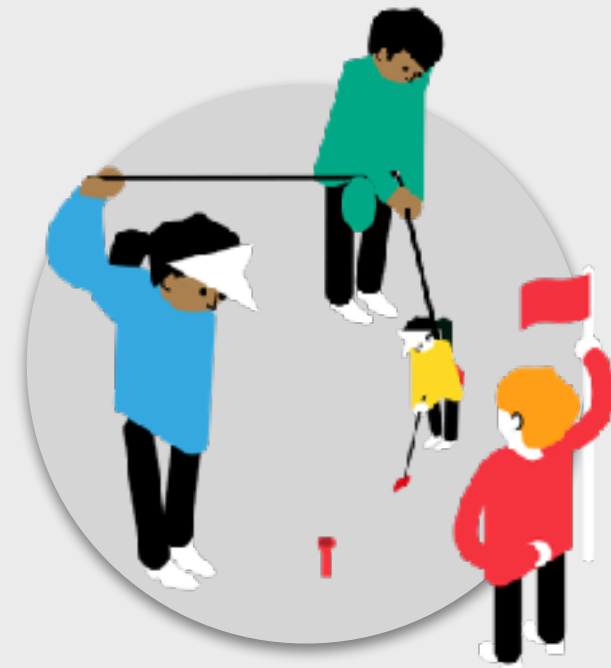
The *Crush It* Games

Unique to Crush It Camps is the opportunity for you to structure your week to include a week-long games based competition. This provides a great way of engaging juniors in the curriculum over the week, creating a sense of fun, enjoyment and friendly competition. The Crush It Games can be delivered across each of the camp days, with the number of allocated games varying based on the camp length and number of days on offer.



Represent a Team

You can assign each junior a team to work with over the course of the week and represent. This will bring a sense of companionship and teamwork to the camp experience.



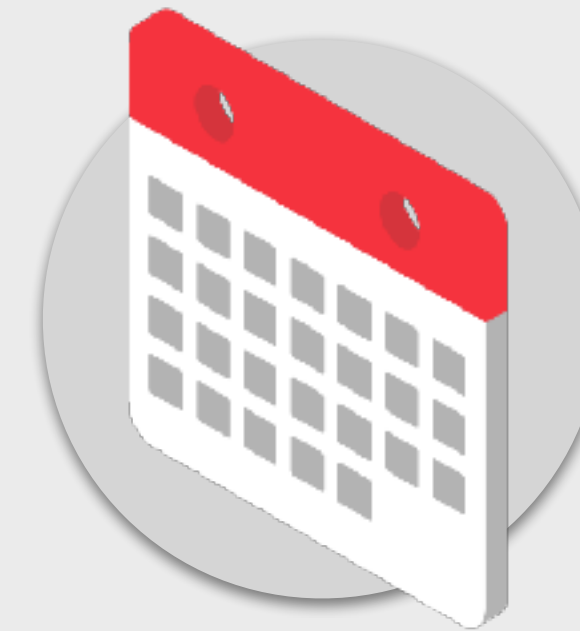
Points Based Games & Challenges

Through the week, there are specific games built into the camp timetable across the different skill elements and warm up games, where juniors can accumulate points in teams.



Accumulate Points Each Day

Through the specific team based games, points are accumulated each day that then contribute to their overall score for the week.



Week Long Competition

The competition runs over the course of the camp week and applies to all camp options.



End of Camp Award Ceremony

The week culminates in the fun award ceremony to celebrate the success of all those involved and share this with the juniors parent or guardian!

Number of Allocated Games

The number of games that contribute to the week long competition will depend on the camp type, due to the duration and also the number of days on offer. The camp timetables have been built so that a participating game is delivered within each camp session and across each of the skills. The number of games built into the timetables across the camp types, skills and days is as follows:

Mini Camp

During this camp, there are 3 games played each day, with one game across each of the skill sessions focusing on Swing, On the Green and Around the Green as well as a warm up game.

**3
DAY**

9 Games

There are 9 competing games over the course of the 3 day camp.

**4
DAY**

12 Games

There are 12 competing games over the course of the 4 day camp.

**5
DAY**

15 Games

There are 15 competing games over the course of the 5 day camp.

Half-Day Camp

During this camp, there are 4 games played each day, with one game across each of the skill sessions focusing on Swing, On the Green and Around the Green as well as a warm up game.

**3
DAY**

12 Games

There are 12 competing games over the course of the 3 day camp.

**4
DAY**

16 Games

There are 16 competing games over the course of the 4 day camp.

**5
DAY**

20 Games

There are 20 competing games over the course of the 5 day camp.

Full-Day Camp

During this camp, there are 6 games played each day (5 on the final day), with one game across all four Mastering the Game skills as well as a warm up game.

**3
DAY**

18 Games

There are 18 competing games over the course of the 3 day camp.

**4
DAY**

24 Games

There are 24 competing games over the course of the 4 day camp.

**5
DAY**

29 Games

There are 29 competing games over the course of the 5 day camp.

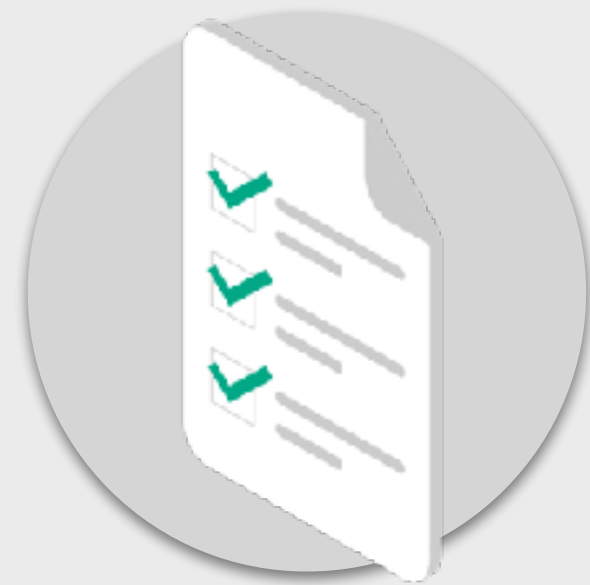
Allocating Teams

To ensure the Junior Camps are a great experience for all participants you should try to allocate teams fairly to make sure there is an even spread of ability levels across each of the teams. Within the Camp resources, the Team Register will help you to allocate teams so you can remind children which team they are in, and update the scores throughout the camp.



Number of Teams

It is recommended that you have between 2 to 4 teams per camp, so that you can achieve a level playing field in terms of ages and abilities.



Team Register

Use the team register to allocate the children to their teams, and to be able to remind them which team they are in throughout the camp.



Team Names

Allow the children to create their own, fun team names to add a creative element to the camp through the week.



Score Tally Sheet

Use the Score Tally Sheet to record scores for the teams as they complete the games and challenges.



Update Scores

Update the scores at the end of each session and at the end of the day, this will keep the children engaged in the games and bring a purpose to each challenge.

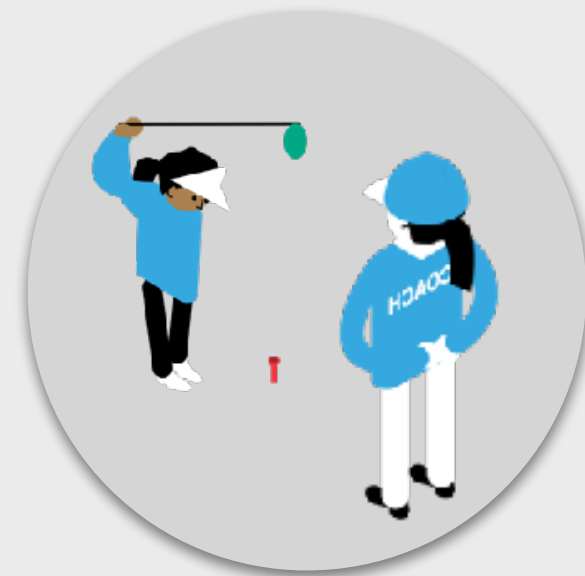
Running your Games and Scoring

We have allocated one of the games in each session to be the game that the children can score points on and this contributes to the week long competition. We recommend that you closely monitor this specific game in each session and record the scores to ensure fairness for all involved. This game and all other games within a session, should be setup so that children can rotate around the games in teams.



Appropriate Challenges

Make sure you set up the games so that all ability levels within the camp can achieve points. You should use your experience and if necessary adapt the games based on the experience of the children.



Monitor and Record

Use the Score Tally Sheet to record scores. To make sure the games are scored fairly you should monitor the scoring game and then add the score achieved to the Tally Sheet.



Award Points for Finish Position

Once you have all the teams score added to the Tally Sheet, you should then award points in the following order which contributes to the overall week competition:

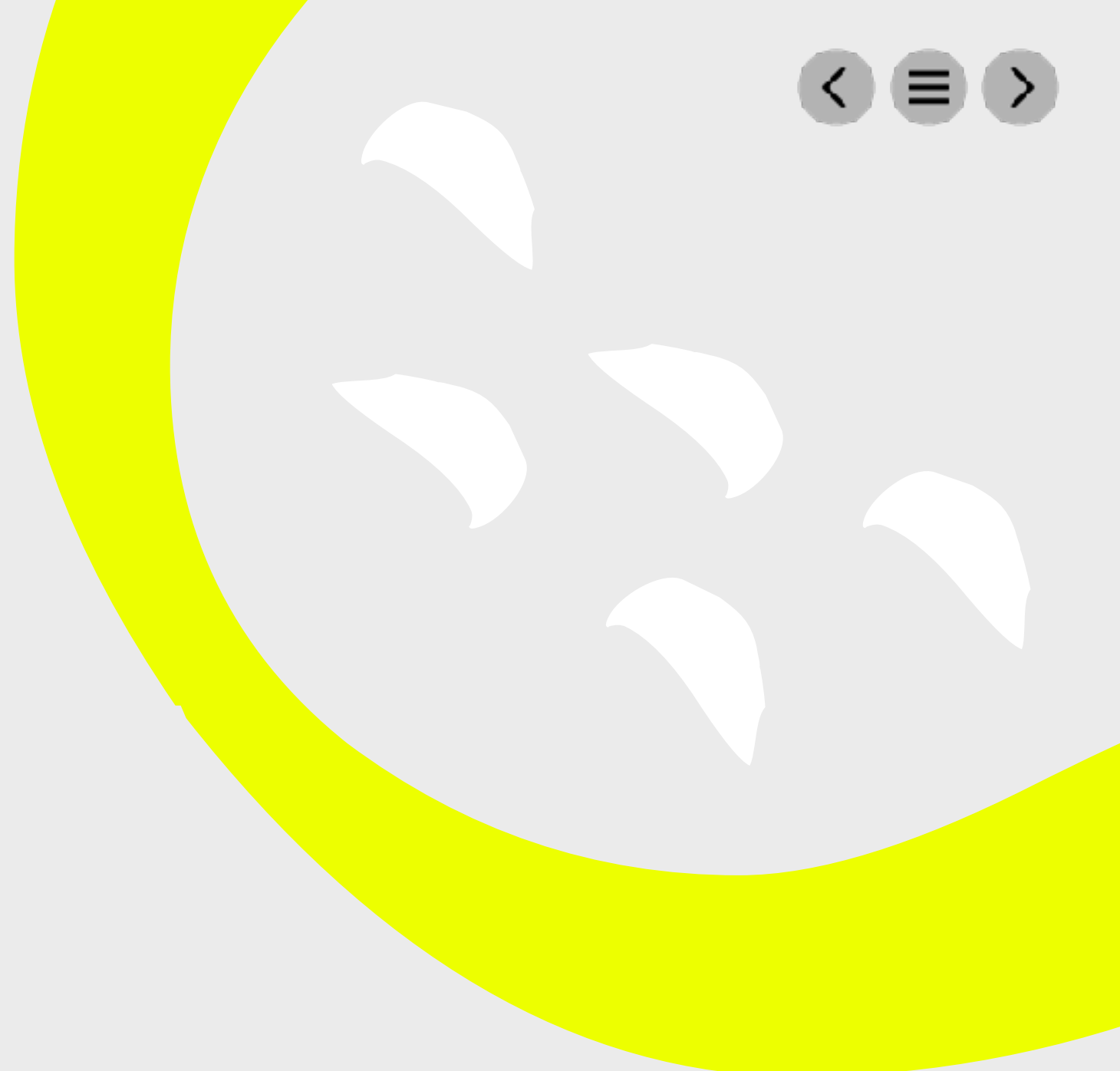
1st Place - 4 Points
2nd Place - 3 Points
3rd Place - 2 Points
4th - 1 Points



Use your Judgement and Be Flexible

The camp timetable has been built to give you a structure to follow, however from time to time you may need to be flexible with the number of and types of games delivered. You should also ensure that you maintain fairness to all children across the week and adapt the games and teams where required.

Camp Plans and Timetables



Finding Your Junior Camp Plans

In the Training Hub, you can access example class plans, timetables and additional resources for each type of Junior Camp and across the 3, 4 or 5 day options. You can access a specific plan for each day of your camp and this is your go to guide for running your Junior Camp.

Follow the steps below to deliver the correct plan for your Crush It Junior Camp:



1. Select Junior Camp Resources

You can view the Junior Camp Plans within the Junior Resources section on the Junior Camp page. These resources will help you to find the correct class plan that you need to use for the type of Junior Camp that you are running.

2. Find the Class Plan

You can view or download the class plan. Specific class plans are available for the three different types of Junior Camp; Mini-Camp, Half-Day and Full-Day. Five days have been planned for you, although you may be delivering a 3 day, 4 day or 5 day Junior Camp.

3. View or Download

Once you have found the correct type of Junior Camp class plan, you can view it through the Training Hub or you can download it as a PDF.

Everything you need is built into these plans so you can deliver a great Junior Camp!

What's Included in Your Camp Plans?

Your Junior Camp Camp give you everything you need to prepare and deliver your Junior Camp. Each individual Junior Camp Resource will include the following:



1. Daily Timetable

The timetables provides you with an overview of what is delivered and how the timings are broken down across the duration of the Junior Camp you have chosen to deliver.



2. Equipment you Need

Each class plan will list the specific equipment required to deliver the games and challenges within the Junior Camp.



3. Class Layout and Setup

Each type of Junior Camp will provide you with a recommendation of how to layout your Junior Camp class to ensure it is delivered safely.



4. Warm Up Game Cards

Each class plan includes Warm up Games that are used to improve children's physical literacy.



5. Game Cards

Each class plan includes Game Cards that the children play to improve their skills during the week.



6. Points Challenges

Each Junior Camp includes one game per session where the children can earn points for their team contributing to the week long competition.

Camp Timetable - Week View

Within the Junior Camps Resources section is also a timetable for the week of your camp. There is a timetable for each type of Junior Camp and for 3, 4 or a 5 days option. The timetables provide an overview of what should be delivered during your Junior Camp. The graphic below shows an example of a Full-Day Junior Camp timetable over a week view:

The top section provides an overview of class including the length, class size and the Learning Outcome focus

The first column is the specific day of the camp week

The second column provides a the time duration allocated for the Welcome period of the camp

The 3rd, 4th and 5th columns indicate the time duration and focus at each stage of the camp.

Break times for each day are at 10.50am and last for 10 minutes.

Lunch takes place at 12noon each and last for 1 hour.

1pm - 3.50pm each day includes time for a warm up game and on course play.

The 7th and 8th columns indicate the time durations and focus between 11am - 12noon.

Days 1-4 includes time for a recap of the day and score with an end of week presentation on day 5.

Day	0am	0:15am	0:30am	10:10am	10:50am	11:00am	11:15am	12:00pm	1:00pm	1:20pm	3:50pm	4:00pm
Day 1	Welcome	Warm Up Game	Swing Games	On the Green Games	Break	Around the Green Games	Recap / Morning Points total	Lunch	Warm Up Games	On Course Games	End of Day Recap / Team Points Total	End of Camp
Day 2	Welcome	Warm Up Game	Around the Green Games	Swing Games	Break	On the Green Games	Recap / Morning Points total	Lunch	Warm Up Games	On Course Games	End of Day Recap / Team Points Total	End of Camp
Day 3	Welcome	Warm Up Game	On the Green Games	Around the Green Games	Break	Swing Games	Recap / Morning Points total	Lunch	Warm Up Games	On Course Games	End of Day Recap / Team Points Total	End of Camp
Day 4	Welcome	Warm Up Game	Swing Games	On the Green Games	Break	Around the Green Games	Recap / Morning Points total	Lunch	Warm Up Games	On Course Games	End of Day Recap / Team Points Total	End of Camp
Day 5	Welcome	Warm Up Game	Around the Green Games	Swing Games	Break	On the Green Games	Recap / Morning Points total	Lunch	On Course Games		End of Week Prize Presentation	End of Camp

Camp Timetable - Day View

Within the Junior Camps Day plans, there is a timetable for each type of for each day and time of day, either morning or afternoon. This timetable provide a more in-depth overview of what should be delivered during your Junior Camp across each section of the camp. The graphic below shows an example of a Full-Day Junior Camp morning timetable:

4 Junior Camps

Day 1 Morning | Full-Day Camp Timetable

Session Length: 420 mins | Group Size: 1:8 | Mastering the Game Focus: Swing, Around the Green, On the Green, Course Play

Time	Focus	Suggested Theme Content	Games / Drills / Resource
15 Mins	Introduction	• Welcome and allocate children their teams for the week.	• Team Register
15 Mins	Warm Up Games	• Introduce the Warm Up game, play in teams and record scores	• Knockdown Noodles • Team Points Tally Sheet
40 Mins	Mastering the Game • Swing	• Outline the safety instructions and class layout • Introduce games, tasks and challenges • Deliver one to one and group coaching • Children rotate around the stations	• Rocket Launcher • Power Play • Knockdown Tower • Crossbar Challenge • Team Points Tally Sheet
40 Mins	Mastering the Game • On the Green	• Outline the safety instructions and class layout • Introduce games, tasks and challenges • Deliver one to one and group coaching • Children rotate around the stations	• Cat and Mouse • Round the Clock Sprint • Tic Tac Toe - Putting • Putting Partners • Team Points Tally Sheet
10 Mins	Mid-Morning Break	• Time to rest, enjoy a drink and snack	
45 Mins	Mastering the Game • Around the Green	• Outline the safety instructions and class layout • Introduce games, tasks and challenges • Deliver one to one and group coaching • Children rotate around the stations	• Golf Tennis • Closest to the Pin • Tic Tac Toe • Mouse Trap • Team Points Tally Sheet
15 Mins	End of Morning Recap	• Recap the games, find out the children's favourites and announce the points total for the morning	• Team Points Tally Sheet

The top section provides an overview of class including the length, class size and the Learning Outcome focus

The first column provides a breakdown of the recommended time that should be allocated to each focus within the class

The second column provides a breakdown of the focus with each section of the class

With each section, ideas around what can be covered within this section of the class are listed here

The specific games and resources that are required for the class plans are provided in the final column

End of Camp Award Ceremony

The end of camp award ceremony is particularly important, to highlight the achievements of the children during the week, and to promote and convert the camp attendees into regular participants of the Junior Monthly program.

Be sure to prepare for the award ceremony and have all prizes and marketing collateral ready. You will need:



Junior Monthly Flyer

Have a Crush It Junior Monthly flyer to give to each participant of the camps, be sure to offer a free taster session in order to maximise conversion from the camps to your Junior Monthly program.



Score Tally Sheet

Make sure you keep the score tally sheets from previous days so you have a total score for the week.



Prizes

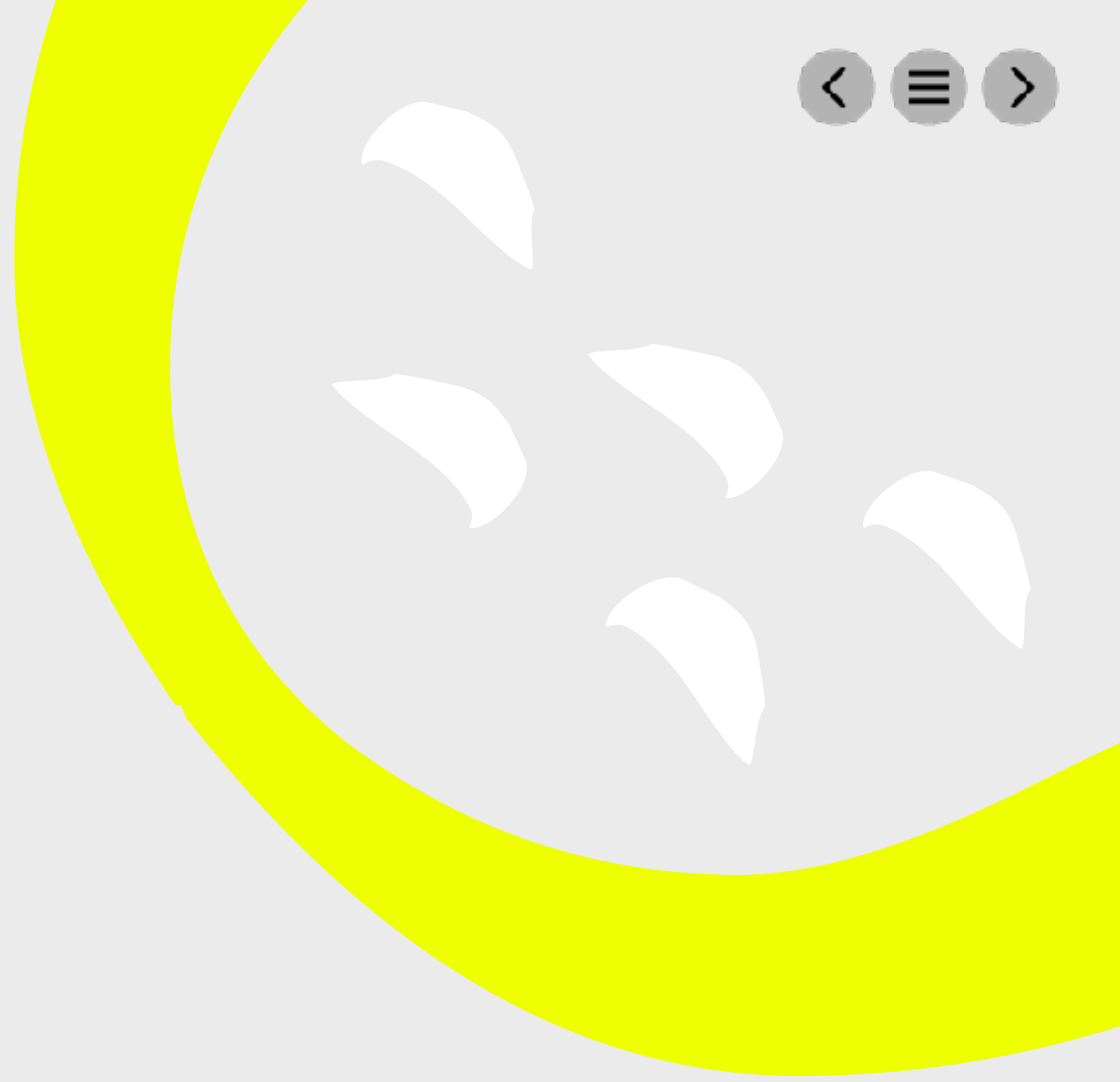
Have the prizes set up ready for the prize presentation, so you can present prizes without any delay.



Photographs

Have someone on hand to capture some of the moments to share with parents and use in your future marketing and success stories.

Supporting You



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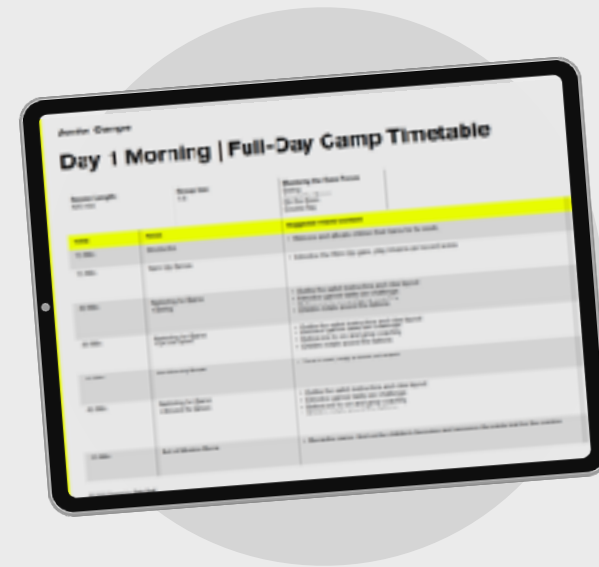
Support for You

We know that supporting you to deliver your camps, the learning outcomes and the Crush It Games is essential and that's why we have built a number of resources to help you deliver this on the ground. Support is available to you in just some of the following ways:



1. Week View Camp Timetables

With the Training Hub, there is a week view timetable for each of the camp types and days. This provides you with a quick view of the camp sessions each day and the start and end times.



2. Day View & Session Camp Timetables

With the Training Hub, you can access training to help to understand how to deliver the challenges in your class to cater for the needs of the child and how the challenges link together with the track and reward elements.



3. Day Class Plans & Games Cards

With each of the daily class plans, you can access all of the game cards for that day and the equipment that you need.



4. Team Register

Use the team register to allocate the children to their teams, and to be able to remind them which team they are in throughout the camp. Print this out ready for the day.



5. Crush It Games Tally Sheet

Use the Score Tally Sheet to record scores for the teams as they complete the games and challenges. Print this out so you can record these on the day.

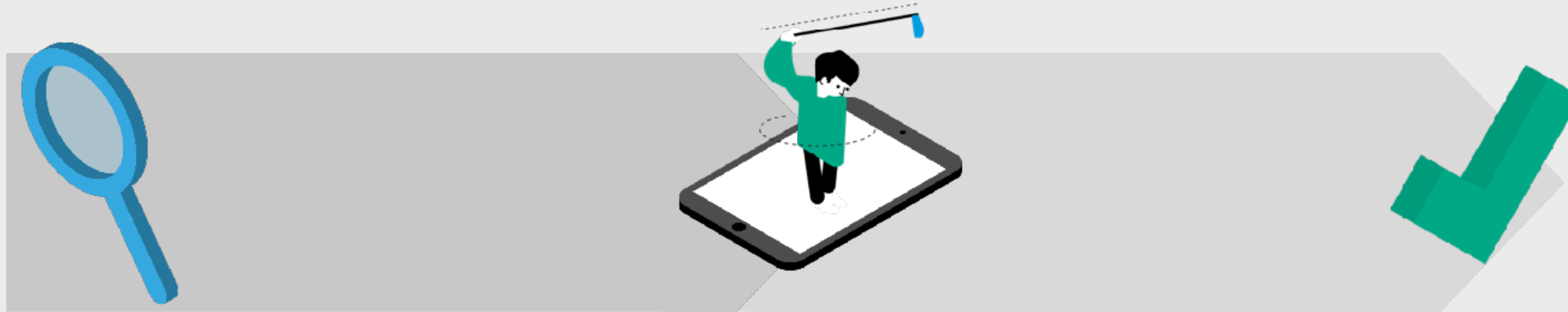


5. Activity Resources

You can also access resources for the lunchtime activities or to help you plan for wet weather. These links to the 'Learning the Game' learning outcome.

Remaining Step by Step Guides

Now that you have completed the remaining chapters, and got up to speed with the camp structure and support available to you, you should review the remaining Step by Step Guides. These guides walk you through the recommended communication steps, delivery week steps and tasks to complete after you camp has been delivered. You can review and download the guides using the following steps:



1. Navigate to the Junior Camp Section of the Training Hub

Below the training course, you will see the six Step by Step Guides. Click the download button to view these guides on your device.

2. View or Download Step 4 'Communication Checklist'

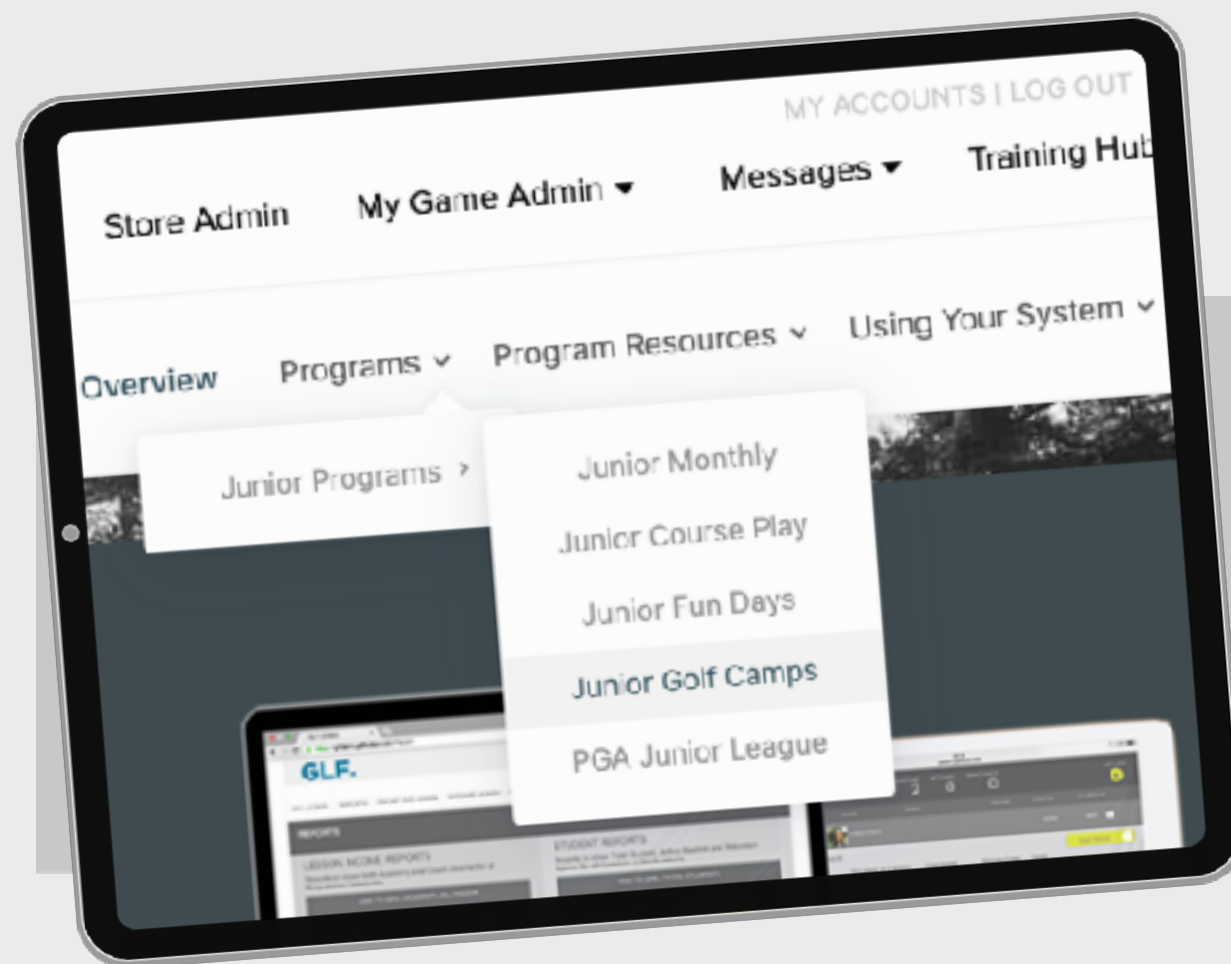
Your first step should be to view the Communication Checklist. This guide provides the actions to complete to make sure that your participants have all the information they need and everything is in place at your venue.

3. Action and Tick off the Tasks & Follow the Guides.

Work through the tasks on the guide and better, still tick the tasks off as you go by printing the guide and placing it somewhere visible to you and your team.

Accessing the Training Hub Resources

All of the resources you need are accessed via the Training Hub. Follow the steps below so you can get to the correct resource for the type of camps and number of days you are running:



1. Navigate to the Junior Camps Home Page

When you login into the Training Hub, the first task is to get to the Junior Camp home page. You can do this by selecting 'Junior Camps' from the drop down accessible when clicking the Programs menu item.



2. Select Camp Resources

You will then need to select the Camp Resources section from below the Step by Step Guides. In this section, you can also access resources relating to Communication, Marketing & Planning Tasks.

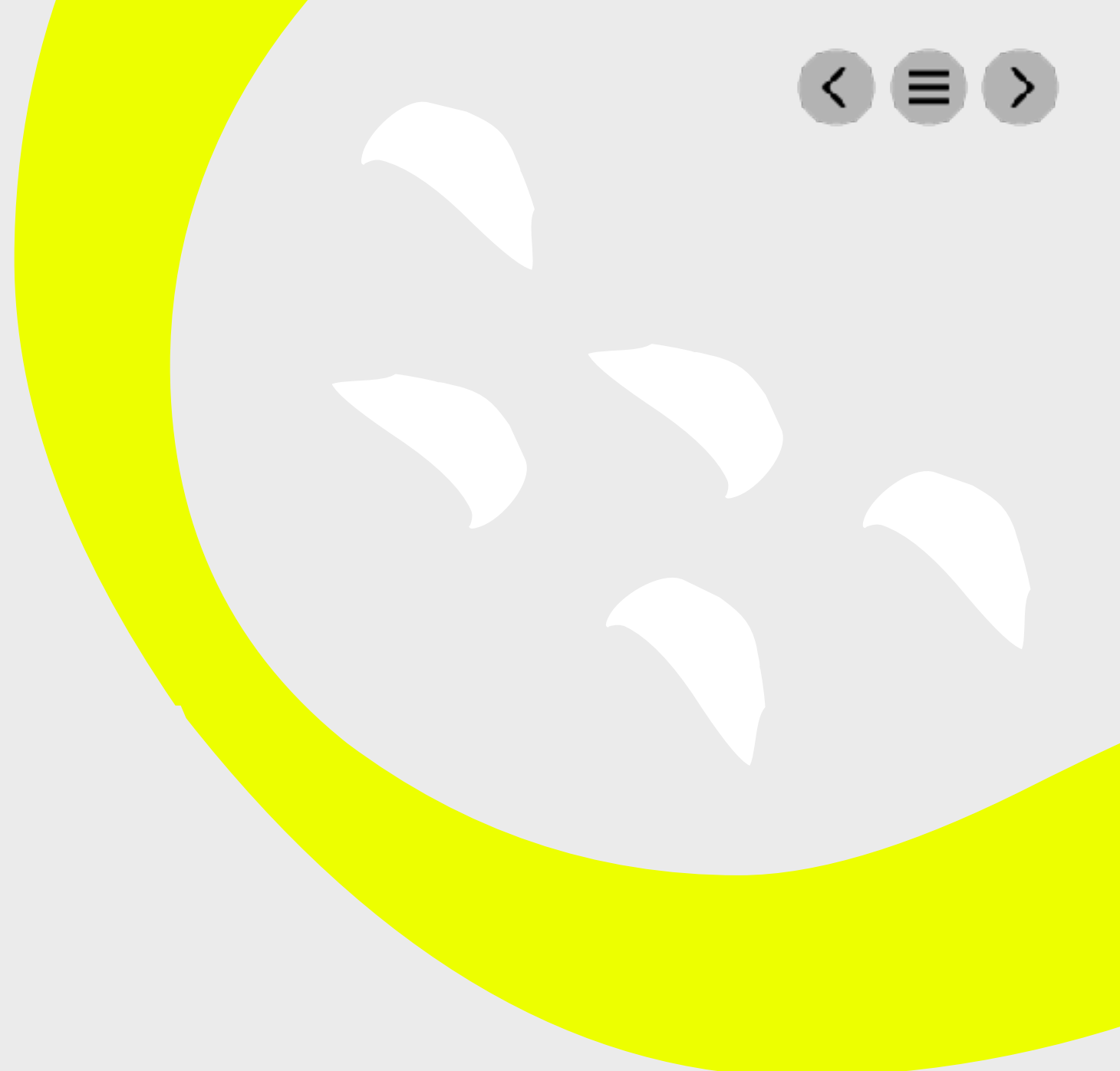


3. Navigate to the Correct Section

You will then need to select the Camp Type to access the correct resources. You should select from Mini Camp, Half Day Camp or Full Day Camp.

Once you have navigate to the correct screen, you can then scroll down the page and access the resources within the 3 Day, 4 Day and 5 Day options.

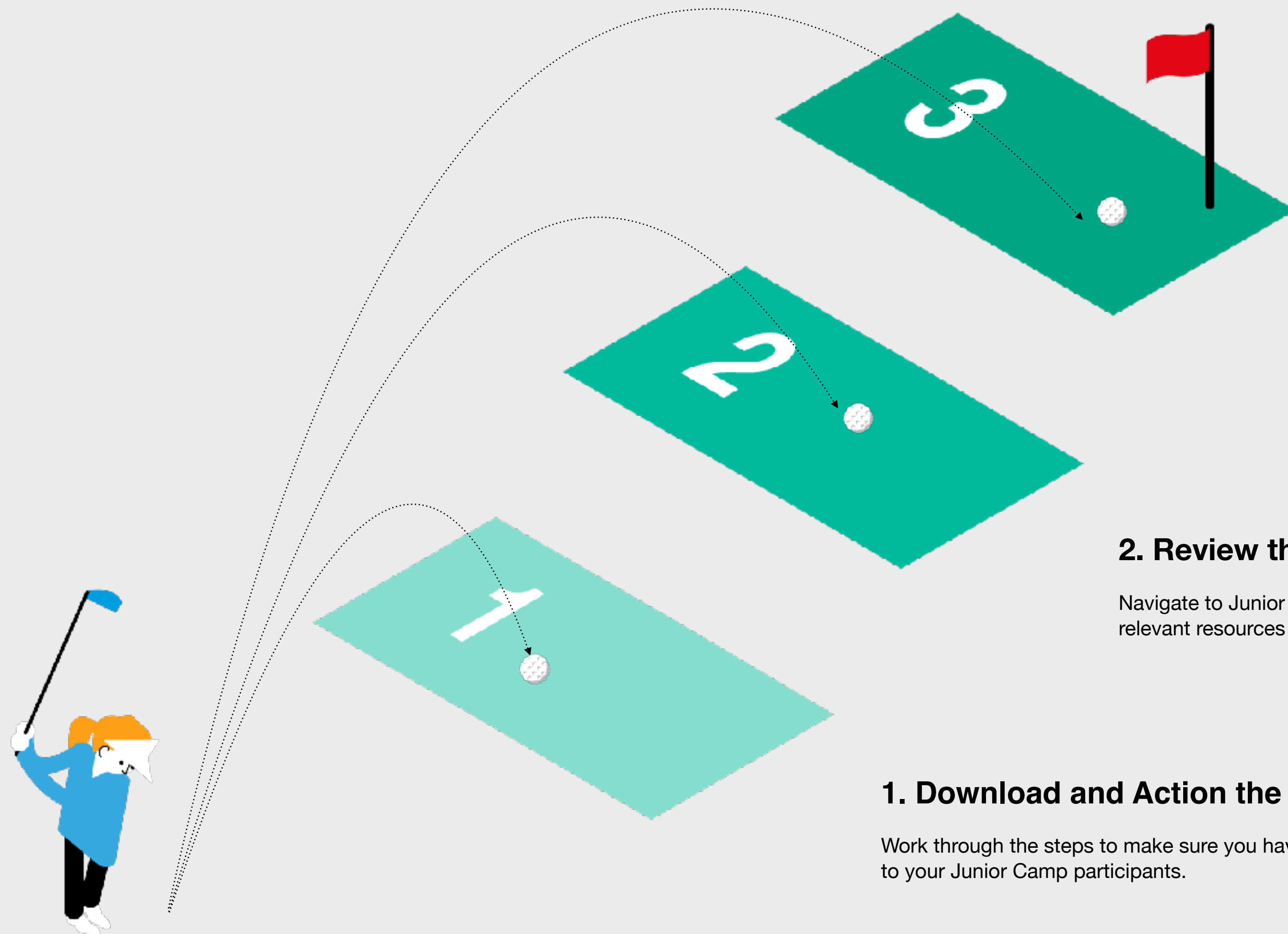
Next Steps



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Next steps

Take the next steps towards a successful Junior Camp Program at your venue



3. Download and Action the Step 5 Checklist Guide

Work through the steps listed within these guide to ensure success in delivering your Junior Camp program at your venue.

2. Review the Junior Camp Resources

Navigate to Junior Camp Class Resources on the Training Hub. Download the relevant resources for the type of Junior Camp you are running.

1. Download and Action the Step 4 Checklist Guide

Work through the steps to make sure you have communicated all relevant information to your Junior Camp participants.

Thank you.

Please review the [Junior Camp Class Resources](#) section of the Training Hub.