

## Unsure which junior program is the right fit for your child and your family? The Golf Academy of Rochester is here to help!

### **BEGINNER GOLF PROGRAMS**

Child friendly golf programs for children that have little to no experience playing on the golf course, or has been playing for less than 2 years. Learn more below:



#### **U.S. Kids Golf Level 1**

Skills and correct forms are taught in putting, chipping, pitching, bunkers, and full swing.

A playing ability test is included, along with sections on rules and etiquette. Once each level

is completed, the young golfers can move on to the year round training academy.



#### **LPGA\*USGA Girls Golf**

The only national junior golf program that specializes in providing girl-friendly environments for juniors to learn the game of golf. help prepare girls ages 6 – 17 for a

lifetime of enjoyment of the game while also inspiring them to feel confident, build positive self-esteem and live active and healthy lives through The Five E's of Girls Golf



#### **PGA Jr. League Golf**

PGA Jr. League brings family and friends together around fun, team golf experiences.

Players play a team scramble format.

**WEEK LONG SUMMER CAMPS ARE ALSO AVAILABLE EACH YEAR!** We offer U.S. Kids Camps, LPGA\*USGA Girls Golf camps, and PGA Jr. League Golf camps.

### **TGA YEAR-ROUND JUNIOR ACADEMIES**

Is your child looking to play golf at the local tournament level (U.S. Kids Golf Local Tour, WNY PGA Jr Tour) or make their high school golf team? Is your child an experienced junior golfer that aspires to play on the AJGA and Hurricane national Junior Golf tours? Do they have a desire to play collegiate golf, and even earn a collegiate scholarship?

*We offer complimentary assessments to discover which program fits best for each player. Book yours today!*

#### **TRAINING ACADEMY**

This academy includes access to one (1) individual training session, one (1) hour group training session a week, and one (1) group practice session a month.

Sessions are focused both on swing fundamentals and scoring on the golf course. *Players must score 50 or less before graduating to our next academy level.*

#### **PLAYERS ACADEMY**

Geared towards junior golfers preparing to compete at the High School level and who are already competing in local 9 and 18-hole tournaments. Players receive unlimited coach supervised practice, as well as group and private training sessions that focus on swing mechanics, putting, short game, and swing speed training.

#### **MENTAL PERFORMANCE TRAINING**

What are the interferences preventing you from scoring low on the golf course? Learn how to change your mentality and begin to see results with lower scores, and a free swing on the golf course.

**CONTACT TGA Rochester for a complimentary assessment today to see which program is the right fit for you!**

For Junior Training academy, Players Academy, and Mental performance training: 585-978-6845 or [Caleb@thegolfacademyroc.com](mailto:Caleb@thegolfacademyroc.com)

For U.S. Kids Golf, LPGA\*USGA Girls Golf, PGA Jr League Golf, and summer camps: 607-351-1928 or [Lauren@thegolfacademyroc.com](mailto:Lauren@thegolfacademyroc.com)