

Parent Education Workshop

- presented by Golf Performance Coaches

“Coaching the ‘Whole’ Junior Golfer” *Body, Mind, and Swing*

Topics covered will include:

- Breakdown of technical skills is what we see but it is not always the problem – “PTMESS”
- How to effectively practice for long lasting skill acquisition – “Real, Wide, & Deep”
- Daily “positive athletic behaviours” – how this habit develops great golfers and even better humans!
- What parents should look for when choosing a “coaching program” this season



Jeff is a recent winner of the Canadian “**Junior Leader of the Year**” award, and brings a unique skill set to his students as a leader in both junior golf development and strength & conditioning. As a PGA of Canada Class “A” member and certified coach for New Competitors, Jeff has worked with many of the provinces best competitive junior golfers over the past 8 years in various capacities. Jeff was also awarded the “Coach of the Year” award in 2013.

Jeff has his undergraduate degree in Human Kinetics from the University of Ottawa and has multiple certifications geared towards youth athlete development from the Titleist Performance Institute (TPI) and other organizations. He is also a regular presenter at coaching conferences, where he is a highly sought-out expert in youth athletic development and for the training of sport coaches.

Presented by:

Jeff Overholt

PGA of Canada Golf Coach
Golf Performance Coaches
Co-Owner & Director of
Education



Location:

Baxter Creek Golf Club

Date: May 21st, 2018

Time: 5:00pm—6:00pm

