

Content Description

VIP Range Membership

The concept of monitored practice is a key component to the evolution of each Academy players game. This membership provides players the opportunity to practice in a nurturing and inspiring environment that breeds success and provides players with the revolutionary “monitored practice system”.

Players have the use of the facility and unlimited balls during opening hours – terms and conditions apply.

For range opening hours please visit
www.instituteofgolf.co.nz

Range Membership - Limited

This limited membership allows clinic players the same advantages as full academy member for the duration on opening hours of Saturdays.

Players have the use of the facility and unlimited balls during specified opening hours – terms and conditions apply.

For Saturday range opening hours please visit
www.instituteofgolf.co.nz

30 Minute Lessons (used at players discretion)

This unique private one on one lesson structure facilitates amazing results in part due to the “monitored practice system” throughout the year. The lessons are structured based on the personalized improvement program designed by the players primary coach.

If all lessons are utilized prior to the conclusion of the specified term then the players have an optional buy in at a discounted academy rate.

Content Description cont..

Clinic Based Tuition – 5 players per clinic

This is a new and exciting Academy initiative that offers some high performance group training to beginner players. The program is designed to provide general and specific instruction in all required technical areas of the game necessary to perform at a satisfactory standard on the course.

These clinics are designed as a feeder program into the Private Academy system after one year of involvement.

The clinic program runs for 5 weeks of each term * with two, 60 minute clinic classes being run each week. A total of 10 classes per term and 40 clinics over the duration of the annual Academy clinic program. With two on course sessions over the four terms with the group to test the improvements made.

* See class term timetable for dates and times

On Course Sessions

The on course session is a group practice that is conducted on course. This provides the academy coach with feedback as the progression of the improvement program and other key areas of note, such as course management, pre and post shot routine and recovery play.

The session is done over a series of 9 holes with the coach working from group to group. The course will be confirmed prior to the event and a green fee will be required at the responsibility of the player *.

*Green fees are often discounted for the academy. If players are members of the course then no green fee is required.

Content Description cont..

Group Flex Class

New to 2012 is the introduction of the Flex class. Conducted by the Institute of Golf medical department players have the opportunity to take steps to increase performance and reduce the risk of injury that repetitive sports often present.

The class instructors take the Academy members through a 60 minute stretch and flexibility program over an 8 week period during each school term*.

Group Strength and Conditioning Class

IOG is excited to announce the introduction of a golf specific strength and conditioning program into the 2012 Academy. This is done in a team environment and works on power enhancement as well as stability and support for the player.

The class instructors take Academy members through a 60 minute strength and Conditioning program over an 8 week period during each school term*.

Group Physical Screening

Screening programs have been set up to monitor academy members through muscle balance assessments. The data collected ensures the most up-to-date performance program is provided to the player and the risk of injury is greatly reduced

Mental Performance Session

Academy players are introduced to the importance of mental performance in golf. This is done through 60 Minute seminars during the year*.

* See class term timetable for dates and times

IOG Academy Renewal Options

The renewal of the Academy has multiple options available to players and parents to ensure a smooth transition from year to year whilst being able to modify performance programs as required. At the end of every calendar year every players contract will be up for renewal. The renewal packages are based on one of the following:

Academy Elite Renewal Package

- Rescreening – data collection process including periodization program and weekly training schedule
- Uniform upgrade – performance polo, cap, igolf training t-shirt, training bag
- Renewal fee - administration costs for the new academy set up

Fee: \$435.00

Premier Renewal Package

- Rescreening – data collection process including periodization program and weekly training schedule
- Renewal fee - administration costs for the new Academy set up

Fee: \$185.00

Renewal Package

- Renewal fee - administration costs for the new academy set up

Fee: \$55.00

For more information on the 2012 Institute of Golf Academy, the coaches or any of the medical department, please visit us on the web. For enrolment for the IOG Academy visit us online or contact the IOG Reception at

www.instituteofgolf.co.nz
reception@instituteofgolf.co.nz

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Institute of Golf
Learning Facility

Gate 3
402 Albany Highway
Albany
New Zealand

Ph: +64 9 415 7778
Fax: +64 9 415 7778

E: reception@instituteofgolf.co.nz

FB: [facebook.com/IOGNZ](https://www.facebook.com/IOGNZ)

W: instituteofgolf.co.nz

IOG Academy 2012

The Academy is a performance pathway for players determined to pursue the game at a higher level. The Academy provides opportunities for players to embark on their dreams. The success of the Academy, has seen many members go on to professional ranks and others being offered golf scholarships to United States Universities.

“The advanced planned processes of the Academy systems sees dreams become a reality”

Academy players have access to the industry leading, multi-disciplinary approach of the Institute of Golf. The team nurtures player performance and ability levels by evaluating their current capabilities; including swing assessment, golf specific muscle balance, strength and physical conditioning, and mental fortitude. The iGolf team then works together to formulate a personal golf performance programme targeting key areas, all of which is completely individualised to the player and their specific goals. The Institute of Golf also prides itself in providing a complete support network for each individual golfer. It is the ultimate golf performance experience and is leading the way for the 21st Century golfer.

“Forever Evolving Your Game”

The First Step - Joining the IOG 2012 Academy

The Screening process is the term used by Institute of Golf. The Screening procedure is designed to collect specific information and data imperative to the success of the players improvement, development and enjoyment of the program. The comprehensive Institute of Golf screening is conducted at the start of the players 12-month or 6-month term and we advise quarterly rescreening's. After thorough data collection and advanced screening, the instruction department designs and prepares a framework for the year. This includes the players weekly routine, short-term goals, physiological weaknesses and periodisation model. The 12-month template will be produced within 48 hours of screening. All players accepted into the academy will be part of a unique Institute of Golf family and part of a team that strives for excellence on a national and international level. A uniform is included as part of the initial screening process and includes 2 polo's and 1 x cap. These are to be worn with honor and respect as a team member of the Institute of Golf Academy.

Initial Screening fee: \$560.00

Note: Payment required at time of registration.

Private Option 1

Term - 12 month
Starting - February 1st 2011
Ending - February 1st 2012

Private Option 1 Includes:

- ✓ VIP Range Membership
- ✓ 30 x 30 Minute Lessons per annum
- ✓ 4 x 9 Hole on Course Sessions per annum*
- ✓ 8 x 60 Minute Group Strength & Conditioning Classes (4 terms)*
- ✓ 8 x 60 Minute Group Flex Class Screening (4 terms)*
- ✓ 2 x 60 Minute Mental Performance Classes*
- ✓ 2 x Physical Muscle Balance Screening*

* See class term timetable for dates and times

Total Price 2012 Private Academy Option 1
\$3588.00

Weekly Installment Program of \$75.90 P/W

Contractual 52 week with debit success

Intermediate

Private Option 2

Term - 12 month
Starting - February 1st 2011
Ending - February 1st 2012

Private Option 2 Includes:

- ✓ VIP Range Membership
- ✓ 20 x 30 Minute Lessons per annum
- ✓ 4 x 9 Hole on Course Sessions per annum*
- ✓ 8 x 60 Minute Group Strength & Conditioning Classes (4 terms)*
- ✓ 8 x 60 Minute Group Flex Class Screening (4 terms)*
- ✓ 2 x 60 Minute Mental Performance Classes*
- ✓ 2 x Physical Muscle Balance Screening*

* See class term timetable for dates and times

Total Price 2012 Private Academy Option 2
\$3068.00

Weekly installment program of \$64.90 P/W

Contractual 52 week with debit success

Additional lessons can be purchased at a discounted rate

Advanced

Private Option 3

Term - 6 Month
A: Starting 1st February 2011 and Ending 31st July 2012
B: Starting 1st August 2012 and Ending 30th January 2012

Private Option 3 Includes:

- ✓ VIP Range membership
- ✓ 30 x 30 Minute Lessons per annum (Individual)
- ✓ 2 x 9 Hole on Course Sessions per term length*
- ✓ 8 x 60 Minute Group Strength & Conditioning Classes (2 terms)*
- ✓ 8 x 60 Minute Group Flex Class Screening (2 terms)*
- ✓ 1 x 60 Minute Group Physical Screening*
- ✓ 1 x 60 Minute Mental Performance per term length*

* See class term timetable for dates and times

Total Price 2012 Private Academy Option 3
\$3328.00

Weekly installment program of \$140.80 P/W

Contractual 26 week with debit success

Intermediate

Private Option 4

Term - 6 Month
A: Starting 1st February 2011 and Ending 31st July 2012
B: Starting 1st August 2012 and Ending 30th January 2012

Private Option 4 Includes:

- ✓ VIP Range Membership for 1 year
- ✓ 20 x 30 Minute Lessons per annum
- ✓ 2 x 9 Hole on Course Sessions per term length*
- ✓ 8 x 60 Minute Group Strength & Conditioning Classes (2 terms)*
- ✓ 8 x 60 Minute Group Flex Class Screening (2 terms)*
- ✓ 1 x 60 Minute Group Physical Screening*
- ✓ 1 x 60 Minute Mental Performance per term length

* See class term timetable for dates and times

Total Price 2012 Private Academy Option 4
\$2470.00

Weekly installment program of \$104.50 P/W

Contractual 26 week with debit success

Additional lessons can be purchased at a discounted rate

Advanced

Clinic Option 1

School Year Program – 4 Terms
Starting 1st February 2012
Ending 1st February 2013

Clinic Option 1 Includes:

- ✓ Range Membership for 1 year (Limited)
- ✓ 40 x Clinic Based Tuition Classes – 10 per term (4 terms)*
- ✓ 2 x 9 Hole on Course Sessions per annum

* See class term timetable for dates and times

Total Price 2012 Clinic Academy Option 1
\$3600.00

Weekly installment program of \$76.15 P/W

Contractual 52 week with debit success

Beginner