



**Essex Golf & Country Club**  
*Junior Orientation Package*  
*2016 Season*

## **Overview**

Welcome all returning and new Junior Members to the Essex Golf & Country Club 2016 season. Our plan for this season is to continue to enhance the junior program for golfers of all levels. We hope that all juniors will have an enjoyable experience at the Essex Golf & Country Club. We will continue with our PGA Junior League, Snag & Cyclone Instruction programs, and encourage juniors of all abilities to participate in as many events as possible. As well we have a few new events and programs planned for the year. We are looking forward to a great season this year and look forward to seeing you on the course.

## **Contact Information**

Alex McIntyre – PGA Head Professional

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**Proshop Phone Number – (519) 734-7816**

## **Junior Member Play Restrictions**

Juniors may play at the following times:

<b>Monday</b>	After 12 noon*
<b>Tuesday</b>	All Day
<b>Wednesday</b>	Before 11:00am & after 2:00pm
<b>Thursday</b>	All Day
<b>Friday</b>	All Day
<b>Saturday, Sunday &amp; Holidays</b>	After 2:00pm

\*Monday golf outings take priority over member bookings.



## Junior Golf at Essex

Essex Golf & Country Club has a number of programs available for children aged 5-17. Our professional staff have customized these programs that will help develop the skills of balance, coordination, flexibility and awareness that will allow our junior golfers to excel not only on the golf course, but in other sports and everyday life.

Listed below is a summary of the programs available for the 2016 golf season.

### Lesson Programs:

#### Ages 5-8:

SNAG (Starting New At Golf) – An introductory program all about having FUN! Children will be moving in this fast pace, energetic program using the SNAG golf clubs. Importance of balance, hand-eye coordination, and basic motor mechanics of the body that relate to the golf swing will be the focus. The SNAG program has 3 separate sessions, each a 3 week, 60 minute program on Saturday afternoons in May, June and July.

SESSION #1		COST: \$80 +HST
DATE	TIME	
MAY 7	1PM – 2PM	
MAY 14	1PM – 2PM	
MAY 21	1PM – 2PM	

SESSION #2		COST: \$80 +HST
DATE	TIME	
JUNE 4	1PM – 2PM	
JUNE 11	1PM – 2PM	
JUNE 18	1PM – 2PM	

SESSION #3		COST: \$80 +HST
DATE	TIME	
JULY 2	1PM – 2PM	
JULY 16	1PM – 2PM	
JULY 23	1PM – 2PM	

*All equipment is provided. Please dress according to conditions. Running shoes ONLY. Refreshments and snacks are provided.  
Child to Professional Ratio 4:1*

#### Ages 7-11:

BOMBERS program - This program is a graduation program from our SNAG program. Children will be using their own golf clubs. Children will be introduced to the fundamental basics of swinging the golf club, chipping/pitching the golf ball and putting the golf ball as well as rules of the game, and etiquette at the club. The focus in the BOMBERS program will be to prepare your children with the proper foundation to play and enjoy golf at Essex Golf & C.C for many year to come. Our BOMBERS program has 3 separate sessions, each a 3 week, 60 minute program on Saturday afternoons in May, June and July.

SESSION #1		COST: \$80 +HST
DATE	TIME	
MAY 7	2:30PM – 3:30PM	
MAY 14	2:30PM – 3:30PM	
MAY 21	2:30PM – 3:30PM	

SESSION #2		COST: \$80 +HST
DATE	TIME	
JUNE 4	2:30PM – 3:30PM	
JUNE 11	2:30PM – 3:30PM	
JUNE 18	2:30PM – 3:30PM	

SESSION #3		COST: \$80 +HST
DATE	TIME	
JULY 2	2:30PM – 3:30PM	
JULY 16	2:30PM – 3:30PM	
JULY 23	2:30PM – 3:30PM	

*Juniors require their own equipment. Please dress according to conditions. Running Shoes ONLY. Refreshments and snacks are provided.  
Child to Professional Ratio 4:1*



**Lessons Continued:**

**Ages 10-14:**

SMASH program - This program is designed for children who have graduated from our BOMBERS program and for junior golfers currently playing on the golf course. The SMASH program will target and develop the specific skills needed on the golf course (driving, approach shots, pitching, chipping and putting). Classes will consist of warm up, block practice (specific skill development), random practice (random targets/skill implementation) and weekly competitions. Our SMASH program has 3 separate sessions, each a 3 week, **90 minute program** on Saturday afternoons in May, June and July.

SESSION #1 COST: \$110 +HST	
DATE	TIME
MAY 7	4PM – 5:30PM
MAY 14	4PM – 5:30PM
MAY 21	4PM – 5:30PM

SESSION #2 COST: \$110 +HST	
DATE	TIME
JUNE 4	4PM – 5:30PM
JUNE 11	4PM – 5:30PM
JUNE 18	4PM – 5:30PM

SESSION #3 COST: \$110 +HST	
DATE	TIME
JULY 2	4PM – 5:30PM
JULY 16	4PM – 5:30PM
JULY 23	4PM – 5:30PM

*Juniors require their own equipment. Please dress according to conditions. Running shoes ONLY. Refreshments and snacks are provided.  
Child to Professional Ratio 6:1*

**Ages 11+:**

College Prospects - This program is for the junior golfer that wants to compete and excel at the competitive level. Many of these juniors have graduated from our SNAG, BOMBERS AND SMASH programs. Our advanced training program teaches players the importance of knowing course management, shot selection, tournament preparation, rules & etiquette of the game. College prospects has 2 sessions, each are 6 week programs. Session 1 takes place Wednesday evening beginning in May at 5-6:30pm, then on Wednesday mornings at 8:30-10am beginning in July.

SESSION #1 COST: \$235 +HST	
DATE	TIME
MAY 11	5PM – 6:30PM
MAY 18	5PM – 6:30PM
MAY 25	5PM – 6:30PM
JUNE 1	5PM – 6:30PM
JUNE 8	5PM – 6:30PM
JUNE 15	5PM – 7:00PM

SESSION #2 COST: \$235 +HST	
DATE	TIME
JULY 6	8:30AM-10AM
JULY 13	8:30AM-10AM
JULY 27	8:30AM-10AM
AUG 3	8:30AM-10AM
AUG 10	8:30AM-10AM
AUG 17	8:30AM-10:30AM

*\*Cost to register for both sessions is \$425. Child to Professional Ratio 6:1\**



**Playing Programs:**

**Ages 9+:**

Junior Golf League - This program is designed for children who express some interest in playing golf in a friendly environment. Children will be placed on teams coached by our professional staff. The junior golf league is a 8 week program will take place on Thursday evenings in July and August starting at 3:30pm Teams will receive a one hour lesson with their coach, then proceed onto the golf course and play in a team format.

LEAGUE DATES	TIME	EVENT
THURSDAY, JUNE 30	5:00PM – 7:30PM	OPENING NIGHT BBQ / TEAM INTRO / FUTURE LINKS SKILLS CHALLENGE
THURSDAY, JULY 7	3:30PM – 4:30PM & 5PM – 7PM	SUPERVISED PRACTICE/ LEAGUE ROUND
THURSDAY, JULY 14	3:30PM – 4:30PM & 5PM – 7PM	SUPERVISED PRACTICE/ LEAGUE ROUND
THURSDAY, JULY 21	3:30PM – 4:30PM & 5PM – 7PM	SUPERVISED PRACTICE/ LEAGUE ROUND
THURSDAY, JULY 28	3:30PM – 4:30PM & 5PM – 7PM	SUPERVISED PRACTICE/ LEAGUE ROUND
THURSDAY, AUG 4	3:30PM – 4:30PM & 5PM – 7PM	SUPERVISED PRACTICE/ LEAGUE ROUND
THURSDAY, AUG 11	3:30PM – 4:30PM & 5PM – 7PM	SUPERVISED PRACTICE/ LEAGUE ROUND
THURSDAY, AUG 18	3:30PM – 4:30PM & 5PM – 7PM	SUPERVISED PRACTICE/ LEAGUE ROUND
THURSDAY, AUG 25	3:30PM – 4:30PM & 5PM – 7PM	SUPERVISED PRACTICE/ LEAGUE ROUND

COST: **\$175 +HST** (Junior Members)

**\$230 +HST** (Non Members\*)

*\*Grandchildren of Resident members and children of Social members.*

*Following the round of golf on August 25<sup>th</sup>, we will have our league banquet and dinner at the clubhouse on the Patio.*

**Ages 5-8:**

Pre-Junior Golf Night - Immediately following tee off from our Junior Golf League, our Pre-Juniors test the golf course by playing a few holes on Thursday evenings starting at 5:45pm. Please note parents are required to accompany their child on the golf course.

<p><b>Thursday Evening Pre-Junior Golf</b></p> <p>Target Group: Ages 5-8</p> <p>3 holes of golf – Teeing off from forward markers</p> <p>Parent Supervised</p> <p>Pre-Juniors to begin July 7<sup>th</sup> – Aug 25<sup>th</sup> at 5:45PM</p> <p>COST: \$85.00 + HST for Shirts, Hats and Banquet Dinner</p>
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**Other Events:**

**Ages 11+**

Junior Interclub- Playing on the Essex Junior interclub team selected by our PGA professional staff is a great honour for our junior members. The team, which consists of 5 players at each event will compete against some of the top junior golfers from other local private clubs. In previous years, the team has competed at Essex, Beach Grove, and Pointe West in Windsor Area, and also at Lochmoor and Country Club of Detroit in Michigan.

Club Championship- Junior Club Championship is played on August 23-24, 2016. This is a 36 hole Medal Play event, there will be a Banquet and Dinner for all our competitors on August 25 . Low gross score at each division will be crowned Junior Club Champion. Please contact the Pro Shop for more information or to register for this event.

**Ages 7-12:**

Summer Camp Program- A full 5 day, week long program. The summer camp gives juniors a chance to experience many aspects of the Essex experience, as well as meeting other children at the club. Starting with a morning full of golf activities, juniors will then enjoy lunch and a movie or games with their peers, followed by an afternoon at the pool with specialized swimming programs. Each junior is provided snacks and refreshments throughout the day. Summer Camp takes place twice a year, once in July and again in August, Monday to Friday 9:00am-3:30pm.

<b>SESSION #1</b>	<b>COST: \$285 +HST</b>
MONDAY JULY 11	9:00-9:30 Arrival
TUESDAY JULY 12	9:30-11:30 Golf Activities
WEDNESDAY JULY 13	11:30-1:30 Lunch & Games
THURSDAY JULY 14	1:30-3:30 Pool Activities
FRIDAY JULY 15	
<b>SESSION #2</b>	<b>COST: \$285 +HST</b>
MONDAY AUGUST 8	9:00-9:30 Arrival
TUESDAY AUGUST 9	9:30-11:30 Golf Activities
WEDNESDAY AUGUST 10	11:30-1:30 Lunch & Games
THURSDAY AUGUST 11	1:30-3:30 Pool Activities
FRIDAY AUGUST 12	

Children are required to bring their own golf clubs & bathing suits. Please dress according to conditions. Running shoes ONLY.  
Refreshments, lunch and snacks are provided.

## Essex Golf & Country Club 2016 PGA Junior Golf League Target Group: Ages 9-16 (All Abilities)

The PGA Jr. Golf League is back again for 2016! Junior golfers will be placed on teams picked by our professional staff for an exciting competition where teams will compete head-to-head in a 6 to 9 hole scramble format, and points will be awarded to determine the winning team at season's end. Golf shirts will be customized and colour coordinated to amplify the team experience. Each team will receive a 60 minute coaching session from the Professional Staff prior to weekly league play.

### Opening Night BBQ & Skills Challenge

Thursday, June 30<sup>th</sup> at 5:00PM – 7:30PM

Meet your coach & teammates. Pick up your uniform.  
Participate in a Skills Challenge



### League Play

Thursday July 7<sup>th</sup> – August 18<sup>th</sup>

3:30PM – 4:30PM – Coaching Session  
5:00PM – 7:00PM – League Play

### Closing Day

Thursday August 25<sup>th</sup>

3:30PM – 4:30PM: Coaching Session  
5:00PM – 7:00PM: League Finals,  
7:00PM – 8:00PM: Dinner & Awards



### Cost

Includes a customized team shirt and hat for each player, weekly supervised teaching sessions with the Professional staff, opening BBQ & awards.

Junior Member: \$175.00 + HST

Non Member\*: \$230.00 + HST

\*Grandchildren of Resident members and children of Social members.

Pre Juniors (Ages 5-8): \$85.00 + HST

Includes a shirt, hat, banquet dinner and 3 holes of golf supervised by parents (8 week program).

Pre Juniors play starts July 7th at 5:45PM

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## 2016 Junior Golf League Registration Form

Please complete the form & return to the Pro Shop by May 15<sup>th</sup>, 2016. (Fax 519-978-2759)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Acct#: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Email: \_\_\_\_\_

SHIRT SIZES (PLEASE CHECK ONE) Samples available for proper sizing in the Pro Shop

Men's                      Small       Medium       Large       XLarge

Ladies'                    Small       Medium       Large       XLarge

**PGA JUNIOR LEAGUE AT ESSEX GOLF & COUNTRY CLUB**

**SCHEDULE**

<b>DATE</b>	<b>TIME</b>	<b>EVENT</b>
<b>THURSDAY JUNE 30</b>	<b>5:00PM – 7:30PM</b>	<b>OPENING NIGHT BBQ &amp; <i>SKILLS EVENT</i></b>
THURSDAY JULY 7	3:30PM – 4:30PM	SUPERVISED PRACTICE
	5:00PM	LEAGUE NIGHT #1
THURSDAY JULY 14	3:30PM – 4:30PM	SUPERVISED PRACTICE
	5:00PM	LEAGUE NIGHT #2
THURSDAY JULY 21	3:30PM – 4:30PM	SUPERVISED PRACTICE
	5:00PM	LEAGUE NIGHT #3
THURSDAY JULY 28	3:30PM – 4:30PM	SUPERVISED PRACTICE
	5:00PM	LEAGUE NIGHT #4
THURSDAY AUGUST 4	3:30PM – 4:30PM	SUPERVISED PRACTICE
	5:00PM	LEAGUE NIGHT #5
THURSDAY AUGUST 11	3:30PM – 4:30PM	SUPERVISED PRACTICE
	5:00PM	LEAGUE NIGHT #6
THURSDAY AUGUST 18	3:30PM – 4:30PM	SUPERVISED PRACTICE
	5:00PM	LEAGUE NIGHT #7
THURSDAY AUGUST 25	3:30PM – 4:30PM	SUPERVISED PRACTICE
	5:00PM	LEAGUE NIGHT FINALS
	7:15PM – 8:15PM	DINNER & AWARDS

**PRE – JUNIORS TO FOLLOW STARTING AT 5:45PM – 6:15PM ON LEAGUE NIGHTS. 3 HOLES WILL BE PLAYED AND MUST BE PARENT SUPERVISED.**





## 2016 JUNIOR PERFORMANCE PROGRAMS REGISTRATION

Name: \_\_\_\_\_

Birthday: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

\_\_\_\_\_

Phone (cell): \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

Parents Name: \_\_\_\_\_

Account #: \_\_\_\_\_

Signature: \_\_\_\_\_

### Emergency Contact Information

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Health Conditions / Allergies: please inform us of any health conditions or allergies

\_\_\_\_\_

I am interested in signing up for the following program (s);

- Junior SNAG** Session #1 | Age: 5 – 8 years | Cost: \$80 +HST | Length: 3 weeks  
Times: 1:00-2:00 pm | Dates: May 7, 14, 21
- Junior SNAG** Session #2 | Age: 5 – 8 years | Cost: \$80 +HST | Length: 3 weeks  
Times: 1:00-2:00 pm | Dates: June 4, 11, 18
- Junior SNAG** Session #3 | Age: 5 – 8 years | Cost: \$80 +HST | Length: 3 weeks  
Times: 1:00-2:00 pm | Dates: July 2, 16, 23
- Junior Bombers** Session #1 | Age: 7-11 years | Cost: \$80 +HST | Length: 3 weeks  
Time: 2:30-3:30 pm | Dates: May 7, 14, 21
- Junior Bombers** Session #2 | Age: 7-11 years | Cost: \$80 +HST | Length: 3 weeks  
Time: 2:30-3:30 pm | Dates: June 4, 11, 18
- Junior Bombers** Session #3 | Age: 7-11 years | Cost: \$80 +HST | Length: 3 weeks  
Time: 2:30-3:30 pm | Dates: July 2, 16, 23
- Junior SMASH** Session #1 | Age: 10-14 years | Cost: \$110 +HST | Length: 3 weeks  
Time: 4:00-5:30 pm | Dates: May 7, 14, 21
- Junior SMASH** Session #2 | Age: 10-14 years | Cost: \$110 +HST | Length: 3 weeks  
Time: 4:00-5:30 pm | Dates: June 4, 11, 18
- Junior SMASH** Session #3 | Age: 10-14 years | Cost: \$110 +HST | Length: 3 weeks  
Time: 4:00-5:30 pm | Dates: July 2, 16, 23
- College Prospects:** Session #1 | Age: 10+ years | Skill Level: Advanced | Cost: \$235 +HST | Length: 6 weeks  
Time: 5:00 – 6:30 PM | Dates: May 11, 18, 25, June 1, 8, 15
- College Prospects:** Session #2 | Age: 10+ years | Skill Level: Advanced | Cost: \$235 +HST | Length: 6 weeks  
Time: 8:30 – 10:00 AM | Dates: July 6, 13, 27, Aug 3, 10, 17

*FAX TO 519-978-2759 or drop off registration at the Golf Shop*

*\*\* Charges will be applied upon submission of registration form \*\**



# 2016 Summer Junior Camp Registration

Week of July 11 to July 15  
Ages 7-12 yrs

Week of August 8 to August 12  
Ages 7-12 yrs

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Date of Birth (d/m/yr) \_\_\_\_\_  Male  Female

Health Card # \_\_\_\_\_

### HOME ADDRESS

Street: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

### PARENT/GUARDIANS

Names: \_\_\_\_\_ \*Member Acct # \_\_\_\_\_

Home Phone # \_\_\_\_\_ Work Phone # \_\_\_\_\_

Cell Phone # \_\_\_\_\_ Email Address \_\_\_\_\_

**\*Member Accounts will be Billed Upon Receipt of Registration\***

### EMERGENCY CONTACTS

Name	Relationship	Phone Number

Special Requirements – Please list any health or dietary requirements the club should be aware of for the applicant as well as their swimming capabilities.

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### WAIVER OF LIABILITY

I understand that in the case of injury or any medical emergency, and in the event that parents/guardian cannot be contacted, Essex Golf & Country Club personnel have my permission to admit my child to hospital if they deem it necessary. Also, I will in no way hold Essex Golf & Country Club or any other persons connected with this academy responsible or liable for any injury or loss of equipment that may occur to the below name participant during this academy.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

# FIT BY HEIGHT



Beginner to Intermediate



APPROX. AGE: 12  
SWING SPEED: up to 73 mph



APPROX. AGE: 11  
SWING SPEED: up to 68 mph



APPROX. AGE: 10  
SWING SPEED: up to 63 mph



APPROX. AGE: 9  
SWING SPEED: up to 58 mph



APPROX. AGE: 8  
SWING SPEED: up to 53 mph



APPROX. AGE: 7



APPROX. AGE: 6



APPROX. AGE: 5



APPROX. AGE: 4

PLAYER'S HEIGHT IN SHOES

64"  
63"  
160 cm  
62"

61"  
60"  
152 cm  
59"

58"  
57"  
145 cm  
56"

55"  
54"  
137 cm  
53"

52"  
51"  
130 cm  
50"

49"  
48"  
122 cm  
47"

46"  
45"  
113 cm  
44"

43"  
42"  
107 cm  
41"

40"  
39"  
100 cm  
38"



Intermediate to Advanced

APPROX. AGE: 12  
SWING SPEED: 74 mph & up



APPROX. AGE: 11  
SWING SPEED: 69 mph & up



APPROX. AGE: 10  
SWING SPEED: 64 mph & up



APPROX. AGE: 9  
SWING SPEED: 59 mph & up



APPROX. AGE: 8  
SWING SPEED: 54 mph & up



Use player's **HEIGHT** to determine club size and player's driver **SWING SPEED** to choose **Ultralight** or **Tour Series**.