



## GreyHawk After School Program - Registration Form

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

Age: \_\_\_\_\_ Year's of Golf Experience: \_\_\_\_\_

Current Golf Canada Handicap (if applicable): \_\_\_\_\_

Current Ball Flight: \_\_\_\_\_

Top 3 Goals: 1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Favourite Golf Shot: \_\_\_\_\_

Least Favourite (and why): \_\_\_\_\_

\_\_\_\_\_

Any injuries or medical conditions coach should be aware of?      Yes / No

If yes please share: \_\_\_\_\_

Please circle or shade in the days/weeks you'd like to register for:

May	3	5	6	10	12	13	17	19	20	24	26	27	31
June	2	3	7	9	10	14	16	17	21	23	24		

Inclement weather may result in a practice being cancelled, if so an email will be sent out by 2:00pm the day of. If unsure please call the proshop at 613-822-1454.

Reminder: each practice is from 3:30pm-6:00pm and is \$40.00+hst.

# GreyHawk After School Program - Registration Form Guardian(s) Information

Registration Guardian:

Name: \_\_\_\_\_ Relationship to Junior: \_\_\_\_\_

Email: \_\_\_\_\_ Cell #: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_ Ex: \_\_\_\_\_

Number of Days Registered: \_\_\_\_\_

List of Guardians allowed to pick up junior from practice:

Name	Phone #	Email	Relationship to Junior

Drop off and pick up needs to happen within 10 minutes of practice starting and ending.

### TERMS + CONDITIONS

By signing below I \_\_\_\_\_ (initial) understand the cost per practice and agree with the practice times and am aware that drop off and pick up needs to occur within 10 minutes of practice starting and ending. Poor weather may result in practice cancelation, in this case, there will be no charge for the practice. No show policy: failure to provide 24+ hour notification of cancellation will result in a \$20.00 no show fee.

As legal guardian I believe my junior is at the maturity level to understand rules and risk associated with golf. I understand there may be times where junior will be practicing on their own (but in sight of instructor).

Parent/Guardian Name: \_\_\_\_\_

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



## Dawn Turner – After School Program Breakdown

**Mission Statement** - To maximize each individuals' natural abilities to develop a consistent powerful golf swing.

①

### Mental Awareness

A strong athlete is one who is aware of their behaviour and the impact they have on their community. My goal as a coach is to teach more than the technical skill of golf but to also provide the opportunity to develop young leaders that will have a lasting impact for their future opportunities.

②

### Ball Assessment

What is the golf ball doing? How is the ball being hit on the clubface? What is the ball's direction/flight? By assessing how the ball is currently reacting, it is easier to identify the technical interventions required to reach the new desired outcome of the ball.

③

### Goals

What are we trying to accomplish? Is it hitting the ball more square on the clubface? Is it having a higher ball trajectory? What do we want the golf ball to be doing to get to the hole? Having goals keeps us in a positive mental state to ensure every shot is hit with purpose.

④

### Interventions

How are we going to accomplish our goals? Interventions may include technical swing corrections in a certain part of the swing (set up, take away, top, downswing, impact, follow through, or finish position), or in equipment (clubs, balls, gloves, etc.).

Video Analysis  
•V1 App•

Small to Big  
Changes  
•Chipping • Half Swing •  
Full Swing•

Lesson Report  
+  
Practice  
Journal