

# The Robert Ratcliffe SD71 Player Development Programs



## Train To Excel Program

### Program Guidelines

- Coaching plan is based on developing training and competitive skills
- Coaching plan is devised with medium term results in mind (2 - 4 year plans)
- Coaching plan is based around a double periodization per season

### Program Inclusions

- Approx. 6 Coaching hours per month (seasonal variances)
- Approx. 8 hours supervised practice per month (seasonal variances)
- Junior Membership at the Crown Isle Resort
- Titleist Performance Institute Membership through Ratcliffe Golf
- TPI Workouts assigned 3-4 times per week
- 3D Biomechanical Analysis performed twice annually
- Performance Nutrition Material
- Shot by Shot Annual Membership through Ratcliffe Golf

### Program Pricing

- Full School Year Program (10 Months) Fee of \$3,650 + HST.
- Single Semester Program (5 Months) Fee of \$1,950 + HST.
- Minimum 12 Month Commitment Required
- Athletes will be required to complete and sign an 'Athlete's Agreement'