



# Junior Golf Day Camp 2018 Application Form

Date: 22, 23 & 26 Nov 2018 (Thu, Fri & Mon)

Fees: \$230+ (SCC Member), \$270+ (The Chevrons & Temasek Club Member), \$310+ (Guest)

Name of Participant:		Member / Guest:	M / G
Age:		Gender:	Male / Female
Program:	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Handicap	Special Concerns: (if any such as food / allergies / medical conditions and etc..)	

Name of Parent / Guardian:		Membership No. / NRIC (for Guest)	
Contact No.:		Email (if any):	
In Case of Emergency:			
Name of Parent / Guardian:		Contact No.:	

I would like to receive SMS/email notifications on future social events and activities.

**Please note:**

- A minimum of 20, maximum of 32 participants to commence the camp.
- Valid for children aged between 6 and 16 years old.
- The camp will be conducted into 3 groups:
  - Beginner for fresh starters with no prior knowledge on golf
  - Intermediate for young golfers with prior knowledge on golf (Improvers and PC Holders)
  - Handicap for young golfers to enhance on their learned skills
- Enhanced training for campers who had joined the camp in Nov 2017. Campers will be assessed and re-categorised in various groups.
- No cancellation/refund is allowed after the closing date on **1 Nov 2018, Thursday**, unless valid medical certification is presented.
- The Club reserves the right to change or cancel any events or activities, time and itineraries without prior notice.
- The Club will not be responsible for any loss, mishap or accident in the course of the event or activities.
- The Club reserves the right to reproduce, display and use photos taken during the event for advertising, promotional and publicity purposes without obtaining prior permission from the participant.
- Please complete the form and return to us via fax at 6755 8418 or email to [social@sembawanggolf.org.sg](mailto:social@sembawanggolf.org.sg).

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Membership No / NRIC

\_\_\_\_\_  
Date



## Sembawang Country Club Junior Golf Day Camp Indemnity Form

I have registered the following participant:

Full Name	NRIC	Date of Birth

For the Sembawang Country Club Junior Golf Day Camp which runs on 22, 23 and 26 Nov 2018.

I, the undersigned am the parent/guardian of the above mentioned child and I am aware of the program for the above mentioned Children's Camp ("the Activity") and I understand and acknowledge that I am aware that there are risks associated with or related to the Activity.

I hereby unreservedly acknowledge that in allowing my child / ward to participate in the Activity, I agree to accept full responsibility and liability for my child/ward's participation in the Activity, and I, my estate and/or personal representative, shall have no claim whatsoever, direct or consequential, against the management and staff of Sembawang Country Club for any injury sustained by my child / ward; or for any damage or loss of any property or person, however caused due to the participation of my child/ward in the Activity.

I hereby further indemnify (on a full indemnity basis) the said organizers from all claims (of any nature whatsoever), direct or consequential, arising from any injury or death, or damage or loss to any property or person.

I acknowledge that I have read and fully understood this agreement prior to signature.

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Membership No /  
NRIC**

\_\_\_\_\_  
**Date**

## Training Programme

### Group 1 - Beginners

Day 1	Topics covered
0830hrs	Arrival of participants
0900hrs	Introduction to the game Safety brief & Brief history and equipment classification
0920hrs	<b>Basic golf Swing Fundamentals</b> Grip, Body Balance and Set-up The 3 different ways of gripping a golf club Emphasis on good proper grip Understand what makes a good setup, posture, stance and body balance. Range practice on Swing concepts, half and quarter swing
1000hrs	<b>Snack Break</b>
1015hrs	Swing sequencing – Introduction to Irons Emphasis on balance, the full range of swing motion and holding the finish. Video analysis and advisory Range practice
1230hrs	<b>Lunch</b>
1330hrs	Introduction to short game fundamentals – chipping / pitching, putting, techniques, judgement of distances, choice of clubs Basic Golf Rules & Etiquette Introduction to the golf course. Topics include golf terms, scoring, order of play, and parts of a golf course.
1530hrs	<b>Snack Break</b>
1600hrs	Bunker shots / Range work Experience bunker practice, removing fear of the bunker. Emphasis etiquette and care for the bunker. Range practice
1700hrs	Explanation on Basic Golf Rules Proficiency certification and handicap advisory Review and consolidation
1730hrs	<b>End of Day</b>

## Training Programme

\*\*\*\*\*

### Group 1 – Beginner

Day 2	Topics covered
0830hrs	Arrival of participants
0900hrs	Safety brief Overview on topics covered on Day 1
0920hrs	<b>Introduction of Driver and Fairway woods</b> Full swing explanations, - Ball flight laws, - Tempo, timing and coordination, distance and accuracy Range practice on Woods / Fairway woods
1000hrs	<b>Snack Break</b>
1015hrs	Range practice with Irons Emphasis on body balance and holding the finish. Video analysis and advisory
1230hrs	<b>Lunch</b>
1330hrs	Pre-shot routines - judging distances Short game practices with mini competition Refresher on golf rules and etiquettes to be observed
1530hrs	<b>Snack Break</b>
1600hrs	Range practices irons and woods Distance and accuracy Video analysis and advisory
1700hrs	Video on junior golf n golf rules explanation Review and consolidation
1730hrs	End of Day

## Training Programme

### Group 2 & 3 – Intermediate / Handicap

Day 1	Topics covered
0830hrs	Arrival of participants
0900hrs	Introduction to the game Safety brief & Brief history and equipment classification
0920hrs	Basic golf Swing Fundamentals Grip, Body Balance and Set-up Emphasis on good proper grip Understand the good setup - posture, stance and body balance. Range practice on swing concepts, half and quarter swings
1000hrs	<b>Snack Break</b>
1015hrs	<b>Faults and fixes – Woods &amp; Irons</b> Individual attention to swing improvements Video analysis and advisory Range practice
1230hrs	<b>Lunch</b>
1330hrs	<b>Faults and Fixes</b> - short game on chipping, pitching and putting, Techniques on judgement of distances, choice of clubs Refresher on basic golf rules/etiquette and course-play Topics include golf terms, scoring, order of play, and parts of a golf course.
1530hrs	<b>Snack Break</b>
1600hrs	Bunker shots / Range work Experience bunker practice, removing fear of the bunker. Emphasis etiquette and care for the bunker. Range practice
1700hrs	Proficiency certification and handicap advisory Review and consolidation
1730hrs	<b>End of Day</b>

## Training Programme

### Group 2 & 3 – Intermediate / Handicap

<b>Day 2</b>	<b>Topics covered</b>
<b>0830hrs</b>	<b>Arrival of participants</b>
<b>0900hrs</b>	Safety brief Overview on topics covered on Day 1
<b>0920hrs</b>	<b>Introduction of Driver and Fairway woods</b> Full swing explanations, - Ball flight laws, - Tempo, timing and coordination, distance and accuracy Range practice on Woods / Fairway woods
<b>1000hrs</b>	<b>Snack Break</b>
<b>1015hrs</b>	Range practice with Irons Emphasis on body balance and holding the finish. Video analysis and advisory
<b>1230hrs</b>	<b>Lunch</b>
<b>1330hrs</b>	Pre-shot routines - judging distances Short game practices with mini competition Refresher on golf rules and etiquettes to be observed
<b>1530hrs</b>	<b>Snack Break</b>
<b>1600hrs</b>	Range practices irons and woods Distance and accuracy Video analysis and advisory
<b>1700hrs</b>	Video on junior golf n golf rules explanation Review and consolidation
<b>1730hrs</b>	End of Day

## Training Programme

### Group 1, 2 & 3 - Combined Group Day 3

Day 3	Topics covered
0830hrs	Arrival of participants
0900hrs	<b>Safety brief and short game practices</b> <b>Skills challenge</b> - Putting / Chipping competition within the group <ul style="list-style-type: none"> <li>a. Nearest the line</li> <li>b. Nearest the pin</li> <li>c. Greenside chipping</li> <li>d. Putting (5holes scoring)</li> <li>e. Golf rules quiz</li> </ul>
1000hrs	<b>Snack Break</b>
1015hrs	<b>Supervise practices at range using the above method</b> <ul style="list-style-type: none"> <li>- Total swing visual imagery</li> <li>- Memorizing the feeling</li> <li>- Re-imaging total swing</li> <li>- Range practices</li> </ul>
1230hrs	<b>Lunch</b>
1300hrs*	<b>Preparation for golf course play</b> <ul style="list-style-type: none"> <li>- allocation of flights (groupings)</li> <li>- Tee off 'Short course' play</li> </ul> Guidance and supervision on course play and gain valuable experiences
1630hrs	<b>Snack Break</b>
1645hrs	<b>Golf Quiz</b> Review and consolidation - course play Feedback on program
1700hrs	Presentation of certification of participation
1730hrs	<b>End of Day</b>

\* Timing subjected to change to earlier time and dependent on weather status.