

Who are candidates for the
IRGF Prep Series Program?

*** NO CHARGE VERSION ***

Current & future members of Middle & High School Golf Teams **CURRENTLY PARTICIPATING** on a junior golf tour beyond the IRGF.



Who are candidates for the
IRGF Prep Series Program?

*** FEES CHARGED VERSION ***

Current & future members of Middle & High School Golf Teams **NOT YET** committed to a youth golf tour beyond the IRGF.

2024 IRGF Prep Series Training/Tournament Program

Preparing for Middle School – High School Golf Teams
Golf Training, Practice & Competitions with your Peers - Golf Tour Referrals

Winter Series

January – February
Begins Week of January 8th

Spring Series

March – April - May
Begins Week of March 4th

Summer Series

June – July – August
Begins Week of June 3rd

How does it work? All weekly sessions are under the supervision/guidance of IRGF Golf Instructor/Player Advocate **Bob Gruber**. Options are training, practice and/or play (based upon golf course availability) – Mondays & Thursdays (Sandridge Golf Club)
Saturdays – Compete in the **Prep Series** or **Atlantic Junior Golf Tour**
IRGF Calendar - www.irgf.com.

Training Sessions

Participants receive training by communicating with IRGF Golf Instructor/Player Advocate **Bob Gruber**. Joining this team is Renie Calkin serving as an IRGF Player Advocate. IRGF golf instructors **Melanie Mark**, **John Vermeere** and **John Wilkinson** will be pre-occupied with After School TRADITIONAL Golf Training.

Practice Sessions

Participants practice on their own, pair up and conduct their own skills evaluations, play golf as the golf course is available....or serve as a Player Cadet during the After School TRADITIONAL Golf Training Program which is conducted simultaneously.

Golf Course Availability

Want to play the golf course? No problem. Play of the golf course is based upon availability of both the golf course and adult supervision. Report to the Golf Shop and pay the \$1 junior fee after the designated time.

Saturday Events - *check dates - IRGF Calendar - Prep Series + Atlantic Junior Golf Tour Events*

Prep Series – Participate as a member of a youth Golf Tour - **Prep Series** – **Elite Collegiate Prep Program**

Cost: \$1 + \$3 ONLINE registration fee for each Saturday event. (IRGF version of NO CHARGE)

All other players.....\$10 + \$3 ONLINE registration fee

Private/Small Group Instruction Outside the Prep Series

It is your choice.....IRGF golf instructors **Melanie Mark**, **John Vermeere**, **John Wilkinson** and **Bob Gruber** along with **Steven Yellin**, Fluid Motion Factor Coach are available on an individual or small group basis on dates and times agreed upon by you and your instructor.

The IRGF is prepared to arrange for each participant to be paired with other program participants.

Since its inception in 2008...the IRGF has over 80 players who have competed at the collegiate level and/or working in the golf industry. The IRGF has built a state-recognized program by producing tournament winners on the local and regional levels.including players demonstrating high levels of Academic, Life Skills and Leadership Skills. The IRGF anticipates many more youth players wanting to work towards these goals.

In addition, the IRGF prepares Advancing Players for participation on IRC high school golf teams including:

Sebastian River High School – St. Edwards School – Vero Beach High School

What other can be expected from the IRGF Prep Series?

Fitness Stations

Fitness stations are set up at each After School and Prep Series training session. Prep Series players have access to this equipment based upon availability. Players will want to establish their own training methods based upon their own strength and flexibility levels. Ask IRGF Instructor **John Vermeere** for assistance.

Situational Golf Evaluation Form

When access to the golf course is not an option.....the **Situational Golf Evaluation Program** is the next best thing to scoring (again without stepping foot on the golf course). Play 9 holes of Situational Golf and compare scores with fellow participants. *Scorecard/Evaluation Forms available at IRGF Check-In table.*

Player's Advantage Golf Skills Evaluations

Through the **Player's Advantage Golf Skills Evaluation Program**.....a total shot-by-shot Short Game and Full-Swing game analysis is available that accurately evaluates strengths and needs for improvement. Points scored are converted to a **Player's Advantage Golf Skills Index**.....from 0.0 (low) to 10.0 (high).

This program is the analysis partner for the IRGFsupported by Teaching Professional **Sal Spallone** and LPGA Tour Professional **Jackie Stoelting**. *Scorecards/Evaluation Forms available at IRGF Check-In table.*

IRGF Practice Log Sheets

Three IRGF Practice Log Sheets are available for daily workouts.....outlining complete practice routines. Watch your game improve as you transition these shots to the golf course

PUTTING Log Sheet

SHORT GAME SKILLS Log Sheet

FULL-SWING SKILLS Log Sheet

Note: These practice log sheets were initiated by John Wilkinson and supported by IRGF Instructors
*Forms available on the IRGF website under....**TRAINING** - Practice Log Sheets and at the IRGF Check-In table.*

Fluid Motion.....an essential part of your game.

Featuring "**Simplicity....The Fluid Motion Factor Golf Program**" by author **Steven Yellin**.....Fluid Motion provides information about each player's tendencies and recommends strategies for customized mental improvements with proper focus. Learn terms such as.....

Fluidization

Set One

Fluid Clues

Swing Prison

Universe One

Universe Two

Personally meet and discuss possible training programs with author **Steven Yellin** as available.

Learn more about his program by viewing his online podcasts.

Competition/Tour Opportunities

Player Advocates Bob Gruber and Renie Calkin.....representing the best interest of each player.....is prepared to provide a menu of youth golf competitions/tours (in-house and beyond) from which each player, parent and their instructor can choose. The IRGF is prepared to compensate each player ½ the cost of entry fees for approved youth golf tours beyond the IRGF/AJGT..... up to **\$600 per year**.

**Florida Junior Tour - South Florida PGA Junior Tour (Links/Prep/Medalist Tours) - Hurricane Tour
U.S. Kids Tour (Stuart) U.S. Kids Tour (Space Coast)**

Serve as Player Cadets

Participants may serve as **Player Cadets** earning either Community Service Credit Hours or compensation (your choice). Prior to each session.....notify the IRGF personnel at the player check-in table your intentions to serve.

For additional information, contact:

Bob Gruber, Instructor/Player Advocate
Indian River Golf Foundation
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(772)532-7332

Renie Calkin, Player Advocate
Indian River Golf Foundation
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(630) 740-0447

Roger Van Dyke, Founder/President
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(772) 713-9593



Player Registration Form

2024 IRGF Prep Series Program

Tour Player: **NO CHARGE**
Includes Saturday Events

Non-Tour Player: **\$175** per series
Payable to IRGF
Includes Saturday Events

Check the IRGF Calendar for Saturday PREP Series Golf Tournaments

Player _____

School _____

TOUR Membership _____

Anticipated Graduation Year from High School _____ Grade _____

Registered for the _____ Junior Golf Tour (required)

Campus: Sandridge

Check One or More Mondays Thursdays

Note: Players may attend EACH of the available days of the week....at NO EXTRA CHARGE.

Winter Series
January - February

Spring Series
March - May

Summer Series
June - August

E-Mail Address: _____

Cell Phone Number _____

Name of Parent/Guardian _____

Signature of Parent/Guardian _____

Bring copy of PLAYER REGISTRATION FORM to the first training session

Note: The **Elite Collegiate Prep** program conducted by **John Wilkinson** and **John Vermeere** is the highest training program offered by the IRGF for players having aspirations of participating on collegiate golf teams. Begin with **After School Training** – advance to the **Prep Series** then on to **The Elite Collegiate Prep Series**.



Mardy's 6 Healthy Habits

- Exercise Daily
- Drink Water
- Eat Healthy
- Brush & Floss
- Get Sleep
- Friendships

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