

Announcing.....**James Muir**, PGA – Director of Golf Instruction – Pointe West Country Club as Fitness Program Consultant for the Indian River Golf Foundation (IRGF) Player’s Club.



James Muir, PGA

In an effort to boost Player Development and Player Performance at the highest level.....the IRGF is looking for guidance from James Muir, PGA Professional who has attained one of highest levels of recognition in the Titleist Performance Institute Certification Program.

With this arrangement, the IRGF will focus on **Long Term Athlete Development** featuring:

- Fundamental Movement Skills (FMS)
- Fundamental Sports Skills (FSS)
- Specialization

The Fundamental initiatives result in a high level of Physical Literacy.....the pathway to Specialization.

Physical literacy is the development of fundamental movement skills and fundamental sport skills which allow a child to move confidently and efficiently in a wide range of physical activities. Physical literacy also includes a basic physical fitness foundation. A child should be physically literate by the onset of the growth spurt.



Fundamental
Movement Skills

+



Fundamental
Sports Skills

=



Specialization

Long-Term Athlete Development (LTAD)

Individuals can experience failed attempts to participate in organized sports when too much emphasis is placed on competition and not enough attention on developing proper athleticism (Fundamental Movement Skills). If you have limited movement skills, you stop participating. Neglect leads to decreased interest in physical activity and failure to develop *Physical Literacy*.....proper training to improve athleticism, in a sequential and progressive manner. As a result, it is important that your first experience in physical activity be a positive one.

The **Long-Term Athlete Development** (LTAD) model describes what children, youth, and adults need to be doing at the right time to develop in sport or activity. Both kids and adults will get active, stay active, and reach the greatest peaks of sport performance when following this model. Long term commitment to Fundamental Sport Skill Development and Physical Literacy is vital to optimize athletic potential. This commitment requires time and effort. There are no shortcuts to success.

One key concept in the LTAD model is “Windows of Opportunity - Trainability”. There is a window of **opportunity**/point in time that exists in which individuals should **train certain skills** to maximize their potential enhancement. When that point in time passes, your ability to reach full potential decreases. For example, before puberty, we have what’s called a **speed training window** (quickness, agility, change of direction) where athletes should train for speed. After puberty, we have a strength training window.

The 7 stages of the LTAD model are outlined below:

Stage 1: Active Start (0-6 years old)

- Children at this age need to develop the *ABCs* of movement – Agility, Balance, Coordination, and Speed. These are essential in developing **FUNDamental Movement Skills** because they later provide the foundation for **FUNDamental Sport Skills**. Physical activity should be seen as **FUN** and part of the child’s everyday life because active play builds important connections between the brain and muscles.

Stage 2: Fundamental (girls 6-8, boys 6-9)

- Children in the Fundamental stages are motivated by their desire to have **FUN** and improve their Fundamental Movement Skills. It is especially important to avoid burnout through premature sport specialization. Premature specialization promotes one-sided development which increases the likelihood of injury or burnout. Encourage your child to participate in **multiple team sports or activities**.

Stage 3: Learn to Play (girls 7-9, boys 9-12)

In this phase continue with Fundamental Movement Skills and place emphasis on introduction of multiple sports games/skills.

Stage 4: Learn to Train (girls 8-11, boys 9-12)

- During this stage, children have the best opportunity to convert Fundamental Movement Skills into Fundamental Sport Skills. Children here are ready to begin training according to more formalized methods while still encouraged to play at least 2-3 sports in different seasons. **Learn to Train** ends when growth spurts begin because this disrupts coordination and motor control, thus making it more difficult to pick up/develop sport skills.

Thanks to consultant James Muir, the IRGF has outlined these stages, but what does all this mean for structuring an ideal Golf Fitness Program? We structure our fitness programs around the Long Term Athlete Development (LTAD) model to maximize our athlete's potential throughout the lifespan.

For the After School and Summer youth programs, the IRGF focuses on controlling mobility through speed and strength training.

The unique part of this fitness program is.....for the first 30 minutes....one cannot identify which sport for which youth are training.

Below is a general outline of the classes:

The first 15 or so minutes is a *warm up*. A proper warm up includes foam rolling, activation for whatever strength move the day will focus on....such as stretch straps....tossing Air-Ball-Flyers.....and potentially core work.....such as light weights twisting.....depending on the intensity of the strength lifts.

The next 15 minutes focuses on *power*, *speed*, and *agility* using medicine balls, vertical/horizontal leaps, and any power lifts to harness energy from the ground up.

Next, we move into *strength*. The 4 main lifts we incorporate are push (bench press), pull (row), squat, and hinge (deadlift). One is focused on per training session. We also incorporate unilateral and bilateral exercises, so athletes do not develop side to side strength deficits.

For our youth fitness programs, we always incorporate a *game* which is related to the program goal of the day. This is because the more FUN they have here, the increased likelihood they will come back, continue improving and have FUN playing the game.

Throughout the entire session, we also want everyone to understand the purpose of each exercise and how it will improve their golf game.

Hopefully this gives each player an idea of WHY and HOW the IRGF structures training sessions. The IRGF feels it is important to communicate the value of getting an active start for a healthy lifestyle..... so members of the IRGF Player's Club stay mobile and fit throughout their entire life no matter what sport or activity.

Examples of FUNdamental Movement Skills:

Skip	Leap	Climb	Jump
Run	Roll	Crawl	Dodge
Hop	Gallop	Slide	Walk

Examples of FUNdamental Sports Skills:

Throw Ball	Dribble Basketball	Swimming/Diving
Catch Ball	Toss Ball	Swing Bat/Club/Racquet/
Kick Football	Carry Football	Stops & Starts Forward/Backwards
Kick Soccer Ball	Sprints	Shuffling Sideways

Movement Stimulates Brain Development!

Urgent Warning to Coaches, Parents & Youth: Use every opportunity to get this right!

Have FUN experiencing the FUNdamental Movement Skills. Complete each exercise to provide a more rounded growth pattern.

Strive to perform the FUNdamental Sport Skill with emphasis on proper Sequence of Motion and Balance. To seek a higher level of sports achievement.....strive to perform each exercise very well, at speed, sometimes under fatigue and under pressure consistently.

Specialization

Being able to perform the skill under competition conditions once could be luck, but being able to do it consistently under competition conditions is the sign of a merging champion. Consistency in skills execution/remaining focused on the task at hand during competitions come from consistency of training standards. Adopting a "no-compromise" approach to the quality of skills execution at training is a sure way to develop a consistent quality of skills execution in competition. Unfortunately many athletes have **two** brains:

Training Brain - The "brain" used in training and preparation. This "brain" accepts laziness, inaccuracy, sloppiness and poor skills execution believing that "it will be OK on the day of competition" and everything will somehow magically be right then;

Competition Brain - The "brain" used in competition. The secret to competition success is to use the "competition brain" in every training session.

Back to the LTAD (Long-Term Athletic Development) Model:

Stage 5: Train to Train (girls 11-15, boys 12-16)

- The ages that define Train to Train stage are based on the onset and end of the adolescent growth spurt. During middle school years, it is important to develop good physical habits to promote health and fitness.

Stage 6: Train to Compete (girls 15-21, boys 16-23)



- High schoolers and collegiate players have a chance to pursue excellence in sport achievement. Athletes will usually choose one sport in which they will Train to Excel, solidifying sport-specific and position-specific skills. You enter this stage if you're choosing to compete at the highest level of competition to maximize physical, mental, cognitive, and emotional capacities. This stage also teaches athletes how to handle distractions of the sport such as changes in weather and different competition venues.

Stage 7: Train to Excel - to Win (girls 18+, boys 19+)

- Train to Win is the final stage of the LTAD high-performance stream. You may now consider yourself a “full time athlete” and have a Performance Enhancement Team such as a physical therapist, trainer, and physician.

Stage 8: Active for Life (any age)

- Active for Life is both a stage and outcome of the LTAD model. The overall goal is that in the long term, all athletes and individuals enjoy participating in a variety of competitive and recreational opportunities both in sport and physical activity.

With the intention of producing and reproducing elite athletic performance, a systematic approach is required. Yes.....there are some athletes that are so gifted and driven that they have the ability to not only overcome adversity in competition but also overcome the adversity of their leadership. These athletes are the exceptions to the rule and have no relevance to IRGF discussion. The IRGF intent is to create the roadmap to success that creates value for the majority.

The **LTAD** model not only consistently builds robust athletes but also develops mental confidence which gives them another advantage in competition. The IRGF looks at each stage as a gateway toward success.

IRGF athletes will train physically in order to enhance the athletic qualities needed for success in golf. They will learn the technical execution of every exercise in order to maximize the benefits from those exercises. Their routines should be tactically planned with their Development Team to ensure the best results for their current needs.

The IRGF is prepared to discuss the theory behind each program in order to give athletes knowledge on the subject of conditioning. Throughout this process IRGF athletes cultivate a true understanding of what is required to become an elite performer and have the psychological fortitude to demand excellence of their abilities.

A well-trained athlete is a force to be reckoned with.

See the following IRGF documents as guidance to the next level.

What to Look For in a Golf Instructor

Golf Instructor Referrals

Bright Minds

IRGF Player's Creed

For additional information, contact:

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Indian River Golf Foundation
PGA Life Master Professional
roger.vandyke@comcast.net
(772) 713-9593

Melanie Mark, LPGA Golf Instructor
Indian River Golf Foundation
LPGA*USGA Girls Golf Site Director
melcmark@gmail.com
(772) 913-1427

What to Look for in a Golf Instructor



Before you go on a hunt for the right golf instructor, first decide what you're trying to accomplish by taking the lessons. Do you want to fix a specific problem you struggle with, do you want to prepare for an upcoming tournament, or just simply become a better overall player? Also, how much money are you willing to spend? The more the experience of the instructor, the more they will probably charge for passing on their expertise.

Once you've determined what needs to be taught, it will be easier to find the right fit. Certain factors to keep in mind are as follows:

Compatibility

What is the teacher's communication style, teaching philosophy and how is their patience level? These are all things to look out for in determining the level of compatibility you two share. Also, do you both share the same forms of communication that you're comfortable with?

Accreditation and Experience

Is the instructor an active member of the PGA, LPGA or experience on a professional golf tour? It will probably be helpful for your teacher to have at least one of these accreditations/experiences, as they must go through years of training or playing. It also might not hurt to check in with the instructor's track history. What do former or current students say about them? References are great where you can swing them.

Playing Ability and Style

With the various technologies that are now out there to assist in your golf game, it is sometimes hard to know whether an instructor actually has chops or is just relying on a fancy piece of machinery to make those ace shots. What's the instructor's competitive background? How many tournaments have they won, or nearly won? However, their personal ability is not the only thing you should consider. Just because they aren't a championship golfer doesn't mean they can't be a great teacher.



Private/Small Group - Golf Instruction Referrals

As youth players advance in the game.....and set new goals in Player Development.....they are encouraged by the IRGF Player's Club to continue with PRIVATE and/or SMALL GROUP golf instruction.

When seeking teaching professionals who may be the best possible choice.....please be aware of those you already know.....and look beyond if you are still looking.

The IRGF advises you to look FIRST at current & former **After School Golf Instructors:**

Kendall Hedgecock

Sandridge Golf Club
kahedgecock@bellsouth.net
(772) 453-9584

Melanie Mark

Sebastian Golf Course
melcmark@gmail.com
(772) 913-1427

Bela Nagy

Sandridge Golf Club
bnagy@ircgov.com
(772) 770-5003, Ext. 5

Matt Hill

Sebastian Golf Course
mattuuhill@gmail.com
(772) 321-4624

Larry Hanch

Sandridge Golf Club
laurancehatch@gmail.com
(772) 633-8649

Steve Lupcho

Pointe West Country Club
airlup@live.com
(727) 244-7927

Members of IRGF Player's Club Golf Instructors:

Steve Hanlon

John's Island Club
shanlon@johnsislandclub.org
(772) 231-1700

Joe Kern

The Moorings at Hawk's Nest
VBHS Girl's Varsity Golf Coach
(772) 633-0337

Mark Cammarene

Fairwinds GC. - VBHS Boy's Golf Coach
cammareneM@stlucieco.org
(772) 473-0394

Sal Spallone

Bent Pine Golf Club
salspallone@gmail.com
(772) 559-0478

Travis Stoelting

Meadowood Country Club
travis@meadowoodgolfandtennis.com
(772) 332-4717

John Vermeere

Former IRGF Lead Instructor
jvermeere@hotmail.com
(503) 709-9485

James Muir

Pointe West Country Club
psupro450@gmail.com
(561) 632-0928

Wes Lilliquist

Vero Beach Country Club
wesboy24@hotmail.com
(772) 567-3320

Kim Gardner

The Moorings Club
kgardner@themooringsclub.com
(772) 285-0177

Note: Remember to ask.....if they give Small Group Instruction in addition to Private Golf Instruction.

Please advise the IRGF if there are additional golf instructors who should be added to this list.

For additional information, contact:

Roger Van Dyke, Founder/President
Indian River Golf Foundation
PGA Life Master Professional
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(772) 713-9493





Bright Minds

.....the key to advancement in Player Development

By participating in the **After School TRADITIONAL Golf Program**.....you have added a few additional "bright minds" to your team.

If you do not already know.... the building of your "golf team" in Player Development.....starts with the "bright minds" at home.....your family. Your parents combined with other adult leaders in your life will assure your solid growth as a player and as a person. Their goal is your goal....and that is.....for you to be good listener.....to apply this knowledge.....and eventually.....to stand on your own feet.....giving notice to the world..... "just watch me".

The additional "bright minds" are the professional educators in your life.....including the dedicated golf instructors of the Indian River Golf Foundation.....and other area PGA, LPGA or Teaching Professionals you invite onto our team. You are encouraged to take advantage and welcome these opportunities for advancing as a player. There are no substitutes.

You are encouraged to dedicate yourself to gaining as much knowledge how to best play the game. It starts with accepting widely recognized proper swing techniques.....make advancements in the area of self-control.....and demonstrated good ball placement management on the golf course. Once acquired.....and applying this knowledge in countless hours, days and years of combined practice and playand eventually to "testing" you abilities in competitions.....you will realize your dreams.

Practice with a purpose. Do not fall into the trap of hitting ball after ball with little to no purpose. Challenge yourself with your own unique scoring systems....and include friends in this experience. Long-time friends or new friends can help to make the process FUN!!!

Slowly but surely.....you will begin to realize how applying these disciplines will have a positive effect.....not only in your golf experiences.....but also your development as a mature responsible young adult.

For additional information on tapping into "bright minds" through activities of the Indian River Golf Foundation, contact a member of your Leadership Team.



IRGF Player's Club Creed

.....a set of fundamental beliefs of advancing youth golfers.

I may be YOUNG
but I am READY.

I have LISTENED and LEARNED.
I APPLY it in daily PRACTICE & PLAY.

I practice HEALTHY HABITS.
I am PHYSICALLY FIT.

I have a POSITIVE ATTITUDE.

I am COURTEOUS and RESPECTFUL.

This is **MY** time!

I am EXCITED.

Come WATCH,
you may see something SPECIAL!!!

The inspiration to develop the **IRGF Player's Club Creed**.....was the result of looking into the eyes of the dreamers.....the young boy and girl golfers who "suit-up" and "show-up" every day they can.

Their dedication and hard work is a MODEL for others who seek high levels of Player Development. Come join us. We are making new-found friends in training sessions, practices and on the golf course. We are GOOD CITIZENS.....we are ATHLETES.....we PLAY SAFE.....we make GOOD CHOICES.

We really LOVE the GAME of GOLF.....and ready to "pay-it-forward".

No coaching PLEASE.....that is for us and our instructors.....

....but we do need and appreciate YOUR SUPPORT.

For additional information on the **IRGF Player's Club**, contact:

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

