



Where golf is just the beginning

Junior Golf Camp Itinerary **9am - 4pm, Monday – Friday**

Day 1

Arrival –Prior to 9am, Gather group and introduce fellow golfers

9:15-10:00am - Begin dynamic warm-up-stretches followed by physical activity through sport (soccer, baseball etc.)

10-11am – Putting: fundamentals, practice, games

11-12pm – Chipping: fundamentals, practice, games

12-1pm – Lunch Break

1-2pm – Valley Course, short game work around green-site

2-3pm – Practice Range. Pitching and wedge play

3-3:50pm – Valley Course, short game work around green-site

4pm – Golf Shop pickup

Day 2

Arrival -9am Gather group

9:10-10:00am - Begin dynamic warm-up-stretches followed by physical activity through sport (soccer, baseball etc.)

10-11am- Short Game Practice

11-12pm- Valley Course, short game work around green-site

12-1pm – Lunch Break

1-2pm- Practice Range, introduce wedge and iron play

2-3:50pm – Valley Course, Par 3 play

4pm – Golf Shop pickup

Day 3

Arrival -9am Gather group

9:10-10:00am - Begin dynamic warm-up-stretches followed by physical activity through sport (soccer, baseball etc.)

10-11am- Practice Range, wedge and iron play

11-12pm- Valley Course, Par 3 play

12-1pm – Lunch Break

1-2pm- Practice Range, introduce hybrids and fairway woods

2-3:50pm – Valley Course, Full course play

4pm – Golf Shop pickup

Day 4

Arrival -9am Gather group

9:10-10:00am - Begin dynamic warm-up-stretches followed by physical activity through sport (soccer, baseball etc.)

10-11am- Practice Range, hybrids and fairway woods

11-12pm- Valley Course, Full course play

12-1pm – Lunch Break

1-2pm- Practice Range, introduce Driver

2-3:50pm – Valley Course

4pm – Golf Shop pickup

Day 5

Arrival -9am Gather group

9:10-10:00am - Begin dynamic warm-up-stretches followed by physical activity through sport (soccer, baseball etc.)

10-11:30am- Valley Course, Full course play

11:30-12pm- Putting practice

12-1pm – Lunch Break

1-2pm- Practice Range- Fundamentals reviewed

2-3:50pm – Valley Course, Full course play

4pm – Golf Shop pickup

*Schedule subject to change due to weather, camps are rain or shine, unless severe weather alerts exist. Indoor practice will be utilized during severe heat alerts or inclement weather conditions.

Golf & Tennis Camp Itinerary 9am - 4pm, Monday – Friday

Day1

1-1:15 – Dynamic Warm-up

1:15 -2:30pm Putting/Chipping/Pitching Fundamentals

2:30-3:50pm – Valley Course, Short Game

4pm – Golf Shop pickup

Day 2

1-1:15 – Dynamic Warm-up

1:15 -2:30pm Practice Range- Wedge Play, Irons

2:30-3:50pm – Valley Course, Full Holes

4pm – Golf Shop pickup

Day 3

1-1:15 – Dynamic Warm-up

1:15 -2:30pm Practice Range – Irons, Woods

2:30-3:50pm – Valley Course

4pm – Golf Shop pickup

Day 4

1-1:15 – Dynamic Warm-up

1:15 -2:30pm – Valley Course

2:30-3:50pm – Short Game Practice

4pm – Golf Shop pickup

Day 5

1-1:15 – Dynamic Warm-up

1:15 -2:30pm Practice Range

2:30-3:50pm – Valley Course

4pm – Golf Shop pickup