

SPARKS

— PERFORMANCE —



Performance Support and Specialist Referrals for Junior Golfers

Providing marginal gains in performance to Junior golfers aspiring to progress into elite amateur and tournament professional golf, using research-based performance needs analysis and support.

Front 9 Package

£120 per golfer

4 x 30-45
consultation
sessions with
parent/guardian and
golfer

Additional 2 hours
support time

Back 9 Package

£180 per golfer

3 x 30-45
consultation
sessions with
parent/guardian and
golfer

Additional 2 hours
support time

Shotgun Start Session

£40 per session

Brief needs analysis
and consultation
with parent/guardian
and golfer

*Only available to golfers on completion of
the front 9 package

Front 9 Package

£120 per golfer

4 x 30-45 minute consultation with golfer and parent/guardian focusing on the following elements:

1. **Strength & Conditioning:** This session includes a physical screening and discussing on the PAR-Q completed in advance of the session. Following on from the session, clients will receive a week's strength and conditioning training plan to implement, based upon physical strengths and areas for development and experience.
2. **On-Course Nutrition:** The focus of this session is on Bag food and drink and energy expenditure through a round of golf. This will include an analysis of current on course nutritional habits and processes, in relation to energy expenditure. Guidance on how to stay fuelled and hydrated on the course will be provided.
3. **Notational analysis:** Using the trackman data collected in session one and any statistical data provided in the pre-consultation screening, a breakdown of the golfer's technical strengths and areas for development will be provided, with links made to sessions one and two if applicable. This session is likely to highlight the need for specialist referral to a golf professional or Sports Psychologist. This is a 30-minute consultation as 15 minutes+ is required to analyse the data in advance of the session.
4. **Periodisation and planning:** Once a needs analysis has been compiled from the previous 3 sessions, a collaborative plan will be devised for the season ahead incorporating Tournaments, S&C training, recovery periods, academic, family and work commitments. The golfer and parent/guardian will be fully involved in the process of planning so that there is a sense of ownership for the player and support team.

An additional combined total of 2 hours of contact through phone calls, messages, emails or meetings is included for check-ins or additional questions.

Collaboration and discussion with existing members of the golfers support team, including a golf coach or county team manager.

Arrange a free 10-minute introductory session

sparkspperformance@hotmail.com

www.sparkspperformance.co.uk

Instagram: @sparksp.performance

Back 9 Package

£180 per golfer

*This is only available to golfers who have completed the Front 9 package.

3 x 30-45 minute consultation with golfer and parent/guardian focusing on the following elements:

1. **Strength and Conditioning:** With the S&C plan from the front 9 implemented, a reassessment of physical capabilities will take place. SMART goals will be agreed and a revised and progressive training plan will be agreed with the golfer and support team.
2. **Nutrition:** Scoring data will be used to establish whether the golf is fuelled throughout a round. Hence, on course nutrition will be re-assessed but the main focus of this session is on pre and post-round and general nutrition. If required a meal plan will be agreed based upon the analysis of performance and training plan advised from session 1.
3. **Reflection and planning:** This session will be focused on how the previous season went and whether the proposed plan was implemented and therefore fit for purpose. SMART goals and an amendment to the plan will be agreed for the next performance cycle.

These sessions are likely to highlight the need for specialist referrals.

An additional combined total of 2 hours of contact through phone calls, messages, emails or meetings is included for check-ins or additional questions.

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Shotgun Start Session

£40 per golfer per session

This is a one off 1-hour session which is a brief needs analysis and consultation based upon completion of the pre-session questionnaire and taster discussion.

This session will provide a brief identification of areas for performance improvement in on-course nutrition, strength and conditioning and planning.

Specialist referrals are likely to be provided and signposting to the Front 9 or Back 9 packages depending on the golfers level of experience.

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