

Elite Sports Performance Junior Training Center

The Elite Sports Performance Junior Training Center at Kingsmill is a program designed for junior golfers ages 12 – 18 who are playing competitively at the high school level, and/or Plantations, AJGT, FCWT, VJGA, and IJGT junior golf tours. The mission of the Elite Sports Performance Junior Training Center is to raise the level of play of junior players through a commitment to improvement by the players and the Kingsmill Golf Academy Staff. The Training Center will play a key role in developing junior players potential. This focused intense training is provided for players that have a strong desire to pursue golf to the next level.

The junior training center program consists of individual instruction, golf specific fitness training, golf bio-dynamics, and supervised practice sessions. Individual instruction is the centerpiece of this program. We work with players to create a repeatable swing that breeds consistency, especially under pressure. We do this by focusing on the root cause of their tendency. By fixing the root cause of their tendency, the player can focus on one or two key thoughts. Keeping the players' thoughts simple allows us to focus the student on the target and allows the student to react to it. In doing this, players gain trust in the motion and themselves at a much faster rate and it develops uncanny feel. We incorporate golf specific training exercises so the player can produce the motion we want to develop. The player is able to do these training exercises at home and not only will this help them become more efficient, but it will help them prepare for their next lesson. Golf bio-dynamics compliments the individual instruction and golf specific training exercises by allowing us to measure the students' efficiency in movement patterns. We use a 3-D video system called the K-Vest which allows us to analyze posture, alignment, body turn, K factor, and kinetic chain. This system is a fantastic instructional tool because it provides visual, auditory, and kinesthetic feedback. Supervised practice sessions are the key to maintaining the competitive environment elite junior players need to win tournaments. Players keep detailed statistics on their play and focus on making their weaknesses into strengths and keeping their strengths current. During these practice sessions we create the competitive environment by having skills challenges and match-play ladder events. We allocate points based on where they finish in the skills challenge each session. Players have the opportunity to challenge a player that has more points and is in a higher position on the ladder. This program breeds enthusiasm for all junior players involved in the program and this program continues to grow due to the success the current juniors are having. The results speak for themselves. The stroke average per player dropped four points and there have been two tournament wins, three top fives and five top 10 finishes in the first year of the program.

For Elite Sports Performance instruction packages and rates please contact the Kingsmill Golf Academy at 757-253-3998 or e-mail golfacademy@kingsmill.com.