



## 2018/19 Performance Programmes

- Applications Now Open -

[Click Here to Apply](#)

**CLOSING DATE: Monday 17<sup>th</sup> September**

### INTRODUCTION

Wales Golf Performance Programmes aim to develop world class players (WAGR Top 100), while also maintaining strong Welsh teams for the future.

There are programmes to support elite players, at the performance level, through to those who are beginning their journey towards elite level, at the academy level. The role of Wales Golf is to allocate limited resources in order to provide the right players the right support at the right time. While technical aspects of the game will be delivered through Performance Programmes, it is expected that players have a personal coach with whom they work, as the Wales Golf Performance Programmes place a greater emphasis on training players to perform in the international tournament environment.

### IMPORTANT NOTES

- **All players must complete the online application form in order to be considered for selection.**  
Players who were a member of a 2017/18 Performance will not automatically be considered
- **If a player meets the eligibility criteria to apply for a given Performance Programme this does not mean that they are guaranteed selection onto that Performance Programme.**
- **Selection decisions are at the complete discretion of the Wales Golf Selection Group.**
- **Selected players MUST be available to attend the 2018/19 Wales Golf Performance Programmes Launch on Saturday 6<sup>th</sup> October (South Wales Venue TBC)**
- Details of a Pre-Academy Programme for younger players, who fall outside the eligibility criteria to apply for these programmes, will be made available later in 2018.

### Important Dates

- Closing Date for Applications Mon 17<sup>th</sup> Sep
- **Programme Launch & Physical Screening  
PLAYERS MUST BE AVAILABLE TO ATTEND** Sat 6<sup>th</sup> Oct
- Data Collection (Female) Sun 7<sup>th</sup> Oct
- Data Collection (Male) Sat 13<sup>th</sup> Oct or Sun 14<sup>th</sup> Oct
- Performance Planning Meetings Sat 27<sup>th</sup> Oct or Sun 28<sup>th</sup> Oct

# PERFORMANCE PROGRAMMES

## National Performance Programme

Aim To produce GB&I Internationals and Top 100 WAGR players

### Objectives

- Work in conjunction with the Player's personal performance team in order to design and deliver a holistic performance plan, based on the individual's needs and goals
- Provide players with necessary access to the Wales Golf Performance Team and offer tournament opportunities and funding to enable players to achieve podium successes at international level
- Support players as they look towards the next step in their golfing careers

Eligibility to Apply (must meet any one of these performance criteria)

- Top 750 WAGR (Male Over 18) or Top 1500 WAGR (Male Under 18)
- Top 1000 WAGR (Female Over 18) or Top 2000 WAGR (Female Under 18)
- Current or Previous GB&I Team member at Men's, Ladies or U18 level (within the past 3 years)
- Current GB&I Squad

### Programme Structure

Data Collection  
Performance Planning & Monitoring  
Training Days  
Performance Units  
Tournament Funding  
Warm Weather Training

### Delivery

Oct & Jan  
Oct, Jan & Apr  
8  
9 max (Oct-Mar)  
TBC in Jan  
TBC

## National Transition Programme

Aim To support players who have recently represented Wales at junior level but aim to represent Wales at senior international level in the near future and progress towards the National Performance Programme

### Objectives

- Provide support based on commitment and delivery of an agreed performance plan, designed by the player in conjunction with the Wales Golf Performance Team
- Deliver performance workshops based on the needs of these players to enhance their learning and progression
- Provide opportunities and funding for players to compete in appropriate international events

Eligibility to Apply (must meet any one of these performance criteria)

- Member of Welsh Boys or Girls team (Home International Matches or European Young Masters) in last two years
- Male: U18 and 0.4 handicap or less
- Female: U18 and 5.4 handicap or less

### Programme Structure

Data Collection Sessions  
Performance Planning & Monitoring  
Performance Training Days  
Performance Units  
Tournament Funding  
Warm Weather Training

### Delivery

Oct & Feb  
Oct & Mar  
10  
6 Max (Oct-Mar)  
TBC in Jan  
TBC

## **Support Programme**

Aim To support individual players to continue their development and represent Wales on Men's or Ladies International teams

### Objectives

- Empower players to design their own personal performance plan based on their individual circumstances and the goals they wish to achieve
- Offer advice and reactionary support from the Wales Golf Performance Team as well as opportunities and funding to compete in international competitions, based on an agreed performance plan

### Eligibility to Apply

- Member of Ladies or Men's national team (World Amateur Team Championship, European Team Championship or Home International Matches level) in last two years

#### Programme Structure

Performance Units  
Tournament Funding

#### Delivery

6 max (Oct – Mar)  
TBC in January

## **Aspire Performance Programme**

Aim To prepare young players to represent Wales in the near future

### Objectives

- Facilitate the design, delivery and monitoring of individualised holistic performance plans for players
- Maintain and develop technical skills
- Develop and instill robust and repeatable personalised tournament processes (pre, during, post and in between) suitable for international level competition

### Eligibility to Apply

- Males: U16 and 5.4 handicap or less
- Females: U16 and 9.4 handicap or less

#### Programme Structure

Data Collection  
Performance Planning  
Performance Days  
Performance Units  
Tournament Funding

#### Delivery

Oct & Mar  
Oct & Apr  
12  
3 max (Oct – Mar)  
TBC in Jan

## **Academy Programme**

Aim To identify exceptionally talented young players and support them on the start of their journey towards performance golf

### Objectives

- Deliver technical fundamentals which are required for long term progression towards elite performance
- Introduce players to relevant performance disciplines (psychology, nutrition, strength & conditioning etc.) to aid their progression in the game
- Introduce players to performance management tools which will be used to monitor progression

### Eligibility to Apply

- Males: U13 and 9.4 handicap or less
- Females: U15 and 14.4 handicap or less

### Programme Structure

The Academy Programme will commence in November 2018 and be delivered across 12 training days, concluding in May 2019. Further details will be made available following the selection of players.

## **PERFORMANCE PROGRAMME ELEMENTS (Explained)**

### Programmes Launch

Saturday 6<sup>th</sup> October will see the launch of the 2018/19 Performance Programmes with players and their parents invited to meet with members of the Wales Golf Performance Team. This session will include the following elements ...

- Introduction to Wales Golf Performance Programmes
- Physical Screening Session
- Performance Planning Workshop

Further details will be made available when players are selected.

### Data Collection Sessions

These sessions will involve the Wales Golf Performance Team capturing baseline data on all facets of the game using Trackman, SAM Putt Lab and Biomechanics. This information will help to inform subsequent Performance Planning sessions.

### Performance Planning & Monitoring

These sessions will be conducted with the Wales Golf Performance Team in order to create an integrated and holistic plan for each individual player's development. Meetings will take place either in person or online with an agreed plan finalized. It is expected that a player fully commits delivering their agreed Performance Plan which they will have designed under the guidance of the Wales Golf Performance Team, in addition to fully committing and engaging in Performance Programme sessions. Wales Golf reserves the right to remove Performance Programme privileges where a player does not work toward the agreed Programme Plan or Performance Programme sessions.

### Performance Training Days

Players selected to Wales Golf Performance Programmes will receive support from the Lead Technical Coach (or a designated coach), Conditioning Coach and Mindset Coach. While these sessions will include some individual elements, the focus will be primarily on key Performance Themes in order to enable players to develop robust processes required for competing in the international tournament environment.

### Performance Units

Players who are selected for a Performance Programme will be offered individual support in the form of "Performance Units". Each Performance Units consist of 3 hours of time, which players can use outside of Performance Training Days, to avail of one-on-one support from the Performance Team in order to develop a specific area of their game. Further details on "Performance Units" will be made available when players are selected for a Performance Programme.

### International Tournament Funding

In addition to training activities paid for by Wales Golf, funding may be made available to subsidise competition at recognised international events, based on an agreed tournament schedule. This funding will be offered to identified individuals, in consultation with Sport Wales, and will be targeted at players capable of and likely to produce winning performances on the world stage. Further details will be made available to players in early 2019.