



# Spark Golf - TPI Junior Cyclone

The session will run from 11:00 AM to 12:30 PM each Sunday thru 2/26. Sessions are billed individually and juniors may come and go at any time during a session.

## TPI JUNIOR CYCLONE

The TPI Junior Program is an innovative approach toward golf improvement. Based on the principles of Long-Term Athletic Development (LTAD), the TPI Junior Program uses physical and mental activities that are appropriate to a child's biological age.

These activities are challenging but rewarding. Young athletes will gain strength, quickness, speed, agility, balance and confidence. Most importantly, they will have a great time doing all of it!

**PROGRAM COST: \$25 per session**

**Participants are encouraged to register online or by phone in advance of each session. Drop-in's are welcome but will be billed at a rate of \$30 per session.**

----- Preferred Payment Method Please Check One -----

Check

House Charge

Credit Card

Name: \_\_\_\_\_ Boy/Girl \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip \_\_\_\_\_

Parent Email \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact Number & Relationship: \_\_\_\_\_

I recognize the risk of injury in any exercise program and my child is participating upon the express agreement and understanding that I am hereby waiving and releasing Bosse Sports & Carpenter Golf, Inc from any and all claims, costs, liabilities and injuries incurred while on these premises.

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

**Online Reservations available at [www.carpentergolfinc.com](http://www.carpentergolfinc.com)**

**A signed copy of this form, including contact information, must be submitted prior to participating.**

Research has shown that junior golfers under the age of 9 should focus on developing fundamental movement skills (FMS), not just golf. FMS are general patterns of movement. Most expert sources will say that a child who develops a better base of FMS will develop golf-skills at a faster rate and will peak at a higher level of expertise. The Titleist Performance Institute (TPI)

## **Movement Skills:**

1. Locomotive Skills: Running, Jumping, Dodging, Skipping, Hopping, Bounding, And Sprinting
2. Stability Skills (ABC's of Athleticism): Agility, Balance, Coordination, Speed, Change of Direction
3. Manipulative / Object Control Skills: Throw, Kick, Strike, Catch, Dribble
4. Awareness: Space Awareness, Kinesthetic Awareness, Body Awareness, and Rules

The program advances for children ages 10-12 by adding body-weight strength exercises and movement patterns to the Cyclone to prepare them for the next stage, between the ages of 13-14, the introduction of Strength Training

<b>Ages 6-10</b>	Titleist Cyclone Circuit
<b>Ages 10-12</b>	Cyclone with Body-weight Exercises and Movement Patterns
<b>Ages 13-14</b>	The Introduction to Strength Training

Athletes will kick, hit, throw, putt, catch and chip. There are wrist release stations, strength building stations and stations where children will begin developing explosiveness. Built into each station are exercises and movements that enable athletes to learn the fundamentals of athleticism and golf.

Children participate in a 90-minute session each week. The 90 minutes include a warm-up and cool down, team-building activities and up to 12 activity stations. Each week's 90-minute session takes the athletes through exercises and activities that develop and nurture their fundamental movement skills as well as their fundamental sports skills. And during each cycle, the athletes learn and eventually master a different theme, including – grip, alignment, posture and weight shift.