



Junior Golf Pathway to On-course Play



Table of Contents

| | |
|--|---|
| CNGPS/MGIC MyGolf Weekly Junior Clinic Lesson Plan | 3 |
| Code of conduct | 4 |
| Ask CNGPS/MGIC about | 4 |
| Active Kids voucher redemption | 5 |
| CNGPS/MGIC Golf Safety, Rules and Scoring Quiz | 7 |
| Junior On-course Play Summary | 8 |
| Register to play Central North District Golf Association and wider events..... | 8 |



Help stop the spread, protect yourself and keep well!

Everyone has a responsibility to stop the spread of coronavirus. CNGPS/MGIC urges everyone to adhere to [New South Wales Health coronavirus health advice](#), which is the leading source of accurate health advice and alerts in NSW.

[CNGPS/MGIC commit to COVID Safety](#) and keeping our community safe by:

1. having a [COVID-19 Safety Plan](#) and registering as a [COVID Safe Business](#);
2. displaying the Service NSW CNGPS/MGIC specific QR code, which facilitates COVID Safe Check-in and contact tracing, while protecting your identity and privacy; and
3. reminding customers to register by scanning the QR code with their smartphone camera or via the alternative written method provided.





CNGPS/MGIC MyGolf Weekly Junior Clinic Lesson Plan

The Club Narrabri Golfie Pro Shop and Mobile Golf Improvement (CNGPS/MGIC) MyGolf [Weekly Junior Clinic](#) focuses on fun participation and age appropriate development of golf skills, with a pathway to on-course play and Junior Membership with a local golf club such as Club Narrabri Golfie. Check the [CNGPS/MGIC Team](#) qualifications, Working With Children credentials and the MyGolf [Weekly Junior Clinic](#) dates and times. Children of all abilities and golf skill levels are welcome, along with their friends, families, carers and support workers.

All lessons are adapted to suit individual needs and abilities and include a fun, active warm up that builds eye hand coordination, fitness and confidence. Bring your own golf equipment or use ours at no additional charge. The program commences with the important small shots, such as putting, chipping, pitching and sand play out of bunkers. Information about safety, good manners and behaviour, when and how to use each golf club and the rules of golf feature in every session, to prepare children, parents and guardians for the golf course.

| Week | Lesson Plan |
|------|---|
| 1 | Heath and Safety – social distancing rules, where to stand and when it is ok to swing Basic equipment – what’s in the golf bag and the difference between putters, wedges, irons, woods and the driver. Children learn how to grip a putter, where to stand when putting and commence working on their putting skills. |
| 2 | Quiz - Recap what was learnt in week 1 This lesson builds on putting skills and introduces critical thinking and problem solving around putting challenges, including understanding the slope of greens. |
| 3 | Show and tell - Recap what was learnt in week 2 This lesson introduces wedge play and fundamental chip and run skills using flags and other fun targets. Children learn how to grip a golf club, how to stand when hitting (posture) and how to align your body with the ball position. The children are encouraged to think about ways to solve problems regarding small chipping challenges. |
| 4 | Teach your parent, guardian or caregiver - Recap what was learnt in week 3 This lesson introduces wedge play skills to perform high short shots over a bunker to a flag or other fun target. The children are asked questions about any short, high chipping challenges they have noted and what approach they might use used to address this challenge. |
| 5 | Tell your group about the best thing you learnt in week 4 Children partner with a parent or guardian to play 3 short holes on the driving range – Ambrose/Scramble style . You use the best shot out of your group to make the lowest score possible on each hole. 🥳 All children with good manners receive a reward. The team with the least shots is presented with a trophy and are invited to give a group acceptance speech. Trophies can be taken home and returned the following week. |

| | |
|----|---|
| 6 | <p>Quiz - Recap what was learnt in week 5</p> <p>This lesson focuses on pitching-distance control skills, drills and club choice. Children are taught about the golfer's clock face or body position markers to develop their own system for distance control using different coloured markers placed at 10, 20, 30 and 40 metres from a flag.</p> |
| 7 | <p>Show and tell - Recap what was learnt in week 6 and discuss ways to practice golf at home</p> <p>This lesson introduces the golf club swing plane, full swing techniques, pointing the club and belly button to the target in the follow through and explores iron play, which occurs on fairways. Play commences using short irons such as 9, 8 and 7 irons.</p> |
| 8 | <p>Teach your parent or guardian - Recap what was learnt in week 7 and give examples of good golf manners or behaviour (etiquette)</p> <p>This lesson further develops fairway play and full swing technique forming an L at the top of the back swing, including challenges, such as hilly fairways, hitting near trees and how to make the most of uneven ground.</p> |
| 9 | <p>Tell a story – Recap on what was learnt in week 8 and talk about one important rule of golf</p> <p>Children are introduced to the driver set up and technique, using a short full swing. All children partner with a parent or guardian to play 3 short holes on the driving range – Ambrose/Scramble style. 😎 All children with good manners receive a reward. The team with the least shots is presented with a trophy and are invited to give a group acceptance speech. Trophies can be taken home and returned the following week.</p> |
| 10 | <p>Golf safety, rules and scoring Quiz - Recap what was learnt in week 9</p> <p>Complete the Bronze Level Golf Skill Challenge, which includes a checklist and method of self-evaluating performance to show levels of improvement since commencement.</p> |

A Parent's Critical Role

It's important to promote sportsmanship, honesty, and ethical behavior. These values are vital in sports and generally in life.

The MGIC Team is looking out for these things in children.

After practice or a game, parents should congratulate children, no matter what the outcome or score.

As a guide, ask these three questions, which help to listen and reinforce the values of joy, wellness and ongoing improvement.

Did you have fun?
What did you learn?
Did you try your best?

I love you (followed by a hug)!



Code of conduct

- Wear sport or activewear clothing that allows for ease of movement, a hat and closed in shoes;
- Slap on sunscreen and bring a drink bottle;
- There is a maximum of 4 golfers per playing group (unless MGC grants permission for a larger group);
- Carry a sand bucket to fill fairway divots with sand after each shot;
- Repair pitch marks on greens - fix yours + 1 more;
- Outside of COVID 19 restrictions, rake bunkers and leave the rake in the bottom of the bunker;
- No practice on course. Don't leave the course until any damage made is repaired or reported;
- Respect yourself and others - bad language or behaviour is not permitted at any time;
- [All shots are counted](#). Score cards must be marked after each hole. If unsure ask your marker or parent;
- Qualify to play in 5, 9 or 18 hole competitions by achieving a pass grade in the [CNGPS/MGIC Golf Safety, Rules and Scoring Quiz](#).

Ask CNGPS/MGIC about

- The MyGolf School, vacation, social Golf and FlingGolf programs;
- Modified junior golf equipment designed to make the game easier for kids;
- Active Kids vouchers;
- The Central North District Golf Association (CNDGA) junior tournament circuit, which extends across the upper Hunter and into the New England and Northern Slopes Region of New South Wales; and
- Junior [golf club fitting](#) for kids from 5 years, to get the best 'Rookie' irons and driver.

Active Kids voucher redemption

CNGPS/MGIC is an Active Kids Provider.

The NSW Government provides two \$100 vouchers for parents, guardians and carers of school-enrolled children to use towards sport and active recreation costs each year.

- Voucher 1 valid January to December
- Voucher 2 valid July to December



How to claim your voucher



- 1 Visit service.nsw.gov.au and login to your MyServiceNSW Account
- 2 Click on the Active Kids icon found in your **SERVICE** tab
- 3 Fill out the requested information (you will need your current Medicare card)
- 4 Print a copy of each voucher or email it to yourself

Your eligibility for 'Active kids' vouchers and allowable activities is determined by the NSW Government. Parents and guardians choose how to use the vouchers by signing up with either provider for golf lessons or membership.

| Active Kids provider | Redeem your voucher | Eligible activities |
|--|--|---|
| <p>CNGPS/MGIC www.improveygolf.com.au</p> <p>0411 752 170 gtrew66@outlook.com</p> <p>233 Byangum Road Murwillumbah NSW 2484 116 Gibbons Street Narrabri NSW 2390 8 Bombelli Street Bingara NSW 2404</p> | <p>Provide the following details using the CNGPS/MGIC webform:</p> <ul style="list-style-type: none"> • Child's full name; • Child's date of birth; and • Active Kids voucher number. | <p>Junior golf lessons</p> <p>\$130 per term 8 - 10 weeks in duration</p> <p>Book Now</p> |

For more information view the [Active Kids program recipient guidelines](#).

CNGPS/MGIC Golf Safety, Rules and Scoring Quiz

First Name: _____ Family Name: _____ Date: __/__/____

1. What is the maximum number of clubs you are allowed to carry during a competition round of golf?

2. What is the maximum number of players in a group at one time?

3. What word do you yell out if your ball is travelling toward someone?

4. What is the number on the ball for?

5. Where is the best place to stand when someone is hitting?

6. How long should it take to play 9 holes of golf?

7. What does this mean? Don't stand on a player's line on the putting green?

8. What happens if you lose a ball on a hole?

9. How long do you have to look for a golf ball?

10. What is a golf handicap used for?

11. Can you hit from in front of the tee markers?

12. What do you do if you hit a ball out of bounds?

13. What do you do if you hit a ball into the water?

14. How early should you turn up before your tee time?

15. List 3 things you should do prior to hitting off.

Pass mark 10/15

Your score _____

kidsplay golf

Junior On-course Play Summary

- To be eligible to play, you must have successfully completed the **Bronze Level Golf Skill Challenge** and achieved a pass grade (a minimum of 10/15 marks) on the [CNGPS/MGIC Golf Safety, Rules and Scoring Quiz](#)
- Register and pay green fees (if applicable).
- Each child is assigned a group. Groups can't change without permission from the Junior Coordinator.
- Before you tee off, check your handicap in the handicap book.
- Play from the tee that is assigned to your level of play and play the required number of holes.
- When you finish, sit down with your marker and check the score cards. 2 signatures (the player and the marker) must be on the card before putting the card into the score box.
- Prizes will be allocated to the winners of different divisions, N.T.P, best putts, nett winners and where possible, best Gross.
- A handicap is allocated once the first score card is submitted.
- You will lose .5 of a shot for every shot you have under your handicap, and you get back .1 shots back for every shot over your handicap with a maximum of .5 back per round.

Register to play Central North District Golf Association and wider events



Great prizes and enjoyable golf courses and events that incorporate the CNDGA Junior Championship with prizes for CNDGA registered players.

[Know More?](#)