

*jason helman*  
**GOLF**.com

# JUNIOR ACADEMY TEAM



**JOIN THE TEAM**

# THE COACHING PROGRAM

**Only 10 spots  
available**

The context behind forming this team is to allow for competitive golfers to develop and learn to compete or if already competing improve their skills to become better players and compete in a team environment in practice. It's limited to 10 players for the very reason that in larger groups kids do not get enough individual attention from the coach and they rarely if it all succeed in improving, they're often passed on to lesser qualified instructors which is why group coaching isn't as effective as one on one coaching. In this program all of the individual private sessions are directly with Jason Helman. Your son or daughter will not be passed off to an assistant coach. Available to juniors age 8 to 13. 6 Month Program. May through October.

## EVALUATIONS & BASELINE TESTING

- ▶ Short Game Test In
- ▶ Chipping
- ▶ Pitching
- ▶ Lag Putting
- ▶ Mid Range Putting
- ▶ Short Range Putting
- ▶ Fringe Putting
- ▶ Green Side Bunker Shots
- ▶ Driver Test In
- ▶ Long Iron Combine
- ▶ Mid Iron Combine
- ▶ Short iron Combine
- ▶ Fairway Bunker Shots

## ON COURSE COACHING

Through some on course coaching sessions juniors will develop new skills and learn how to play golf. It's very important for students to learn in the environment in which they perform. As a coach I prefer they stay off the range, they will be provided a detailed practice plan for them to follow.

- ▶ Mental Skills and how to cope through great rounds and poor rounds
- ▶ Strategic Skills on when not attack and when not to go for it
- ▶ Proper Nutritional Protocols
- ▶ Learning Acceptance of shot outcomes and tournament outcomes

## SUPERVISED PRACTICE SCHEDULE

MAY - 26TH

JUNE - 9TH

JULY - 7TH

AUGUST - 4TH

TIMES: 5:00PM to 7:00PM

## PARENT MEETING

In order for juniors to participate in this program, all parents will be required to attend a mandatory seminar held by Jason Helman. The date will be provided before the beginning of the new season.

# ABOUT YOUR COACH



**Jason Helman is a leader and at the forefront of golf coaching and instruction – he is a two time national award-winning PGA of Canada Professional with 25 years in the industry.**

Over the past 25 years as a Golf Professional, Jason has made his mark in Canada as a top instructor and golf coach. His passion for the game, pride in his students, and their willingness to learn and develop as golfers and advance in the game are what continues his drive to coach. Jason teaches adults, juniors and competitive juniors. He has also worked with several players over his career on the Web.com, PGA Tour of Canada, LPGA & Symetra Tours and continues to work out on tour. Jason has also been educating other local and regional PGA members and teachers worldwide through his branded coaching workshops for several years. Sign up for one of his coaching programs, he will be sure educate you and turn your game around, perhaps your concepts or even attitude and approach towards the game. He truly builds life long relationships and cares about his students and it's one of the main reasons Jason Helman is the best golf coach in Canada.

If you're a junior golfer looking to compete or already competing, this is a great opportunity to work directly with Jason and improve your skills and knowledge base.

Contact Information: mobile: **905.925.0129** email: [jasonhelmangolf@gmail.com](mailto:jasonhelmangolf@gmail.com)

## PROGRAM PRICING

4 HOURS OF  
PRIVATE  
COACHING  
\$2750  
+HST

6 HOURS OF  
PRIVATE  
COACHING  
\$2950  
+HST

8 HOURS OF  
PRIVATE  
COACHING  
\$3499  
+HST  
Bag & Hat Included

These programs are structured based on student skills to build their weaknesses. Most students don't identify what their weaknesses are and they simply keep working on their strengths and never make headway on their game, they don't understand how to practice, have a practice plan or prepare for tournaments. Through this programming we will teach and educate you on all the necessities to play great golf. The program runs from May through August and is 4 months long. The program hours are set up for students to decide how many private coaching hours they prefer to spend on their game and are complimented with the monthly team practices and coach attendance at 2 local tournaments. These hours are to be used over the course of the 4 month period. Sign up or register for the program you think best suits your level of commitment. If more hours wish to be purchased, the cost will be pro-rated.

# TEAM PRODUCTS



## SUN MOUNTAIN COLLEGIATE STYLE STAND BAGS



**ELIXIR IS A PREMIUM TOUR BALL**  
**20% OFF**  
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