



**Junior Golf  
Development Program**

# Junior Program

At Caboolture Golf Club, our mission is to foster a supportive and inclusive environment where young athletes can thrive. Through our Junior Pathway, we are committed to nurturing the next generation of golfers by providing opportunities of skill development, personal growth and a lifelong love for the game.

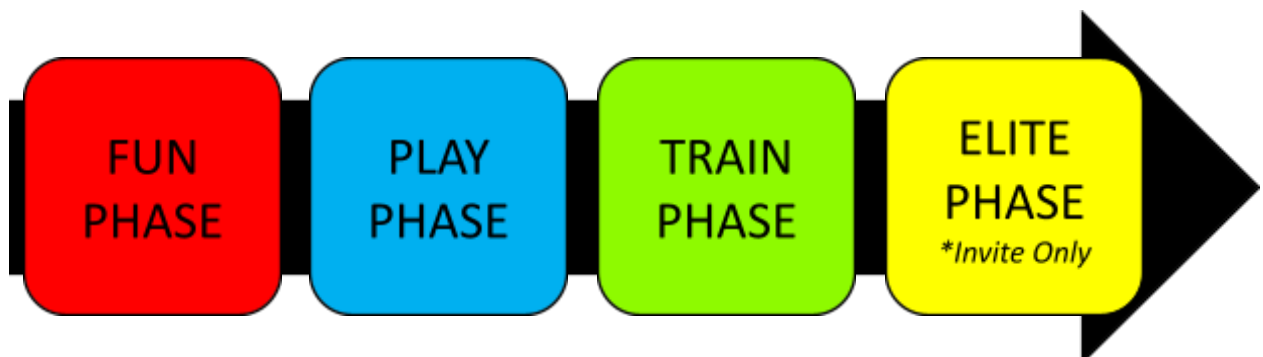
We aim to empower each junior golfer to reach their full potential, both on and off the course, through structured coaching, mentorship and competition.

We have designed a comprehensive 4-level Junior Development Program to provide a clear and structured pathway for young golfers. This program helps juniors and their families easily track progress, with each level focused on key skill development, on-course experience and competition readiness.

# Junior Pathway

Our junior programs align with the school terms, running 10-week cycles to provide consistency and structure throughout the year.

Our 4-Level Program Pathway





## LEVEL 1 – FUN PHASE

The Fun Phase offers the perfect introduction to golf, ideal for kids with little to no experience.

These lessons focus on engagement, enjoyment and interactive game, all while teaching the fundamentals of golf in a playful and supportive environment.

### **Covers**

- Golf Fundamentals (Grip, Stance & Posture)
- Putting, Chipping and Full Swing
- Body Movement Fundamentals (Agility, Balance, Coordination)
- Fun Games
- Modified Junior Tees 4-Hole Course

### **Criteria to move to Level 2**

1. 9 Hole, Putting Comp juniors need to score 27 or better
2. 10m 5x5 Chipping Challenge juniors need to chip 1 out of 5 into the area
3. Participation in our 4 Hole Junior Tees Competition, juniors score avg 24 or better



## LEVEL 2 – PLAY PHASE


The Play Phase is designed to assist junior golfers in establishing a strong foundation in both their golf and physical development. This structured approach aims to enhance the skills and understanding of the overall game.

### **Covers**

- Full Swing Fundamentals (Irons, Hybrids, FW, Drivers)
- Short Game & Putting Fundamentals (Distance Control)
- Golf Rules, Etiquette & Safety on course
- Body Movement (Mobility & Stability)

### **Criteria to move to Level 3**

1. 9 Hole, Putting Comp juniors need to score 24 or better
2. 10m 5x5 Chipping Challenge juniors need to chip 2 out of 5 into the area
3. Participation in our 4 Hole Junior Tee Comp, juniors score avg 20 or better



## TRAIN PHASE

# LEVEL 3 – TRAIN PHASE

The Train Phase is to enhance the junior golfer's skill, aiming for a higher level of proficiency. With consistent practise and regular play, they will work hard to achieve a Junior Tees 9 Hole Handicap, focusing on technique, mindset and physical development along the way.

### Covers

- Set Up, Posture Advanced Fundamentals
- Putting & Chipping Advanced Fundamentals
- Full Swing Advanced Fundamentals
- Pitching Fundamentals
- Body Movement (Pre-Activation & Recovery Protocols)
- Golf Rules, Etiquette & Safety on Course
- Gain "Junior Tees" Handicap
- Introduction into Local Junior Tournaments

### Criteria to move to Level 4

1. 9 Hole, Putting Comp junior need to score 18 or better
2. 10m 5x5 Chipping Challenge juniors need to chip 4 out of 5 into the area
3. 25m Pitching 5 Shot Challenge 3 out of 5 finishing on the green
4. Participation in 4 Hole Junior Tees Comp, juniors score avg 18 or better
5. Playing 9 Hole Club & Local Competitions



## ELITE PHASE

# LEVEL 4 – ELITE PHASE

The Elite Phase is an exclusive, invite-only program designed for junior golfers who have demonstrated a high level of commitment, discipline and advanced skills. Entry into this phase is reserved for those who have met the specific performance criteria.

### Covers

- Advanced Putting (Green Reading)
- Pitching Advanced Fundamentals (Ball Flight Variation)
- Individualised Full Swing Technical Training
- Fitness Program
- On Course Session (Course Management)
- Official GA Handicap

## TIMETABLE

### ALL INCLUSIVE TO OUR JUNIOR PROGRAMS

10 Hours of Coaching, juniors will have access to the practise facilities for the duration on the term (driving range, putting green & chipping green). Range Balls and Equipment included

### TERM 1 2025 (JAN/FEB/MAR)

*\*Depending on interest, we may add additional classes during the year.*

Fun Phase			
Wednesday		Program	Price
29 <sup>th</sup> January	3:30pm – 4:30pm	Full Swing (Range)	\$100 per term. Current CGC Junior Member (non h'cap) - \$73/year
5 <sup>th</sup> February	3:30pm – 4:30pm	Full Swing (Range)	
12 <sup>th</sup> February	3:30pm – 4:30pm	Chipping	
19 <sup>th</sup> February	3:30pm – 4:30pm	Putting	
26 <sup>th</sup> February	3:30pm – 4:30pm	On-Course	
5 <sup>th</sup> March	3:30pm – 4:30pm	Putting	
12 <sup>th</sup> March	3:30pm – 4:30pm	Chipping	
19 <sup>th</sup> March	3:30pm – 4:30pm	Full Swing (Range)	
26 <sup>th</sup> March	3:30pm – 4:30pm	Testing Week	
2 <sup>nd</sup> April	3:30pm – 4:30pm	On-Course	

Play Phase			
Friday		Program	Price
31 <sup>st</sup> January	3:30pm – 4:30pm	Full Swing (Range)	\$100 per term. Current CGC Junior Member (non h'cap) - \$73/year
7 <sup>th</sup> February	3:30pm – 4:30pm	Putting & Chipping	
14 <sup>th</sup> February	3:30pm – 4:30pm	On-Course	
21 <sup>st</sup> February	3:30pm – 4:30pm	Chipping & Putting	
28 <sup>th</sup> February	3:30pm – 4:30pm	Full Swing	
7 <sup>th</sup> March	3:30pm – 4:30pm	On-Course	
14 <sup>th</sup> March	3:30pm – 4:30pm	Putting	
21 <sup>st</sup> March	3:30pm – 4:30pm	Chipping	
28 <sup>th</sup> March	3:30pm – 4:30pm	Testing Week	
4 <sup>th</sup> April	3:30pm – 4:30pm	On-Course	