



SWS Sisters Who Swing

# SWSJG – Sisters Who Swing Junior Golfer Program

## EDUCATION & GOLF



## FOSTERING LIVES



## One Golfer at a Time



SWS Sisters Who Swing

Golf is a vehicle for higher education. Golf unlike a lot of other sports is difficult to master even for the most talented athlete. Whilst your enthusiasm and courage will go a long way to becoming a better golfer, it will only take you so far. The good news if you take the right steps to getting your game right before you rush onto the course you can become a very proficient golfer. A good coach can see things from a different perspective and they are trained to understand every element of the golf swing.

## ***Our Mission***

To impact the lives of youth by introducing the game of golf and together provide opportunities that build confidence, promote healthy choices that will instill life-enhancing values having golf as the common platform. Golf for youth is a vehicle for higher education.

## ***Who We Are....***

Sisters Who Swing Junior Golf and Training coaches support the game of golf and the values that are inherent to the game for youth to learn to play golf, create friendships and experience competition in a fun, supportive environment, preparing them for a lifetime of enjoyment to the game. SWSJG teaches youth to play for fun with friends and family, to prepare to compete at the high school, college, and/or levels of any outing.

## **SWSJG – Sisters Who Swing Junior Golf Program**

Through our exceptional services and innovative programs, the coaches of SWSJG believe you will have a unique and wonderful experience. “We strongly believe coaching is a collaborative journey of self-discovery. It is our job to unlock every person’s potential to maximize their own performance by empowering them to self-correct and self-generate, while we teach the techniques of playing golf. We coach to inspire, motivate and perpetuate a love and passion for the game.

### **What’s Offered**

- Classes, clinics, camps and private lessons.
- On course opportunities including tournaments.
- Equipment provided during lessons, if needed
- Highly trained professionals and coaching staff.
- Junior Golf Tour, Junior League Play
- Winter, Spring, Summer Camps (6 wks. long)

### **Coaching Philosophy**

Golf is all about having fun. While we teach the techniques of playing golf, we also coach to inspire, motivate and perpetuate a love and passion for the game. Our goal is for each junior having the fundamentals of golf, learning the importance of a good grip, set-up, posture, alignment, the short game and the full swing. We recognize that some juniors are more competitive than others and we encourage and challenge these individuals in different ways from those who are less competitive in nature. Regardless of skill level, we strive to make golf fun for all of our juniors in hope of igniting a love for the game that will last a lifetime.

### **SWSJG Membership**

Our membership program enables registered participants full membership benefits for a full year starting in January. We offer our juniors a full range of golf services, clinic benefits and a host of opportunities.

#### **Membership Benefits**

- SWSJG Membership Card
- Discounted rounds of golf (selected locations apply)
- 1 year USGA Membership
- US Open Hat
- SWSJG logo promotional gift
- Latest edition of Rules of Golf
- USGA bag tag
- Discounted SWSJG local tournaments

## SWSJG – Frequently Asked Questions

**What is the cost of SWSJG Membership?** \$60.00 a year, January 1 – December 31,.

**What is the cost of private lessons?** Varies by instructor – ranges from \$35 - \$50 per 30 minutes

**What is the cost of group lessons?** Range from FREE to \$10 per hour (min. 4 students per group)

**What is the cost of equipment?** Range from \$20 per club or up to \$400 per junior set

**Do juniors have to have equipment or can they borrow equipment from SWSJG?** SWSJG can provide properly sized equipment for use during lessons.

**How many lessons are needed before juniors can go on the course?** Varies with ability but usually 4 – 8 private lessons or 4 – 8 clinics can get them on the course.

**How old do juniors have to be to start in SWSJG programs?** Private lessons are open to any age; Group clinics are usually juniors aged 8 and above;

**Are SWSJG instructors certified by a professional organization?** Members of our primary teaching staff are United States Golf Teachers Federation (USGTF), PGA or LPGA accredited. Our “coaches”, the assistants who help out in clinics and camps must take training programs which include safety and skills. Background checks are conducted for everyone over age 18 who assists with our junior programs.

**What is the cost of camps?** Depending upon when offered. Winter, Spring, or Summer \$60 - \$300 and where they are offered.

## 2016 SWSJG Golf Tour

SWSJG events are intended to provide junior golfers with an opportunity to play competitive golf. SWSJG will host a junior golf tour.

Points are awarded based on how junior golfers finish in each event in which they play. At the end of the tour season the top point earners in each division will win that division and will be Player of the year Award. The junior golfer’s best scores will be used to determine each division Player of the Year.

Boys and Girls flights are offered in 3 divisions plus a Pee Wee Division. Each flight is determined by the participants’ age as of September 1, 2016

- ❖ Pee Wee Division – Age 8 years (5 holes play) Drive, Chip and Putt Contest
- ❖ Par Division – Ages 9 to 11 years (9 holes play) Drive, Chip and Putt Contest
- ❖ Birdie Division – Ages 12 to 14 years (9 holes play) Drive, Chip and Putt Contest
- ❖ Players Division – Ages 15 to 17 years (18 holes play)

Simple event fees for juniors in the Players Division are \$25, \$20 in Birdie Division, \$15 Par Division and \$10 in Pee Wee.

## JUNIOR COMPETITORS

Juniors Age 12 – 17 Development Clinics \*\*Please note these clinics are not for brand new golfers

Drills, video, golf fitness and range work. Each clinic will focus on the player’s development. On course when “Weather Permitting”. These clinics are designed for juniors who are interested in playing tournaments, playing on high school teams or playing with their friends and family in social situations.

## JUNIOR GIRLS ONLY

SWS Junior Girls Golf - ONLY

“Junior Girls Golf” Girls age 6 – 16

Introduction to game of golf, improve their skills, build confidence, make friends and get healthy through playing and walking the course!

This is a NON-COMPETITIVE PROGRAM, However, if girls do want to compete, they will develop skill needed to do so.

\$10.00 per week

- ❖ Weekly fundamental clinics
- ❖ On course playing opportunities
- ❖ Monthly skills contest with prizes
- ❖ Monthly parties at the end of clinic
- ❖ Clubs provided if needed

## 2016 SWSJG Classes/Clinics / Camp Season Calendar (\*\*subject to change)

We provide instruction, practice drills, contests and games for a well-rounded and fun learning experience. Breakfast or Lunch and snacks are included.

Session I	January 30 – February 27, 2016
Session II	February 27 – March 26, 2016
Session III	April 23 – May 21, 2016
Session IV	June 4 – July 2, 2016
Session V	June 23 – July 21, 2016
Session VI	July 28 – August 25, 2016
Session VII	September 10 – October 8, 2016

## KICK the SEASON OFF

### WINTER INDOOR CLASSES and CLINICS

Held at Unity of Washington DC  
1225 R ST NW Washington, DC

January 30 – March 26, 2016 8:30 am – 10:30 am



#### LESSONS – Session I

**L1 – Jr Golf Program** January 30 – February 27 5 weeks session \$60.00\*\*

Junior Golf Program classes are designed to introduce new golfers, season golfers and exposed juniors to the culture, skills and fun of golf. Golf can be an intimidating sport so the goals of this program are to introduce golfers to the facilities, etiquette, rules, how to play golf, how to select the right golf equipment, how to be on a golf team, as well as instruction on simple, basic fundamentals. This instruction will include: putting, chipping and the full swing.

#### LESSONS – Session II

**L2 – Jr Golf Program** (new golfers) February 27 – March 26 5 weeks session \$60.00\*\*

Junior Golf Program classes are designed to introduce new golfers and exposed juniors to the culture, skills and fun of golf. Golf can be an intimidating sport so the goals of this program are to introduce golfers to the facilities, etiquette, rules, how to play golf, how to select the right golf equipment, how to be on a golf team, as well as instruction on simple, basic fundamentals. This instruction will include: putting, chipping and the full swing.

#### LESSONS – Session II

**L3 – Jr Golf Program** February 27 – March 26 5 weeks session \$60.00\*\*

Junior Golf Program classes are designed to cultivate golfers and exposed juniors for preparation to compete. This session are for golfers course ready for etiquette, rules, how to play golf, how to select the right golf equipment, how to be on a golf team, as well as instruction on simple, basic fundamentals. This instruction will include: putting, chipping and the full swing.

**\*\*Fee for members of SWS Junior Golf Members Non SWS Junior Golf Members add \$40.00**

**Registration is required – please register online:** [www.swsgolfassoc.com](http://www.swsgolfassoc.com) or mail registration to SWS Golf 6378 Patience Court, Alexandria, VA 22315 For more information call 703-981-0900



EVENTS and TOURNAMENT SCHEDULE:  
**2016**

April 30, 2016                      Optimist International                      Langston Golf Course, Washington, DC  
All participants of the SWSJG Program will be encouraged to participate on April 30, 2016 in the Optimistic International Golf Tournament held at the historical Langston Golf Course, Washington, DC.

May 14, 2016                      SWSJG Scholarship/Program Tournament                      Marlton Golf Club, Upper Marlboro, MD

June 4-5, 2016                      SWSJG Golf Trip – North Carolina  
All SWSJG participants that are ready golf will be encouraged participating in this event.

**DRIVE, CHIP and PUTT EVENTS**

June 19, 2016                      Drive, Chip and Putt                      Course TBD

July 21, 2016                      Drive, Chip and Putt                      Course TBD

Aug 23, 2016                      Drive, Chip and Putt                      Course TBD

Sept 17, 2016                      Drive, Chip and Putt                      Course TBD

**SWSJG GOLF TOUR EVENTS**

June 29, 2016                      Golf Tour I                      Course TBD

July 13, 2016                      Golf Tour II                      Course TBD

July 27, 2016                      Golf Tour III                      Course TBD

Aug 3, 2016                      Golf Tour IV                      Course TBD

Aug 17, 2016                      Golf Tour V                      Course TBD

Aug 20 & 21, 2016                      Golf Tour FINALS                      Course TBD

**PING ELITE PLAYERS TOUR 2016**

Founded in 2002, the PING Elite Players Tour's is the largest Junior Golf Tour based in Maryland. Our mission has remained the same--offer quality competition on premium courses at affordable rates to skilled male and female junior golfers in the Mid Atlantic Region--and while doing so give back to the Community. One of the benefits of membership is that the EPJGT is in frequent contact with college golf coaches in the region regarding our members and their skills. The cost of each regular event is typically between \$55 and \$65. Each event often offers a complimentary snack or free use of the driving range. Members twelve years of age and older play 18 hole events, and all others play 9 hole events. Qualified younger players have the option of playing 18 holes.



### SWS Junior Golf Code of Conduct Release and Waivers

- I hereby agree that any junior golf tournament application (qualifier or tournament) is subject to acceptance by Sisters Who Swing Junior Golf (SWSJG). I also agree that I am applying with the consent of a parent/guardian.
- I certify that I am qualified by the rules of eligibility of SWS Junior Program to abide by any regulations of this event, including the Code of Conduct and Pace of Play system.
- I hereby release SWSJG, its officers, directors, any and all Sponsors, and all of each company's respective officers, employees, and affiliates from any and all liability for any event or consequence arising out of or relating to members' participation in a SWSJG event with the sole and singular exception of liability arising out of bad faith or willful misconduct.
- I agree that there are certain risks inherent in the game of golf and accept personal and sole liability for all such risks and damage incurred in conjunction with a SWSJG sponsored tournament or qualifier. Examples include, but are not limited to: any health-related or safety issues and damage to the golf course, private property, host hotel or other event-related venues.
- In case of emergency during a SWSJG sponsored tournament or qualifier, I, as the parent and/or guardian of the tournament/qualifier participant, authorize a qualified medical doctor or on-site medical staff to take all necessary measures in the treatment of the aforementioned tournament participant.
- I understand that SWSJG may update these terms and conditions periodically and that the latest revision will be provided.

\_\_\_ By checking and initialing here I confirm I have read and agree to the Terms and Conditions of SWSJG.

\_\_\_ By checking and initialing here I confirm I have read and agree to the Code of Conduct set forth by SWSJG.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email Address: \_\_\_\_\_

Preferred Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Participant

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian



# Contract RESPONSIBILITIES SWS Junior Golf

I, \_\_\_\_\_ and we Sisters Who Swing Junior Golf enter into the following contract in order to create order, harmony and mentoring to our golf experience. This contract will be reviewed thirty days from the date of signing, at which time it is subject to either being continued or renegotiated.

By our agreeing to the terms and conditions of this contract, all parties understand and accept that they are bound by the contract and are not free to vary from the terms and conditions.

Jr. Golfer:

I, \_\_\_\_\_ agree that I will perform the behaviors listed below and not limited to the manner they are described.

Rule #1: I will obey the rules and guidelines of the Golf Courses and any visiting golf course.

Rule #2: I will be accountable for my actions.

Rule #3: I will complete assigned tasks.

Rule #4: I will be present and on time for appointments.

Rule #5: I will address adults in a respectful manner.

I, \_\_\_\_\_ agree that by failing to perform the behaviors outlined, I will face the consequences as outlined in SWS Codes and Conduct for Junior Golfers.

Sisters Who Swing Junior Golf:

We will make ourselves available to you when needed.

We will provide a comfortable, safe, respectful place to talk honestly.

We will keep an open mind and listen.

Both parties acknowledge that this contract is entered into voluntarily and that the terms and conditions will be respected. The student agrees that if he/she fails to comply, he/she will adhere to the consequences of his/her actions and he/she will not whine, complain or rebel.

\_\_\_\_\_  
(Student)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Parent/Guardian))

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(SWSJG Mentor)

\_\_\_\_\_  
(Date)



## SWS Junior Golf Application Form

PLEASE PRINT:

Name: \_\_\_\_\_  
(First) (MI) (Last)

Address: \_\_\_\_\_  
(Street) (City) (State) (Zip)

Telephone Contact: \_\_\_\_\_ E-mail Contact: \_\_\_\_\_  
(Home) (Cell)

Birth Date: \_\_\_\_\_ School Attending: \_\_\_\_\_  
(Month/Day/Date) (School Name) (City/State)

Academic Grade: \_\_\_\_\_ Current GPA: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_  
(First) (MI) (Last)

Telephone Contact: \_\_\_\_\_ E-mail Contact: \_\_\_\_\_  
(Home) (Cell)

This Authorization and Consent to Use Photograph(s) or Image(s) is given by the undersigned to the SWS Junior Golf Program ("SWSJG") for use by SWS Junior Golf Program.

Authorized to use photo(s)  Yes  No

Authorized Name (Please Print) \_\_\_\_\_ Signature: \_\_\_\_\_

In case of emergency during a SWSJG sponsored tournament or qualifier, I, as the parent and/or guardian of the tournament/qualifier participant, authorize a qualified medical doctor or on-site medical staff to take all necessary measures in the treatment of the aforementioned tournament participant.

Authorize medical treatment?  Yes  No

Authorized Name (Please Print) \_\_\_\_\_ Signature: \_\_\_\_\_