

The

Herfordshire

Performance Pyramid

Outlined below is the structure of Junior Girls Coaching within Hertfordshire, we thought it would be interesting for you to see where you fit in, how you can take part and ways in which you can strive to achieve your full potential.

Hertfordshire is pioneering a new structure of coaching aimed at reaching every girl in the county from those just starting out right up to the elite players. It aims to promote girls in the game of golf, provide exciting opportunities for all of them and recognise the need to present a wide variety of experiences for girls of all ages and abilities.

COUNTY COACHING- All girls in the county have access to a coaching session in a region close to you: Mid Herts, Whipsnade, South Herts, East Herts & Mill Green. These sessions are run by the Professionals of the clubs and cater for girls with high handicaps and those who have yet to get one. These sessions are designed to be fun but cover the fundamentals of the game, support the work you may already be doing with your coach and give you the opportunity to meet other girls playing in your area.

FEEDER SQUAD - Girls with lower handicaps will be invited from these training sessions to join a 'Feeder Squad' with Bernie Puttuck at Mid Herts where they will be introduced to more in-depth coaching and greater concentration on key aspects of the game. Girls at this level will be looking to reduce their handicaps further and those who work hard at their game here and show obvious signs of improvement, will be considered for the next stage.

ELITE SQUAD - Girls with low handicaps and clear potential will be selected to form an 'Elite Squad' designed to support and enhance the performance of our top players. Expectation in this squad is for full commitment not only to playing but training, developing appropriate exercise & nutrition programmes as well as working hard on the mental aspect of the game. These girls will be coached by Ian Parker at Mill Green with the support of Elaine Ratcliffe, Wayne Dumbleton and Helen Redmayne.

These are exciting times for Hertfordshire and we really feel that with such great opportunities available you all have the chance to be the kind of golfer you really want to be.