



**IJGA**<sup>SM</sup>

INTERNATIONAL JUNIOR GOLF ACADEMY

## APPROACH TO JUNIOR GOLF DEVELOPMENT



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# IJGA





# Our Approach

IJGA is the number one golf academy in the world, and we're committed to placing students in the best college golf programs. Our track record speaks for itself:

**In 2022 we had six early signees to top NCAA DI programs including Northwestern, University of Florida and Boston University**

At IJGA, students have priority access to the golf course and training facilities, the expertise of the foremost golfing team in junior golf, and the benefit of cutting-edge training technology.

At IJGA, we believe in developing autonomous and resourceful student athletes. Working with our students, we create an individualized training program for each student, which includes technical, physical, and mental training. In order to prepare our students to play golf at the college level, our development plan focuses on five key elements:

*establishing the why*

*college preparation plan*

*tournament strategy*

*technical training program*

*mental and personal development*





# Establishing the Why

When it comes to golf development, 80% of success comes down to psychology. The most significant predictor of success is drive and hunger. No amount of training, raw physical talent, or coaching will make you successful if you are not dedicated to your own success. Therefore, part of our golf development plan is establishing the “why.”

# 1

## SET GOALS

In order to establish the **why**, we start by helping students get explicitly clear on their goals. Students' goals should be specific and compelling. It's much easier to get where you want to go if you have a destination in mind. We also help students understand any potentially conflicting goals.

# 2

## ESTABLISH YOUR WHY

Once we've set specific goals, we establish **why** they want to achieve them. The **why** is as important as any technical training or physical conditioning. If your **why** isn't strong enough, then you won't be able to sustain your drive for success. Your “why” will keep you going through the inevitable ups and downs of golf.

# 3

## CREATE YOUR STRATEGY

After we've established the **why**, we work with students to create an individualized strategy to reach those goals. A strategy includes finding the best coaches, creating a nutrition and fitness program, and developing a mental conditioning plan. We ensure each student has the tools they need to achieve their goals.

IJGA is here to help you unlock your goals, strategy, and most importantly, your **why**. We've helped hundreds of students achieve their golfing dreams. Let us help you achieve yours.





# College Preparation Plan

The majority of our students go on to play golf at the college level. Your tuition includes a college preparation plan. We have a designated college planning and placement team that helps students achieve their college goals. We know college planning can be difficult. There are strict NCAA requirements and rules that need to be followed. Our team will make sure you stay NCAA-eligible.

We also have a strong network of college golf coaches, who we've established ongoing relationships with. We work with these coaches to help place students in colleges nationwide. And our education team will help with academic preparation.

Our college preparation plan has five key areas:

## 1. Golf Development

Regarding golf development and improvement, we work with students from day one on an individualized golf development plan. At IJGA, students can access everything they need to reach their full golfing potential.

## 2. Academics

As for academics, you're a student first, then an athlete. All colleges consider your academic record as well as your golfing ability. Colleges consider your GPA, which accumulates over all four years of highschool, as well as your college entrance exams. We pre-test 9th and 10th-grade students to determine whether the ACT or SAT suits their abilities better. We also work with international students to prepare them for the English Proficiency Test. Additionally, we walk students through the application process of applying to their colleges of choice.

## 3. College List Building

But before students can apply to colleges, they need to build their college list. This can be challenging and overwhelming, so our college prep team is there to assist. We help students create three different college lists: safe—schools they can definitely get into; target—schools you would like to get into but are not certain you will; and reach—schools that potentially could accept you. It's important to start this process early.

## 4. Tournament Strategy

Another key element of college placement is tournament strategy. If you play in the right tournaments, you can gain exposure to college coaches. Tournaments are important because they affect your ranking. We explain more about our tournament strategy on the next page.

## 5. Setting Expectations

Finally, when it comes to getting into college, it's essential to be realistic. We help you achieve your college golf goals, but your goals need to be realistic. We work with you on finding the best college for you.



# Tournaments and Rankings

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As we mentioned above, tournament strategy is essential to the college process. In order to maximize the benefit of tournament play, you need to play in the right tournaments for you. Tournaments do three important things. By playing in tournaments, you become a better golfer, improve your ranking, and gain exposure to college coaches. However, different tournaments will achieve these results in different amounts, so it's imperative to have a solid tournament strategy.

## Building Your Unique Strategy

Tournaments provide a competitive environment to test students' skills. However, it is important to build the right schedule based on age, ability, goals, and objectives. Having a mix of tournaments that provide different levels of difficulty is an excellent way to gain experience, be challenged, and build confidence.

Other tournaments you'll choose because they'll help improve your ranking. Which tournaments you opt to play in will affect your ranking.

Finally, you should select tournaments where you'll have the chance to play in front of college coaches. It's not always about the score—sometimes it's about exposure.



# Technical Development

Through our intensive technical training program, we accelerate students' golf development. Our premier training facilities, elite golf coaching team, and state-of-the-art training technology like Swing Catalyst help students build their technical skills at an accelerated pace.

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## Top-of-the-Line Facilities

Our training facility is unmatched in junior golf. We have a 17-acre training area that includes 9 holes of golf, which you can play as 18. Our training facilities allow you to train for every shot imaginable. You'll also find:

- Areas to work on long and short game
- 50,000 sqft of training tee space
- 30,000 sqft of putting and short game greens
- 15,000 sqft of bunkers
- Eight specialized training locations
- Four teeing areas that resemble different holes:
  - Par-4 dog-leg left
  - Par-4 dog-leg right
  - A drivable par-4
  - Straight hole to multiple target greens

## A Competitive Edge

Our coaches make up the foremost golfing team in junior golf, as our students have twice the number of wins over our nearest rival and four times the number of wins over our third-place rival academy. We offer individualized coaching so students can work at their level and on their specific challenges. Our coaches specialize in different areas of expertise, so students have the opportunity to learn from more than just one coach.





# Mental and Personal Development

Just as important as technical development is mental and personal development. No one is born a golf superstar. No matter how much natural talent a person might have, they will face challenges on the golf course. That's why it's imperative to have a growth mindset rather than a fixed mindset.

## A Growth Mindset

A growth mindset says that our brains can grow, learn, and develop—our abilities are not fixed. In order to excel at golf, you need to be open to learning, embrace challenges, and learn to persevere.

## Interpersonal Skills

And, like in any other area of life, personal skills are vital to success. Here at IJGA, we use golf to help our students develop character, determination, grit, self-confidence, self-esteem, and sociability. This personal development journey is essential for students to have mental stamina and perseverance. To help build these skills, all students participate in weekly character sessions based on the college athlete Habitute program. Seniors and juniors are elected role model captains and participate in bi-weekly leadership programs.

## Mental Strength

Although physical strength is a vital element of golf, mental strength is also crucial. Mental strength is what determines if you're able to recover from a bad shot. If you're unable to handle stressful situations and mistakes, your mental traffic can build up and cause you to lose focus. At a high level of mental traffic, we significantly reduce the percentage of brain capacity that we can operate at. Implementing breathing and mindset strategies can help you take back emotional control. Golf is primarily a mental game—nothing changes in the next round except your mindset. We help you build up your mental strength so you can persevere through challenges on and off the course.