

## Junior Eagles Club (JEC) 3 month performance program

### Junior Eagles Club (JEC) ages 7-18 years old \$299

- Weekly lessons focusing on playing golf, learning new practice drills and mastering those basic skills. Weekly challenges and fun tournaments on occasion.
- All Club Members receive 5 range units and 2 green fees per month.
- Pre-requisite – JE-3
- It is highly recommended to take private lessons once a week in conjunction with JEC and the performance program to maximize potential.

Program	Day	Date	Time	Coach
JEC	Saturday	April 1	10:30am-11:30am	Matt

---

### 6 Month Performance Program

#### **Ages 7-18 - \$599**

- **COMING SOON**
- 6 month group program with 4-8 kids.
- The primary goal of the program is skill development. Students will learn how to take those skills to the golf course, how to score and then compete in golf tournaments.
- All lessons will include the use of Video, FlightScope analysis and on course training.
- Session will include theories around mental strategy, tactical management, fitness and nutrition.
- All athletes will receive 5 range units and 2 green fees/month

Contact Shiella Cowan [scowan@eaglequestgolf.com](mailto:scowan@eaglequestgolf.com) to set up a pre-program interview.