

# THE GRANGE JUNIOR PERFORMANCE PROGRAMME



## PROGRAMME OVERVIEW

The Grange Junior Programme is a TPI affiliated golf school for kids aged 5 and up. It is run by Jacques Nortje (NZPGA Head Professional and TPI Junior Coach Level 2 Certified) and Paul Greenwood (Golf Strength & Conditioning specialist and TPI Fitness Professional Level 3 Certified).

Our core philosophy is based around developing a child's physical literacy. We develop athletes and teach sport specific skills to develop a love for the great game of golf. Our juniors are taught based on their developmental age which is determined through our testing days held once per term. Regular parent information evenings are conducted by our coaches to educate parents on what we are about.

Classes are held on a weekly basis with the juniors completing activities at different training 'stations' to improve their motor skills. These stations are designed to improve a child's movement ability and correct any movement dysfunction that we identify in our screening process.



We are located at one of Auckland's premier golf clubs with the advantage of getting our juniors on the actual golf course. For further information on our programme please email [pureperformancegolfnz@gmail.com](mailto:pureperformancegolfnz@gmail.com) or call 021 040 7875.

