



Junior Golf F.A.Q.'s

Q: What types of programming do you offer for children and for what ages?

A: Classes are offered for introduction, intermediate, developing and even for those at an elite level. Programs tend to cover various aspects of the game including skills, rules, etiquette, practice habits, healthy nutrition, fitness and stretching, positive self-coaching methods, course strategy/play and much more.

Q: My child is interested in trying golf. Where do we start?

A: Call the Golf Shop. We just need some basic information; age, height, experience, other activities/interests, etc. From there, we can recommend the right program for your child. There are also Private lessons available.

Q: Can all membership levels participate in Youth Golf activities?

A: Most classes and lessons are open to all membership levels. Many are open to guests, as well.

Q: What type of equipment is needed and will we need to buy everything before lessons?

A: If new to the game, the staff will bring or have equipment on-site. The staff just needs to know in advance the child's height to bring the appropriately-sized equipment. Sunglasses, sunscreen, hat/visor and a water bottle are recommended. A light jacket may also be appropriate, given the rapidly changing weather here in Colorado.

Q: Where do we get golf equipment?

A: Lake Valley Golf Shop carries youth golf equipment, namely the US Kids Golf line that is the preferred choice of the US Kids Golf Certified Staff. This company has done its research and is the only company to provide 9 sets of clubs to accommodate a child's growth (2.5-3"/year), as well as adjusting for lie angle, grip size, club weight and shafts during the transitions. Most other club companies offer only 2-4 sets of clubs total to accommodate all growth. We also carry youth golf gloves, hats, footwear and attire.

Q: What are some of the teaching philosophies used with youth golf instruction?

A: While many of our golf professionals are certified by US Kids Golf, we also follow PCA (Positive Coaching Alliance concepts), early childhood development research concepts (what ages can do what and how children learn as children and not adults), Player Development & Introduction

(SNAG Golf, Tee It Forward), golf fitness (PGA Sports Academy and TPI Junior activities), healthy water and snack refreshments and much more. Please [CLICK HERE](#) to see an article co-authored by Nicole Weller and Dr. Patricia Donnelly on how to work with children in golf from ages 2-9 based on research.

Q: Where are parent information/resources areas?

A: [CLICK HERE](#) to see the list of events for the year. We can also provide and research resources and answers to any questions you might have. Call or email the Golf Shop.

Q: Is there a dress code?

A: Yes. In line with the Lake Valley Golf Club policy, attire for boys is a collared golf shirt tucked into khaki style shorts or pants (with or without belt). For girls, nice shorts/skorts/capris, golf dresses and pants with a collared golf shirt or nice collarless t-shirt are appropriate. Shirts for girls must not be a halter top/spaghetti strap style shirt and bottoms must be at least finger tip length or not longer than 6" above the knee. Sleeveless collared shirts for girls are acceptable. Tennis shoes/sneakers or golf shoes with soft spikes are recommended, as are a hat, sunscreen, sun sleeves and sunglasses. NOT ACCEPTABLE: Athletic wear or sweat pants, shoes with heels or soccer cleats.

Q: What is my role as a parent?

A: We work with Positive Coaching Alliance guidelines and follow the Good-Better-How philosophy. Following an event, instead of bringing up negative occurrences, score or behavior, we first ask what was GOOD, what could have been BETTER and HOW will you pay attention to that? Negative verbal and non-verbal reactions from adults can really stifle a child's attitude, making a sport more fear or performance-based than enjoyment based. We highly recommend reading *Sporting Parent for the Future* and *Golf Parent for the Future* by Pia Nilsson (Annika Sorenstam's mental coach) and Lynn Marriot available through www.vision54.com. We like to see parents cheering goal-oriented and positive reminders (instead of what they did wrong or yelling criticism - They're trying their best!), giving thumbs up, giving smiles and positive nods. We like to see adults *let the kids practice kid-style* instead of providing extra side-line interjections on different information that what is being provided by the staff (remember, children learn very differently than adults and don't begin to use rationalistic styles as adults do until after 10 years old) and we love to see adults let the kids play and make their own decisions (even when they seem 'wrong' to an adult or cost the youngster shots... the children are the ones learning and playing - we've already done that and it's now our role to guide during instruction and then let THEM play in the YOUTH Golf Event).

Q: Do I need to be present while my child(ren) is/are in class?

A: No, unless adults are asked to volunteer as an assistant coach to help the instructor with safety, class movement and extra activities on the side.

Q: Can we borrow / rent clubs outside of class to practice or play?

A: Absolutely! We have ample equipment for use during lessons and programs, working mostly with US Kids Golf clubs and SNAG Golf. For private lessons, a professional will just need to know the child's height beforehand in order to bring the most appropriate club. US Kids Clubs can be purchased at the Lake Valley Golf Shop.

To borrow some clubs to use outside of class/lessons for guests or new golfers, check with Lake Valley Golf Shop staff to borrow some clubs for the day (may not be kept for an extended period of time out of fairness to others who also would like to borrow). There is no charge for borrowing a few side clubs.

Q: What is the cancellation policy or is there a refund or remaining balance?

A: In most cases, cancellation policies will follow this information (check the webpage of interest for that program policy)

Group Class Policies: Class fees are billed to the member accounts on the day of class (or last day in a series). The camp fee will not be charged upon cancellation if prior to the 3 day deadline before class begins. On the day of the class, refunds will be available for emergency medical reasons only with a doctor's notice. Refunds will not be available to participants who voluntarily leave the camp, forget to attend, excused for disciplinary reasons or opt to withdraw from the class due to weather if the event is still being held and has not been rescheduled. Every effort will be made to fill the spot with a wait-listed student, in which case the original class cost will be refunded to the participant who withdrew.

Private Lesson No Show / Late Non-Emergency Cancellation Policy

Lake Valley Golf Club understands that private lesson appointments cannot always be kept due to emergencies and schedule changes. Cancellation 24 hours prior to the scheduled session is in effect to help fill the spot with a wait-listed student during booked lesson times. In the case where a scheduled time is repeatedly missed without notice or a student simply does not show after a previous reminder and without sufficient time to fill the spot with a wait-listed student, the student in a series may have a lesson deducted from a series or charged to the account. The instructor will first contact the student to first touch base about the session.

Q: Are there make-ups?

A: In most cases, a make-up policy will be in place for a program. Check the webpage for more information. While we understand scheduling conflicts occur, we appreciate participants making a commitment to the program and to the staff that has prepared to instruct those who registered to attend.