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SAJG CAMP A GREAT SUCCESS



The first SAJG Development Camp was held at the Moonah Links Golf Academy from July 1-3, 2008. Fifteen eager participants assembled at Moonah Links for what proved to be a highly successful and informative 3 days. Despite the weather being "wild" the camp schedule proceeded as planned.

On hand to kick off the week was VIS scholarship holder Lachlan Cain, who provided an insight into his years in junior golf and what was required to get to the most out of your golf at his age.

From there, guest coach, Steven Bann (of Bann Lynch Golf), commenced what was to be 2 days of wonderful information and coaching. Steve covered all aspects through a holistic approach to the game, equipping all attendees with the knowledge of how to develop their own golf games technically through set up structures and ball flight variations, whilst also providing structures and routines to develop confidence as part of practice and on course play.



Steve Bann pictured with the camp group and at work on the range

The second morning of the camp was spent working on fitness for golf. Darren Lay from the Melbourne Golf Injury Clinic presented insights into the common physical issues for golfers and worked through a routine of exercises to increase physical performance.

Players then proceeded to take on the Open Course over 12 holes in gale force winds and driving rain....a task that would prove difficult for the most experienced tour professionals!!!

The third morning saw an improved warm up process and then a move out for 18 holes on the Legends Course. Calmer weather prevailed and players really enjoyed the strategic challenges of this course. Winners of the day were Peter Short from Spring Valley GC and Travis Summers from Royal Melbourne GC. The camp wound up with another chance to hone the skills introduced by Steve and then a revue session.

Present at the camp were SAJG Manager, Ashley Marshall, and Development Officer, Ben Sweeney. Also assisting were Christian Rainey from the Mathew Goggin Foundation in Tasmania and Paul Christianson from the University of North Dakota in the US. The 2 evenings were spent relaxing, discussing golf and also hearing primarily from Paul about the US College Golf system.

SAJG would like to thank Moonah Links for their support and also Christian and Paul for their input. Also special thanks to Steve Bann for taking 2 days out of his busy schedule before heading off to the British Open to work with Stuart.



Lots of work to be done off the course

SAJG is Victoria's junior golf foundation and is a not-for-profit organisation dedicated entirely and specifically to promoting the interests of young golfers.

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