WHANGĀREI BOYS' HIGH SCHOOL
DEVELOPING BOYS INTO FINE MEN

SPORTS ACADEMIES

# Golf Academy

*Programme overview*

Whangārei Boys' High School has its own Golf Academy onsite and runs a development programme with a professional coach. It is the most comprehensive golf coaching and development programme in Northland.



| AT A GLANCE | |
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| **Who it's for** | Students wanting to develop their golf and represent the school |
| **When** | One 1.5-hour group session each week during lunch and Period 5, plus four one-hour individual sessions a year |
| **Where** | The WBHS Golf Academy: indoor golf studio and outdoor practice facility, both onsite |
| **Coaching** | Professional golf coach |
| **Cost** | All of the following apply:<br>Coaching fee: $60 per year (domestic students) or $200 per year (international students)<br>Academy Administration fee: $50 (paid per academy per year)<br>Uniform: purchased separately from NZ Uniforms |

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## What students will develop

- Full swing motion and sequence drills
- Short game skills and an understanding of short game needs
- Course management skills
- Game preparation skills
- Knowledge of equipment
- Self-discipline and control
- Life skills

## Facilities and technology

Coaching is supported by the latest technology in our indoor golf studio and a new outdoor facility, so students get the most out of every session.

### Indoor studio

- **Video swing analysis** to film and analyse swing motion and correct the smallest detail
- **Swing Catalyst Balance Plate** to measure weight transfer through the swing
- **FlightScope ball flight monitor** that tracks the ball and club and calculates the speed of both. Watch a FlightScope demonstration

### Outdoor facility

- A 140 $m^2$ artificial putting green
- A tee block for practising pitch shots to sand targets
- Three practice nets for full shots

## What's included

- Four one-hour, one-on-one coaching sessions with the professional coach on the FlightScope in the studio
- One 1.5-hour group coaching and practice session each week with the professional coach at the Golf Academy, during lunch and Period 5
- Eligibility for selection to represent Whangārei Boys' High School at local and national golf events