



Pheasant Glen Junior Golf Academy

The Pheasant Glen Junior Academy is the most successful Junior Academy on Vancouver Island. Led by Head Professional and Manager, Gord Melissa, and Academy Instructors, Travis Busch and Ross Mantell, the Academy has seen a minimum of one student receive a golf scholarship in Canada or the United States since 2011. If you are an aspiring junior golfer with dreams of playing Tour golf, College golf, entering into the golf business or just want to learn more about the game of golf, the Pheasant Glen Junior Academy is for you.

Our junior options range from intensive programs with boarding options, competitive students, and entry level programs for those just new to the game.

The Pheasant Glen Junior Academy provides the opportunity for students to develop their golf game while attending one of the schools in School District 69. This program is for motivated, responsible students who are dedicated to improving their golf performance and personal development.

Out of Town students are placed with School District 69 homestay families within proximity to schools and Pheasant Glen Golf Resort.

Our goal is to recognize athletes who have the ability and desire to achieve success in Junior golf, receive University Golf Scholarships and pursue careers in Golf, by providing these athletes with support to maximize their potential.

We also recognize that these athletes must be as well prepared for life away from golf as much as they are for playing golf. Our instructors build personal relationships with our students, providing guidance in the pursuit of their dreams.

International Students: Are you wanting to study English in Canada while you train for golf? Our partner schools in School District 69 offer ESL academic programs through the Qualicum International Program.

Currently we have three students playing Professional Tours, two young men playing Collegiate golf in Nevada and Oregon and one young woman playing in Arizona.



Pheasant Glen Junior Academy

2023/24 Junior Athlete Agreement

It gives me great pleasure to welcome you to the 2023/24 Pheasant Glen Junior Academy. You have shown a desire and passion to excel in golf. This is a very significant factor in being a part of the Junior Academy. As your Coaches, we are committed to providing identified high potential athletes with resources and support to facilitate their development as world class players and individuals. We view this program as a partnership between the coach and the athlete in pursuing common goals. Please read the following detailed information regarding this partnership. We look forward to helping you achieve your goals.

At the Pheasant Glen Junior Academy, we offer three levels of programming: Train to Play, Train to Compete and Train for success. Both the Train to Play and Train to Compete programs operate on Tuesdays and Thursdays after school beginning at 4:00pm. Train to Play students will have group practice until 5:00pm, Train to Compete students will have group practice until 6:00pm. The Train for Success program operates Monday, Tuesday, Wednesday and Thursday from 3:00pm until 5:30pm with an optional nine-hole playday on Friday afternoon.

The Academy also provides transportation from Ballenas Secondary and Kwalikum Secondary schools from Monday to Thursday after school. Pick up following practice must be organized on your own.

Pheasant Glen Junior Academy Mission

Our mission through the Junior Academy is to nurture and develop “Champions” both on and off the course.

Instructors:

Gord Melissa, Head Professional

Brayden Melissa, Associate Professional

Ross Mantell, Associate Professional

Athlete Agreement

This program is targeted directly at assisting developing athletes to develop into world class golfers. Tremendous support and dedication are required on the part of both the athlete and coach in order to realize the goals of the individual and the Junior Academy. As such, considerable financial and professional resources have been committed to this initiative. The following agreement specifies the expectations and responsibilities of athletes admitted into in this program. As well, it outlines the resources and support pledged by the program to select participants.

Expectant Behaviors and Responsibilities of Athletes

Players selected for the Pheasant Glen Junior Academy are responsible for the following:

- To approach all tasks, training, and competition with the conviction of an aspiring world class golfer
- To dress appropriately at all times in accordance with facility dress codes, and that of a professional athlete
- To adhere to your personalized Coaching Plan
- To plan a competitive event schedule approved by your Coach
- To develop and maintain skill levels at pre-determined levels utilizing the long game and short game objective tests
- To be a role model and a representative of your Coach and the Junior Academy both on and off the course
- To collect and submit performance data and post round reports as requested
- To communicate with your Coach as planned and provide candid feedback

Program Support to Athletes

The Pheasant Glen Junior Academy will support identified golfers with the following on a limited basis:

- Coaching services from Academy Coaches
- Junior Membership privileges at the Pheasant Glen Golf Resort (subject to membership conditions)
- Training, education, and feedback
- Junior Academy Binder
- Program materials and supplies
- Competitive opportunities and advice
- Training and practice facility access
- Collegiate golf counsel and liaison
- Parent/guardian communication and training

High School Programs Features, Schedules and Fees

Train to Play High School Program (after school)

The Train to Play program is designed for athletes new to golf and those playing competition at a Club and Zone level (at age appropriate level). The Train to Play program is also a very affordable option for athletes that are already playing competitively but still playing multiple sports.

Features:

- Year Round Periodized programming
- Over 100 hours of Structured Group Coaching per year
- Led by Academy Coaches with support from Head Professional, Gord Melissa
- Standardized Year Plan
- Junior Membership at Pheasant Glen (includes practice)
- Support at Select Tournaments
- Academy Player Package
- Core education and coaching in Technique, Tactics, Mental Game and Physical literacy
- A fun, stimulating, competitive environment!

Sample Itinerary:

Tuesdays and Thursdays 4:00pm-5:00pm

September to October

Player and equipment assessment followed by game improvement plan.

November, December, January and February

Short Game instruction and learning, indoor full swing technical and mechanical instruction.

March and April

On course instruction focusing on both game and course management, preparation for playing in competitions.

May, June

Continue skill development based on individual athlete scores, on course assessments and stats.

Train to Compete

The Train to Compete program is designed for Developing competitors playing at a Zone and Regional level (at age appropriate level). Suitable Handicap range is 9 to 18. This is a 12-month program running from September 1st to August 31st. The 12-month program is broken into segments based on evaluation, learning, training and competing.

Features:

- Year Round Periodized programming

- Over 200 hours of Structured Group Coaching per year

- Led by Gord Melissa, Head Professional at Pheasant Glen, with support from Academy Coaches

- Standardized Year Plan

- Junior Membership at Pheasant Glen (includes practice)

- Support at Select Tournaments (some events mandatory)

- Academy Player Package (golf bag etc...)

- Elite Junior Academy binder and materials

- Access to Industry leading technology – Flightscope, K-Vest, Bodi-Trak, Foresight

Sample Itinerary: Tuesdays and Thursdays 4:00pm-6:00pm

September

Full player and equipment assessments

October

Building a Mechanical and Technical Plan

November, December, January and February

Indoor full swing work based on each individual's assessment and plan. Short game skills evaluation, assessment, instruction and execution.

March

Evaluation of off-season improvement, on course instruction and competitive games, preparation for Spring tournaments.

April, May and June

Zone competition on weekends, Tuesdays are to review event stats, determine areas for improvement, build a practice plan and set goals. Thursdays are skill improvement and prep for next events.

*Students in the Train to Compete program can join the train for Success students in Physical Training in November, December, January and February for additional monthly fees.

Train for Success

The Train for Success program is designed for High Performance competitors playing at a Provincial and National level or higher. Suitable Handicap range is +3 to 9 and includes 10 hours of Coaching each week Monday to Thursday with optional 9-hole play day after school on Fridays featuring full swing and short game assessment, skill improvement program, golf specific physical training program, course management, tournament planning and college scholarship prep.

Features:

- Over 330 hours of Structured Group Coaching per year
- Led by Gord Melissa (2017 BC Junior Leader of the Year recipient) and Academy Coaches
- Junior Membership at Pheasant Glen (includes practice)
- Support at Select Tournaments (some events mandatory)
- Academy Player Package (golf bag etc...)
- Elite Junior Academy binder and materials
- Access to Industry leading technology – Flightscope, K-Vest, Foresight
- NCAA College Golf Recruiting assistance
- Additional Training Camp opportunities (US Destination)

Sample Itinerary: Monday, Tuesday, Wednesday, Thursday 3:00-5:30pm

September

- Assessments: Flightscope, Short Game test, K-Vest, SG Challenge, Shot by Shot
- Start Goal Setting Process
- Develop off season training plan

October

- Implement off season technical plan
- Fitness testing – TPI Assessments
- Schedule off-season competitive opportunities

November

- Continue off season technical plan
- Implement TPI program

December

- Continue off season technical plan
- Implement Fitness program
- Schedule Time-Off

January

- End scheduled time off
- XPI Programming continues
- Continue off season technical plan
- Schedule competitive season tournaments

February

- Finalizing of season goals
- Continue technical plan
- End off-season physical conditioning
- Competitive season planning

March

- Finalize technical plan
- Begin pre-competitive period training
- Implement in-season fitness program

April

- Continue pre-competitive period training
- Implement mental game program
- Implement tournament preparation program
- Coach supported tournament begin

May

- Begin Competitive season training
- Continue mental game program
- Implement nutritional program
- Coach supported tournament continue

June

- Continue competitive season training
- Begin in-season Maintenance program
- Implement competitive tapering program
- Schedule "Transitional" or rest weeks before Major Season