



golfcanada.ca/teamcanada

How Do I Make A National Team?

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How Do I Make A National Team?

OBJECTIVE OF PROGRAM

- To provide the best possible support services to develop players and assist them in attaining their long and short term goals while producing the best amateur players in the world.





How Do I Make A National Team?

NATIONAL TEAM PROGRAM STRUCTURE

- Men and Women's Amateur Teams
 - Up to 8 team members on each team
- Development Boys and Girls (under 22 years of age)
 - Up to 8 team members on each team



How Do I Make A National Team?

SELECTION

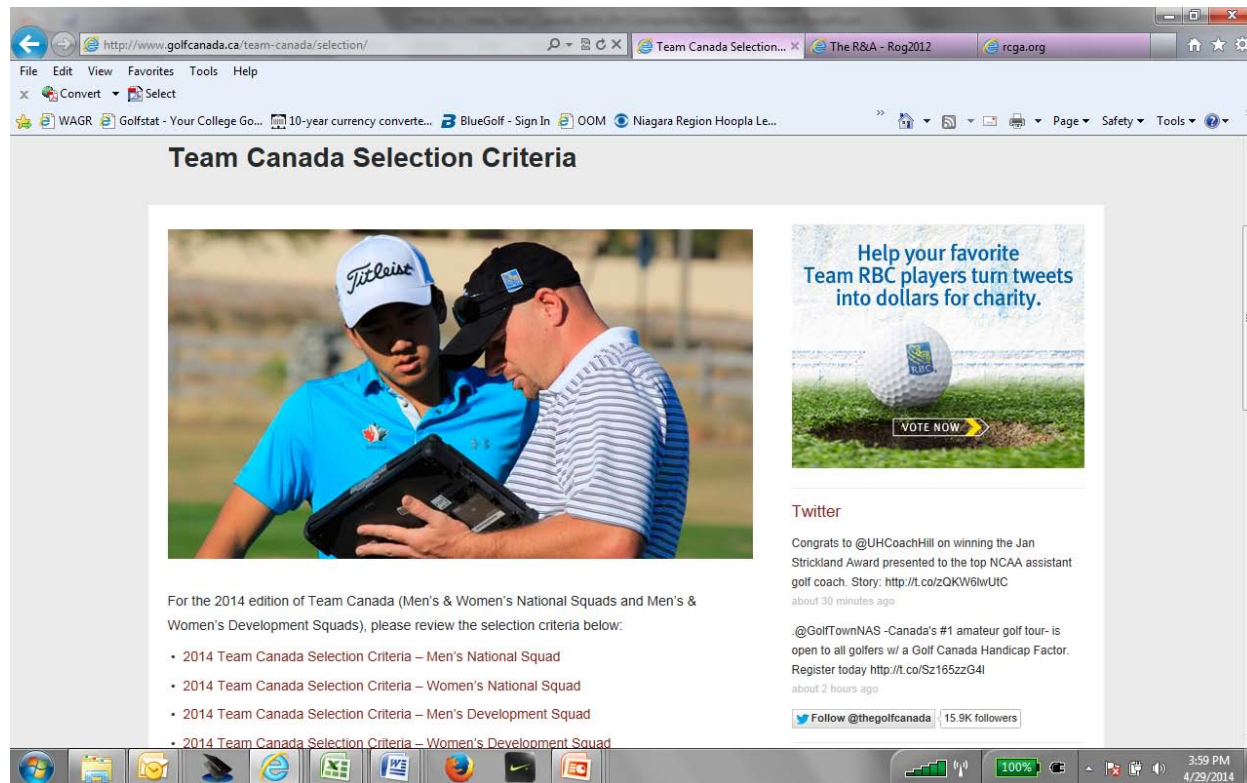
- Selection takes place in September each year
- Selection is based on objective performance results as of Aug. 31 of each year which are reviewed by committee
- Golf Canada Order of Merit serves as an underpinning for selection of automatic spots
- Additional selections based on:
 - Potential to become a national team member
 - Head-to-head results at major amateur events
 - Injury / illness considerations
 - Golf Canada HP staff tracking, monitoring and evaluation of players in key performance areas



How Do I Make A National Team?

SELECTION (Continued)

- Selection criteria is posted on the Golf Canada website



The screenshot shows a web browser window displaying the 'Team Canada Selection Criteria' page on the Golf Canada website. The page includes a photo of two men in golf attire looking at a tablet, a promotional graphic for Team RBC charity, and a list of selection criteria for the 2014 edition. The browser's address bar shows the URL 'http://www.golfcanada.ca/team-canada/selection/'.

Team Canada Selection Criteria

Help your favorite Team RBC players turn tweets into dollars for charity.

[VOTE NOW](#)

Twitter

Congrats to @UHCcoachHill on winning the Jan Strickland Award presented to the top NCAA assistant golf coach. Story: <http://t.co/zQKW6wUIC>
about 30 minutes ago

@GolfTownNAS -Canada's #1 amateur golf tour- is open to all golfers w/ a Golf Canada Handicap Factor. Register today <http://t.co/Sz165zzG4I>
about 2 hours ago

[Follow @thegolfcanada](#) 15.9K followers

For the 2014 edition of Team Canada (Men's & Women's National Squads and Men's & Women's Development Squads), please review the selection criteria below:

- 2014 Team Canada Selection Criteria – Men's National Squad
- 2014 Team Canada Selection Criteria – Women's National Squad
- 2014 Team Canada Selection Criteria – Men's Development Squad
- 2014 Team Canada Selection Criteria – Women's Development Squad







How Do I Make A National Team?

PERFORMANCE CHARACTERISTICS WE EXPECT IN A NATIONAL TEAM MEMBER

- Solid Fundamentals
- Ball speed – distance is important
- Short game
- Ability to “play” the game
- Mental skills
- Lifestyle
- Discipline and commitment



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NATIONAL TEAM MEMBER COMMITMENT

- Each team member commits to the program through a team member agreement
- The agreement is designed in order to create formal guidelines as to expected behavior for athletic excellence
- Standards for participation, physical fitness, anti-doping, amateur status, behavior and discipline, anti-harassment, equipment, travel and team uniforms are all set out
- Developmental team members are required to contribute to a portion of the cost of the program (2014 - \$6,500 vs. overall cost of \$25,000 plus)



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SCOPE OF THE PROGRAM

- Year round in scope
- Encompasses fitness, sports psychology, nutrition, technique, equipment and international competition
- The Golf Canada Integrated Support Team (IST) are leaders in the field of sport science and have been an integral part of building the program – areas such as strength and conditioning, nutrition, biomechanics, mental management, equipment testing/fitting
- A full-time national men's and women's coach as well as assistant coaches on both sides work with each team





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PERSONALIZED PROGRAMMING FOR TEAM MEMBERS

- Tailored to his or her needs
- Competition schedules are reviewed and approved by national coaching staff
- Physical testing is done by the national team exercise physiologist and improvement plans are implemented
- Mental management evaluations and performance analysis are regularly performed in person by the national team psychologist and on-line
- Team members obtain the latest testing results and feed-back regarding clubs and balls to suit their swing and launch characteristics



How Do I Make A National Team?

SPORT CANADA – ATHLETE ASSISTANCE PROGRAM (AAP)

- Team members may be nominated to Sport Canada (SC) to become a carded member of the Athlete Assistance Program (AAP)
- AAP is an initiative of Sport Canada designed to assist amateur athletes in off-setting expenses to allow them to focus their time and energy on elite performance
- Tuition credits are available for AAP recipients attending Canadian post secondary schools
- 7 cards will be available in 2014.
- Over \$120,000 in funding was approved 2013.





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SUMMARY

- Golf Canada believes that players involved in the National Team Program will be much better prepared to qualify and compete at international events and / or go on to a professional golf career
- More detailed information on the National Team Program is available on the Golf Canada website under the “Team Canada” section





Day in the Life of a National Team member

Thursday, November 28, 2013

National Team Training Camp – Phoenix, AZ

7:30 AM	Breakfast
8:00 AM	Leave for golf course
8:30 – 12:00	Fitness Assessment / testing – Jason Glass Individual Physio Assessment Beep Test
12:30 PM	Lunch
1:30 to dark	Afternoon stations: TM Combine, Red Zone Short Game Test, Shot by Shot putting test, Physio Assessment with Greg, Video, K-vest 3D, possibly 9 holes
6:00 PM	Team dinner
7:30 PM	Nutrition talk – Nicole Springle Individual player meetings



Day in the Life of a National Team member

Friday, November 29, 2013

National Team Training Camp – Phoenix, AZ

6:45 AM	Group 1 Tee Time
7:30 AM	Breakfast
8:00 AM	Leave for the golf course
8:00–12:00	Stations for group 2 TM Combine, FS short test, Kvest – 3D, finish up - Red Zone Short Game Test, Shot by Shot putting test, Boditrak Shift System, putter aim test 7 and 15 feet, video and individual meetings with Adrienne and Nicole plus practice stations
12:30 PM	Lunch
1:30	Tee time for Group 2 Stations for Group 1 – finish up the above
6:00 PM	Team dinner
7:00 PM	Sport Psychology (group talk)
7:30 PM	Coaches collaborative meeting

