

Monday/Thursday group program

Semester 1, 2021

Date	Time	Program	Coach
January Wed 27 th		Monday/Thursday group Distribution of golf kits Tuesday/Friday group play 9 holes Vice versa after 9 holes	First Day Term One Tom & Lisa
Thurs 28 th	1-45 2-30 2-45 3-45 4-45 5-00	Academy Rules and regulations Break Golf Rules & etiquette – Academy code of conduct when playing tournaments Self assessment forms to be submitted Clean range/divot tees Finish	Tom Berndt Ian Peters
February Mon 1 st	1-45 2-00 3-15 4-45 5-00	Weekly announcements Skills testing – chipping & putting Continues Clean range/divot tees Finish	Tom Berndt Tony Mahoney Ian Peters
Tues 2 nd	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Thurs 4 th	1-45 2-00 4-45 5-00	Trackman – TM group PuttLab – IP group Video – TB group Clean range/divot tees Finish	
Fri 5 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Mon 8 th	1-45 2-00 4-45 5-00	Weekly announcements Trackman – TB group Puttlab – TM Group Video – IP group Clean range/divot tees Finish	Tom Berndt
Tues 9 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Thurs 11 th	1-45 2-00 4-45	Skills Tests – to be completed Trackman – IP group Puttlab – TB Group Video – TM group Clean range/divot tees	

	5-00	Finish	
Fri 12 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Mon 15 th	all day 2-00 4-45 5-00	1st round Intercollegiate match at Hills Golf Club commencing 8.00am On course training Clean range/divot tees Finish	Tom Berndt & IP TM
Tues 16 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Thurs 18 th	1-45 3-30 4-45 5-00	Physical Screening – all students Technical development long game Workshop -exercise Clean range/divot tees Finish	Andrew Grigg Groups in order, TM, IP, TB A Grigg
Fri 19 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Mon 22 nd	1-45 2-00 4-45 5-00	Weekly announcements Individual interview - “Blue Print plan Students free practice Clean range/divot tees Finish	Tom Berndt
Tues 23 rd	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Thurs 25 th	1-45 3-15 4-45 5-00	Technical development Long game/short game rotation Clean Range/divot tees Finish	
Fri 26 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
March Mon 1 st	1-45 4-45 5-00	School Camp years 7 to 11 Individual lessons for year 12's Clean range/divot tees Finish	
Tues 2 nd	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Thurs 4 th	1-45 3-45 4-45 5-00	Stations - range/pitching/putting Alternate stations every 40 minutes Clean range Finish	

Fri 5th	4-00 4-45	Cross Country Carnival Fitness training with Ben Group A Group B	Ben Holley
Mon 8th	1-45 2-00 2-15 4-45 5-00	Weekly announcements Breathing techniques/visualisation Mr Peters - Trackman Mr Mahoney - Puttlab Mr Berndt – technical long/short Clean range/divot tees Finish	Tom Berndt
Tues 9th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Thurs 11th	1-45 2-00 2-30 2-45 4-15 4-45 5-00	Breathing techniques/visualisation ?? Equipment - What's in your bag & why Break Technical coaching – long game Rules and Etiquette & Marking stableford and 4Ball workshop – Coaches Clean range/divot tees Finish	Coaches Tony M IP & TB
Fri 12th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Mon 15th	1-45 2-00 3-15 4-45 5-00	Weekly Announcements All groups – chipping/shot shaping Swap tasks Clean range/divot tees Finish	Tom Berndt
Tues 16th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Thurs 18th	1-45 3-15 4-45 5-00	Zoom Meeting with Dr Blundell Breathing techniques/visualisation Lecture – Elements to play quality golf Clean range/divot tees Finish	Dr Blundell
Fri 19th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Mon 22nd	1-45 2-00 2-45 3-45	Weekly announcements Workshop - Warm up procedures for tournaments Putting/pre-shot routine – alternate	Tom Berndt Tony/Tom TM, IP, TB

	4-45 5-00	Clean range/divot tees Finish	
Tues 23 rd	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Thurs 25 th	1-45 3-15 4-45 5-00	Long Game technical Lecture Understanding Trackman data Long Game technical development all groups Clean range Finish	Ken Berndt
Fri 26 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Mon 29 th	1-45 2-00 3-15 4-45 5-00	Weekly announcements Chipping (target mats) /long game/bunkers swap tasks every 40 mins Clean range Finish	Tom Berndt
Tues 30 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
April Thurs 1 st	1-45 4-45 5-00	Playing on course using 3 clubs + putter Clean range Finish	LAST DAY OF TERM 1
Fri 2 nd		Good Friday Holiday	
13 th – 16 th		Australian Junior - ACT	
Mon 19 th		Student Free Day	
Tues 20 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Thurs 22 nd	1-45 2-00 3-30 4-45 5-00	Announcements Discussing individual report & plan for Term 2 for training Clean range/divot tees Finish	Tom Berndt
Fri 23 rd	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Mon 26 th		Anzac Day Holiday	
Tues 27 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Thurs 29 th	1-45 3-00 4-45 5-00	Basic ball flight laws and ballistics Long Game technical training all groups Clean range/divot tees Finish	Ken Berndt

Fri 30 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
May Mon 3 rd		Labour Day Holiday	
Tues 4 th	4-00 4-45	Main Photo Day Fitness training with Ben Group A Group B	Ben Holley
Wed 5 th	12-15 5-00	1st Round College Championship Compulsory for everyone to play	
Thurs 6 th	1-45 2-00 4-45 5-00	Breathing techniques/visualisation Individual interview re-championship performance Clean range/divot tees Finish	Tom Berndt
Fri 7 th	4-00 4-45	Foundation Day Race Fitness training with Ben Group A Group B	Ben Holley
Mon 10 th	8-00 1-45 2-00 5-00	Inter-collegiate at Oxley 8-00am Breathing techniques/visualisation On course training Finish	
Tues 11 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Wed 12 th	12-15	Round 2 of College Championship	
Thurs 13 th	1-45 2-00 3-30 4-45 5-00	Weekly announcements Mr Mahoney - Trackman Mr Peters -Puttlab Mr Berndt – Long game/putting Clean range/divot tees Finish	Tom Berndt
Fri 14 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Mon 17 th	1-45 2-00 2-15 3-30 4-45 5-00	Weekly announcements Practice breathing technique putting – reading green skills workshop Pitching – target mats Clean range/divot tees – Finish	Tom Berndt TM & IP
Tues 18 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Wed 19 th	12-15	Round 3 of College Championship	

Thurs 20th	1-45 2-00 3-30 4-45 5-00	Practice breathing technique TM - Long game/putting IP – Trackman TB - PuttLab Clean range/divot tees Finish	
Fri 21st	4-00 4-45	Athletics carnival Fitness training with Ben Group A Group B	Ben Holley
Mon 24th	1-45 2-00 3-15 4-45 5-00	Announcements TB – Trackman TM – PuttLab IP – Long game/putting Clean range/divot tees Finish	Tom Berndt
Tues 25th	4-00 4-45	Fitness training with Ben Group A Group B	
Wed 26th	12-15	Final Round of College Championship	
Thurs 27th	1-45 2-45 3-30 4-45 5-00	Lecture – Diet, nutrition & hydration at tournaments Long game – technical Pre-shot routine – shot shaping Clean range/divot tees Finish	Tom Berndt
Fri 28th	4-00 4-45	Fitness training with Ben Group A Group B	
Mon 31st	1-45 2-00 4-45 5-00	Weekly announcements Each coach to Video their group Video analysis Clean range/divot tees Finish	Tom Berndt
June Tues 1st	4-00 4-45	Fitness training with Ben Group A Group B	
Thurs 3rd	1-45 2-45 4-45 5-00	Warming up for tournaments shot shaping/routine Challenge Clean range/divot tees Finish	Tom Berndt
Fri 4th	4-00 4-45	Fitness training with Ben Group A Group B	
Mon 7th	1-45 2-00 3-45	Weekly announcements Putting – green reading skills & strategies revisited	Tom Berndt TM & IP

	4-45 5-00	Long Putting tournament Clean range/divot tees Finish	
Tues 8 th	4-00 4-45	Fitness training with Ben Group A Group B	
Thurs 10 th	1-45 2-45 4-45 5-00	Workshop – Speech making, Marketing yourself (resume for US College) Bunkers/chipping/pitching Swap every 30 minutes Clean range/divot tees Finish	TB, TM & IP
Fri 11 th	4-00 4-45	Fitness training with Ben Group A Group B	
Mon 14 th	1-45 2-00 4-45 5-00	Weekly announcements Student’s choice special individual lesson Clean range/divot tees Finish	Tom Berndt
Tues 15 th	4-00 4-45	Fitness training with Ben Group A Group B	
Thurs 17 th	1-45 4-45 5-00	On Course Training – Big match (top 3 scores from each group to count) Finish	LAST DAY OF TERM 2

Tuesday/Friday group program

Semester 1, 2021

Date	Time	Program	Coach
January Wed 27th		Monday/Thursday group Distribution of golf kits Tuesday/Friday group play 9 holes Vice versa after 9 holes	First Day Term One Tom & Lisa
Fri 29th	1-45 2-30 2-45 3-45 4-45 5-00	Academy Rules and regulations Break Golf Rules & etiquette – Academy code of conduct when playing tournaments Self assessment forms to be submitted Clean range/divot tees Finish	Tom Berndt Ian Peters
February Mon 1st	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Tues 2nd	1-45 2-00 3-15 4-45 5-00	Weekly announcements Skills testing – chipping & putting Continues Clean range/divot tees Finish	Tom Berndt Tony Mahoney Ian Peters
Thurs 4th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Fri 5th	1-45 2-00 4-45 5-00	Trackman – TM group PuttLab – IP group Clean range/divot tees Finish	
Mon 8th	4-00 4-45	Swimming Carnival Fitness training with Ben Group A Group B	Ben Holley
Tues 9th	1-45 2-00 4-45 5-00	Weekly announcements Trackman – IP group Puttlab – TM Group Clean range/divot tees Finish	Tom Berndt
Thurs 11th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Fri 12th	1-45 2-00 3-25	Skills Tests – to be completed Long game/putting development swap	

	4-45 5-00	Clean range/divot tees Finish	
Mon 15 th	4-00 4-45	1st round Intercollegiate match at Hills Golf Club commencing 8.00am Fitness training with Ben Group A Group B	Ben Holley
Tues 16 th	1-45 2-00 4-00 4-45 5-00	Weekly announcements Physical Screening – all students Technical development long game Workshop -exercise Clean range/divot tees Finish	Tom Berndt Andrew Grigg Groups in order TM & IP A Grigg
Thurs 18 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Fri 19 th	1-45 4-45 5-00	On course training Clean range/divot tees Finish	IP & TM
Mon 22 nd	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Tues 23 rd	1-45 2-00 4-45 5-00	Weekly announcements Individual interview - “Blue Print plan Students free practice Clean range/divot tees Finish	Tom Berndt
Thurs 25 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Fri 26 th	1-45 3-15 4-45 5-00	Technical development Long game/short game rotation Clean Range/divot tees Finish	
March Mon 1 st		School Camp years 7 to 11 No Fitness training with Ben	
Tues 2 nd		School Camp years 7 to 11	
Thurs 4 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Fri 5 th	1-45 2-00 3-20 4-45	Cross Country Carnival Weekly announcements Stations – long game/short game swap Clean range/divot tees	Tom Berndt

	5-00	Finish	
Mon 8th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Tues 9th	1-45 2-00 2-15 4-45 5-00	Weekly announcements Breathing techniques/visualisation Mr Peters - Trackman Mr Mahoney - Puttlab Clean range/divot tees Finish	Tom Berndt
Thurs 11th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Fri 12th	1-45 2-00 2-30 2-45 4-15 4-45 5-00	Breathing techniques/visualisation Equipment - What's in your bag & why Break Technical coaching – long game Rules and Etiquette & Marking stableford and 4Ball workshop – Coaches Clean range/divot tees Finish	Coaches Tony M IP
Mon 15th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Tues 16th	1-45 2-00 3-15 4-45 5-00	Weekly Announcements Both groups – chipping/shot shaping Swap tasks Clean range/divot tees Finish	Tom Berndt
Thurs 18th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Fri 19th	1-45 3-15 4-45 5-00	Zoom Meeting with Dr Blundell Breathing techniques/visualisation Lecture – Elements to play quality golf Clean range/divot tees Finish	Dr Blundell
Mon 22nd	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Tues 23rd	1-45 2-00 2-45 3-45 4-45	Weekly announcements Workshop - Warm up procedures for tournaments Putting/pre-shot routine – alternate Clean range/divot tees	Tom Berndt Tony TM & IP

	5-00	Finish	
Thurs 25 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Fri 26 th	1-45 3-15 4-45 5-00	Long Game technical Lecture Understanding Trackman data Long Game technical development all groups Clean range Finish	Ken Berndt
Mon 29 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Tues 30 th	1-45 2-00 3-15 4-45 5-00	Weekly announcements Chipping (target mats) /long game/bunkers swap tasks every 40 mins Clean range Finish	Tom Berndt
April Thurs 1 st	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Fri 2 nd		Good Friday Holiday	
13 th – 16 th		Australian Junior - ACT	
Mon 19 th		Student Free Day	
Tues 20 th	1-45 2-00 3-30 4-45 5-00	Announcements Discussing individual report & plan for Term 2 for training Clean range/divot tees Finish	Tom Berndt
Thurs 22 nd	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Fri 23 rd	1-45 3-15 4-45 5-00	Long Game or short game technical Swap Clean range/divot tees Finish	
Mon 26 th		Anzac Day Holiday	
Tues 27 th	1-45 2-00 3-20 4-45 5-00	Announcements Shot shaping or bunkers Swap Clean range/divot tees Finish	
Thurs 29 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Fri 30 th	1-45 3-00	Basic ball flight laws and ballistics Long Game technical training all groups	Ken Berndt

	4-45 5-00	Clean range/divot tees Finish	
May Mon 3 rd		Labour Day Holiday	
Tues 4 th	1-45 2-00 4-45 5-00	Main Photo Day Breathing techniques/visualisation Individual interview re-championship performance Clean range/divot tees Finish	TM and IP
Wed 5 th	12-15 5-00	1st Round College Championship Compulsory for everyone to play	
Thurs 6 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Fri 7 th	2-00 3-30 4-45 5-00	Foundation Day Race Chipping and putting matches Clean area Finish	
Mon 10 th	6-00 4-00 4-45	Inter-collegiate at Oxley 8-00am Fitness training with Ben Group A Group B	Ben Holley
Tues 11 th	1-45 2-00 5-00	Naplan Weekly Announcements On course training Finish	Tom Berndt
Wed 12 th	12-15	Round 2 of College Championship	
Thurs 13 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Fri 14 th	1-45 2-00 4-45 5-00	Mr Mahoney - Trackman Mr Peters -Puttlab Clean range/divot tees Finish	
Mon 17 th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Tues 18 th	1-45 2-00 2-15 3-30 4-45 5-00	Weekly announcements Practice breathing technique putting – reading green skills workshop Pitching – target mats Clean range/divot tees – Finish	Tom Berndt TM & IP
Wed 19 th	12-15	Round 3 of College Championship	
Thurs 20 th	4-00	Fitness training with Ben Group A	Ben Holley

	4-45	Group B	
Fri 21st	2-00 3-30 4-45 5-00	Athletics carnival IP – Trackman TM - PuttLab Clean range/divot tees Finish	
Mon 24th	4-00 4-45	Fitness training with Ben Group A Group B	Ben Holley
Tues 25th	1-45 2-00 3-20 4-45 5-00	Announcements Long game or putting Swap Clean range/divot tees Finish	Tom Berndt
Wed 26th	12-15	Final Round of College Championship	
Thurs 27th	4-00 4-45	Fitness training with Ben Group A Group B	
Fri 28th	1-45 2-45 3-30 4-45 5-00	Lecture – Diet, nutrition & hydration at tournaments Long game – technical Pre-shot routine – shot shaping Clean range/divot tees Finish	Tom Berndt
Mon 31st	4-00 4-45	Fitness training with Ben Group A Group B	
June Tues 1st	1-45 2-00 4-45 5-00	Weekly announcements Each coach to Video their group Video analysis Clean range/divot tees Finish	Tom Berndt
Thurs 3rd	4-00 4-45	Fitness training with Ben Group A Group B	
Fri 4th	1-45 2-45 4-45 5-00	Warming up for tournaments shot shaping/routine Challenge Clean range/divot tees Finish	TM & IP
Mon 7th	4-00 4-45	Fitness training with Ben Group A Group B	
Tues 8th	1-45 2-00 3-45	Weekly announcements Putting – green reading skills & strategies revisited	Tom Berndt TM & IP

	4-45 5-00	Long Putting tournament Clean range/divot tees Finish	
Thurs 10 th	4-00 4-45	Fitness training with Ben Group A Group B	
Fri 11 th	1-45 2-45 4-45 5-00	Workshop – Speech making, Marketing yourself (resume for US College) Bunkers/chipping/pitching Swap every 30 minutes Clean range/divot tees Finish	TM & IP
Mon 14 th	4-00 4-45	Fitness training with Ben Group A Group B	
Tues 15 th	1-45 2-00 4-45 5-00	Weekly announcements Student’s choice special individual lesson Clean range/divot tees Finish	Tom Berndt
Thurs 17 th	4-00 4-45	Fitness training with Ben Group A Group B	LAST DAY OF TERM 2