

# WALNUT HILLS 1921

## Welcome to our 2011 Youth Sports Program

### Our Mission

*The mission of the Walnut Hills Country Club Youth Program is to provide a safe recreational environment for children and grandchildren of members. The goal of each program is to teach our youth the correct rules, proper etiquette and sportsmanship and the best technique to help them enjoy all three sports. Although recreational in nature, our programs will also expose children to some level of competition and teach them how to play with other members of a team. Learning to win an accepting defeat is a big part of any sport and even a larger part of life. It is our ultimate intention to instill the qualities that make each child a better player and more importantly a better person.*

### Our Staff

Our staff is made up of professionals with years of experience in teaching and coaching youth in golf, tennis and swimming. The Golf Program is led by our PGA Head Professional, Victor Whipp. Along with Vic, PGA Assistant Professionals TJ Roberts and Nick Steward will provide instruction, coaching and mentoring to all of our junior golfers. The Court One Athletic Club administers the Tennis Program. Shelly Bugg, Director of Tennis provides the leadership for the program. Shelly will provide tennis excitement throughout the summer. Our Pool Supervisor and Aquatics Director, Ms. Tiffany Vincent along with an experienced staff of instructors will direct the youth Swim Programs. Tiffany has been a member of our Aquatics Team for 4 years and provides a wealth of experience and enthusiasm to our swim programs and has built a fine teaching and coaching staff for our young swimmers.

### Volunteers

In order to provide the finest and safest instruction programs for our youth, we ask for your help and support during the season. Volunteers are vital in organizing and supervising safe programs for our junior participants. We ask all parents or guardians to donate several hours of your time to help with our programs. The program directors will give you more information on what role you can play in making this year's programs the finest in the area and the very best for our youth.

# Walnut Hills Junior Golf 2011

The youth golf program at Walnut Hills is designed for our golf member's children and grandchildren from age 4 to 17. The program is divided into three distinct groups by age, ability and experience. Throughout the summer we will provide a combination of three day camps, Elite junior weekends and Thursday morning clinics and play. The three day camps will cover fundamental movements in 90 minute increments to develop golf skills which our juniors will take to the course. The Thursday morning clinics will be 45 minute in length followed by supervised play. After the instructional clinic, the juniors will play a specified number of holes based on their respective abilities.

Emphasis in all clinics will be toward fun games and athletic activities that will lead to long term golf and athletic development. Time will be divided into skill development and golf learning in all aspects of the game from Putting to Full Swing.

Our philosophy at Walnut Hills is simple. Golf is a sport. People play sports for development of body and mind. People develop as athletes and golfers and our goal is to develop junior golfers as athletes. We intend to develop golfers with a development model that is defined as Long Term Athletic Development.

We will develop in all youth ages the following FUNdamental movement skills:

Rolling	Hopping
Walking	Kicking
Skipping	Throwing
Sprinting	Catching
Jumping	Striking

Our intention is grouping kids into pairs of like age or like ability.

Our camps are fun, fast paced and activity based.

It is a sin to bore a kid.

Walnut Hills is an extraordinary place to be a kid and we intend to ignite all kids with golf activities that will develop kids into golf athletes.

The Walnut Hills Junior Golf Program will have a ration of minimum 4 kids to 1 golf coach.

## Junior Golf Programs

The program is designed to meet learning and development needs for players of all levels from beginners to Junior Elite players

### Elite Junior Weekends

Designed for the serious Junior Player

Recommended for players playing tournament golf and or High School golf with an interest in playing college golf

Five three day weekends of golf coaching on and off the golf course ( 20 Hours )

Access to premium golf group fitness classes featuring: Pilates, Core Training and Yoga  
Access to personal coaches by award winning PGA professionals  
Access to the finest golf coaching staff in Michigan  
Access to High Tech Training Aides including High Speed Video, K-Vest 3-D Motion Capture and Trackman performance launch monitors

### Junior Golf Group Fitness

Designed for the serious Junior Player  
Recommended for players playing tournament golf and or High School golf with an interest in playing college golf

Offered Wednesday and Sundays at Walnut Hills and the Trainers Studio in Lansing

### Golf Camps

Designed for junior players of all levels  
Recommended beginning place for all Junior players under 13 years of age

Three Day morning or afternoon program offered through out the summer for 90 minutes  
Program designed with intention of long term athletic development- creating golf athletes  
Programs offered more than 10 times per summer  
Access to premium golf group fitness classes featuring: Pilates, Core Training and Yoga  
Access to personal coaches by award winning PGA professionals  
Access to the finest golf coaching staff in Michigan

### Thursday Morning Junior Golf

Designed for junior players of all levels  
Recommended beginning place for all Junior players under 13 years of age

Clinic and golf for kids of all ages every Thursday from June 30 until August 18  
Clinics are 30 – 45 minutes and play kids play the golf course on distance adjusted hole  
Parents are encouraged to come and walk with the kids  
This program is approximately 2 hours to 2 ½ hours in length each day

## **Walnut Hills Junior Development Programs Elite Development Program**

This program is designed for golfers with a developed skill level and desire to play at the highest levels of junior golf in the state and the country.

This program will be limited to 9 golfers with three professional coaches.

Includes:

- 3 Days of Coaching Friday afternoon through Sunday afternoon (20 hours each weekend)
- ON Course Golf Game Analysis
- High Level Video Swing Analysis
- K-Vest Kinematic Sequence Bio – Feed Back Training
- Trackman Launch monitor analysis
- Equipment Analysis
- Golf Planning
- On course coaching
- What to Practice and how to practice it

- Short Game – Putting, Pitching and Chipping
- Mental Game
- Golf Fitness
- Posture and what does a great swing feel like
- What to do
- Where to do it
- When to do it

### **Elite Weekend Dates**

May – Friday through Sunday May 27-28-29

June – Friday through June 3-4-5

June – Friday through June 23-24-25

July - Friday through July 15- 16- 17

August – Friday through August 12- 13-14

### **Walnut Hills Junior Golf**

Three Day Camps and Thursday Morning Junior Golf is designed with at least one camp completed before beginning Thursday morning junior golf. Rates are packaged with Camps and Thursday Junior golf together to maximize learning

### **Dates and Times for Three Day Camps and Thursday Morning Junior Golf**

#### **3 Day Golf Camps**

Eleven separate Camps offered from June through August

Tuesdays through Thursdays

10:00 – 11:30 or 2:00 – 3:30 offerings

Camps have the following Date

June 15 – June 17 – 10:00 – 11:30      or 2:00 – 3:30

June 21 – June 24 – 10:00 – 11:30      or 2:00 – 3:30

June 28 – June 30 – 10:00 – 11:30      or 2:00 – 3:30

July 5 – July 7 – 2:00 – 3:30

August 9 – 11 – 10:00 – 11:30    or 2:00 – 3:30

August 16 – 18 – 10:00 – 11:30    or 2:00 – 3:30

#### **Thursday Morning Junior Golf**

Begins Thursday June 30

Meets the following Thursdays June 30, July 7, July 14, July 28, August 4, August 11, August 18, August 25 (rain date).

Three Groups – All golfers welcome and will be paired by ability and friendships

Eagles (9/18 hole golfers aged 9-17 grouped by ability)    9:15 Clinic      10:00 Play

Aces (3/5 hole golfers aged 7 – 11 grouped by ability)    9:45 Clinic      10:30 Play

One Holer's (old enough to hold a club until age 5)                      10:45 Clinic      11:00 Play

# Walnut Hills Junior Golf Development Registration Sheet

Name                      Email                      Phone

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Please check the box of the program(s) desired

## **Junior Elite Weekends**

- |   |                  |
|---|------------------|
| <input type="checkbox"/> May – Friday through Sunday    | May 27-28-29     |
| <input type="checkbox"/> June – Friday through Sunday   | June 3-4-5       |
| <input type="checkbox"/> June – Friday through Sunday   | June 23-24-25    |
| <input type="checkbox"/> July – Friday through Sunday   | July 15- 16- 17  |
| <input type="checkbox"/> August – Friday through Sunday | August 12- 13-14 |

### Pricing

- |                                  |        |
|----------------------------------|--------|
| Attend one three-day school      | \$495  |
| Attend two three-day schools     | \$895  |
| Attend three three-day schools   | \$1195 |
| Attend four plus weekend schools | \$1350 |

## **Golf Fitness** (Beginning Date in April/May TBD)

- |  |            |
|--|------------|
| <input type="checkbox"/> Pilates       | Wednesdays |
| <input type="checkbox"/> Group Fitness | Saturdays  |

### Pricing

\$15 per session or \$120 for 10 sessions

## **Junior Golf Camps**

- |   |               |    |             |
|---|---------------|----|-------------|
| <input type="checkbox"/> June 15 – 17   | 10:00 – 11:30 | or | 2:00 – 3:30 |
| <input type="checkbox"/> June 21 – 24   | 10:00 – 11:30 | or | 2:00 – 3:30 |
| <input type="checkbox"/> June 28 – 30   | 10:00 – 11:30 | or | 2:00 – 3:30 |
| <input type="checkbox"/> July 5 – 7     | no morning    |    | 2:00 – 3:30 |
| <input type="checkbox"/> August 9 – 11  | 10:00 – 11:30 | or | 2:00 – 3:30 |
| <input type="checkbox"/> August 16 – 18 | 10:00 – 11:30 | or | 2:00 – 3:30 |

### Pricing

- 1 Three Day Camp \$150
- 2 three Day Camps \$225
- 3 Three Day Camps \$300
- 4 Three Day Camps \$400
- 5 or more Three day Camps \$495

## **Thursday Morning Junior Golf**

- Meets the following Thursdays: June 30, July 7, July 14, July 28, August 4, August 11, and August 18, August 25 (rain date).

### Pricing

- Seven Weeks of Junior Golf = \$150 for seven weeks
- Individual Days \$35
- BUNDLE: Junior Golf Camp + Thursday Golf for \$225

# Walnut Hills Tennis Programs 2011

## **Come Play Tennis with us!**

When you play in any one of our Play Tennis Pathway Programs you're really preparing yourself to play the rest of your life. The skills, values, attitudes you learn will be lifelong. For those who continue to play through high school, you will be ready to star on the high school team. Classes address individual skills and personal growth. All tennis lesson programs are priced weekly and begin June 14<sup>th</sup>.



WALNUT HILLS COUNTRY CLUB TENNIS  
JUNE 14 – AUGUST 18

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### **SESSION DATES:**

JUNE 14 – JUNE 30 (three week term)

JULY 12 – JULY 29 (three week term)

AUGUST 2 – AUGUST 18 (three week term)

- CLASSES WILL NOT MEET JULY 5 OR JULY 7
  - Pricing reflects Member and Non Member...please bring a friend for all classes
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### **ANKLE BITERS (foam balls) Ages 3-4**

A high level of energy and fun is emphasized as children are never too young to learn the sport of a lifetime. Activities of coordination, following directions, and working together are stressed as the children keep moving and learning while having fun.

Tue & Thurs	Walnut Hills Country Club	9:30 – 10:00	<u>MEM</u> \$32	<u>NM</u> \$54
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### **PEEWEE (foam-red ball) Ages 5-6**

Play, scoring, teamwork, and sportsmanship will be taught on shorter courts with lower nets, larger balls, and smaller racquets. Never ending movement and fun will continually be addressed through games and drills.

Tue & Thurs	Walnut Hills Country Club	10:00 – 11:00	\$63	\$108
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### **ROOKIES (foam-red ball) Ages 5-7**

Stroke development, movement and patterns of play utilizing the QuickStart format.

Tue & Thurs	Walnut Hills Country Club	11:15 – 12:15	\$63	\$108
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### **POINTS (red-orange ball) Ages 7-9**

This class will transition the player from the 36' court to the 60' court. Drills, match play, and strategy will help them make the transition to the 60' court. Fun, movement, and drills will be stressed throughout this class.

Tue & Thurs	Walnut Hills Country Club	12:15 – 1:15	\$63	\$108
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### **GAMES (orange ball) Ages 9-11**

Expect to pound the courts with several types of match play. This class will also address the technical and tactical sides of the game while each student is trying to take their game to the next level. Fun and movement drills will be stressed throughout this class.

Tue & Thurs	Walnut Hills Country Club	1:15 – 2:15	\$63	\$108
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# SUMMER 2011



## WALNUT HILLS TENNIS REGISTRATION FORM

Full payment must accompany registration form:

Charge my:  Court One Account  WHCC Account  MasterCard  Visa  Amex  
 Discover

Account # \_\_\_\_\_ Exp. \_\_\_\_\_

Enclosed Class Fee(s) \$ \_\_\_\_\_

Class Name \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_

Presently Enrolled in Court One Class? Yes \_\_\_\_\_ No \_\_\_\_\_

Students Name \_\_\_\_\_ Birthday \_\_\_\_\_

Parents Name \_\_\_\_\_ Parents Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Daytime Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Payment, membership requirement, enrollment, refund, and make-up policies –

1. Full payment must be included with the registration form. A student enrolling after the start of the session and is unable to make-up missed classes will be charged a pro-rated fee for the remainder of the session.
2. Court One or WHCC memberships are not required for junior lessons.
3. Fee is non-refundable except as follows:
  - a. For medical disabilities, a pro-rated refund/credit shall be given from the date the refund is requested when accompanied by a doctor's statement explaining the nature of the disability or injury and duration.
  - b. A participant shall be given a pro-rated refund/credit should a class be cancelled after the start of the session.
  - c. We shall accommodate for vacation. A pro-rated fee will be given at the beginning of the term when accompanied by a written notice of when the student will be out of class.
  - d. A student who does not meet the skill level requirements will be asked to change to a compatible class or will be issued a pro-rated refund or credit.
  - e. If any class is cancelled, Court One or WHCC shall make every effort to reschedule the class on a date agreeable to all students. If the class cannot be rescheduled, each participant shall be given a refund or credit for the cancelled class.
  - f. Only the Director of Tennis may approve lesson refunds, credits or pro-rated fees.
4. There is a minimum and maximum enrollment for each class.
5. A student is allowed to make-up one class per each 3 week term. To assure your class make-up, please provide five days advance notice. To request a make-up please contact the Director of Tennis, Shelly Bugg at 517.908.3225. Make-ups are not offered in the first week of a term. Make-ups do not carry over to the next term. If you schedule a make-up and need to cancel, please do so with a 24 hour notice.

Parents Signature \_\_\_\_\_ Date \_\_\_\_\_

**PLEASE HAND INTO Walnut Hills Office**

## Walnut Hills 2011 Swim Programs

Welcome to another exciting summer at the Walnut Hills pool! Tiffany Oricchio will be in charge of our team this year, with a group of lifeguards that can't wait to get to know our members! So come out and join us for the many planned activities for your Summer 2011!

### Hours

The pool is open seven days a week from 11:00 a.m. to 9:00 p.m. starting Memorial Day weekend! Sometime due to weather, we may need to close down for everyone's safety, so make sure to call if your not sure about the weather!

### Swim Team!

The WHCC swim team is for any child between the ages of 5 and 17, who can swim at least one length of the pool unassisted. Our goal as coaches is to promote great team spirit, provide positive feedback, and to improve our swimmers strokes. Swim team will begin on Tuesday June 14<sup>th</sup> and will meet Monday, Tuesday, Wednesday and Fridays. Practice will take place on Tuesdays is from 9:30-10:30am and 10:00-11:00am Monday, Wednesday and Fridays, with two separate groups.

The cost for the season is \$175 including our Team T-shirt and swimsuit. Orders will be taken the first week of practice so make sure your child is there!

The swim team will be split into two different groups

**Minnows:** These fish will be practicing in the diving well to work on stroke improvement, stamina to swim the entire pool length, and to perfect breaststroke and butterfly.

**Sharks:** These fish should be able to swim 100 yards continuous of backstroke and freestyle. Throughout the season we will work on technique, stoke efficiency and building endurance.

### 2011 Swim Meets

<i>*Thursday, June 23</i>	<i>1</i>	<i>WHCC/CCL vs. MAC @ MAC</i>
<i>Thursday, June 30</i>	<i>1</i>	<i>WHCC/CCL vs. U-Club @ U-Club</i>
<i>Thursday, July 21</i>	<i>1</i>	<i>U-Club Open @ U-Club</i>
<i>Thursday, July 28</i>	<i>3</i>	<i>Intra-Squad Meet @ U-Club</i>
<i>*Saturday, July 30</i>	<i>2</i>	<i>Championship Meet @ MAC</i>
<i>Thursday, Aug. 4</i>	<i>1</i>	<i>Mix Up/Relay Meet @ U-Club</i>

Home - at the University Club

\*Away - at the Michigan Athletic Club

1 - Warm up at 5:30 p.m.; competition at 6:00 p.m.

2 - Warm up at 9:00 a.m.; competition at 9:30 a.m.

3 - Warm up at 8:30 a.m.; competition at 8:45 a.m.

## Stroke Clinic

This year we will be having our first ever stroke clinic camp. It will be held from Monday June 20<sup>th</sup> to Wednesday June 22<sup>nd</sup> from 11:00-1:00 .This will be available to all swimmers 18 and under. During this camp we will work specifically on drills to improve technique while also doing some dry land and flexibility. For a break we will play some pool games while also enjoying some snacks and a delicious lunch after all of the hard work.

## Private Lessons

Swim lessons at WHCC can be taken at all ages! Lessons are available upon request from Monday thru Friday. We invite anyone to join who wants to learn how to improve their swimming. Lessons can either be half hour for \$ 20 or full hour for \$ 35. For more information you can contact us at 332-0044.

### VERY IMPORTANT

Swimmers, please let your coaches know if you cannot attend a meet as soon as possible.

**Parent Volunteers are needed for all swim meets. Please contact Tiffany to volunteer for one of the dates listed above.**

### 2011 Walnut Hills Swim Team Registration

Name \_\_\_\_\_ Age \_\_\_\_\_ Phone \_\_\_\_\_

Years on Swim Team \_\_\_\_\_ T-Shirt Size \_\_\_\_\_ Swim Suit Size \_\_\_\_\_

Parent Name \_\_\_\_\_ Phone \_\_\_\_\_

Sitter Name \_\_\_\_\_ Phone \_\_\_\_\_

### 2011 Walnut Hills Swim Team Registration

Name \_\_\_\_\_ Age \_\_\_\_\_ Phone \_\_\_\_\_

Years on Swim Team \_\_\_\_\_ T-Shirt Size \_\_\_\_\_ Swim Suit Size \_\_\_\_\_

Parent Name \_\_\_\_\_ Phone \_\_\_\_\_

Sitter Name \_\_\_\_\_ Phone \_\_\_\_\_

### 2011 Walnut Hills Swim Team Registration

Name \_\_\_\_\_ Age \_\_\_\_\_ Phone \_\_\_\_\_

Years on Swim Team \_\_\_\_\_ T-Shirt Size \_\_\_\_\_ Swim Suit Size \_\_\_\_\_

Parent Name \_\_\_\_\_ Phone \_\_\_\_\_

Sitter Name \_\_\_\_\_ Phone \_\_\_\_\_

## **Youth Sports Staff**

Golf Instructors – 517-332-8640

Vic Whipp, PGA Head Golf Professional  
Nick Steward, PGA Assistant Golf Professional  
Dan Olsen, PGA Assistant Golf Professional

Tennis Instructors - 332-2021 (6/9-8/15)

Shelly Bugg, USPTA, PTR

Swim Instructor – 332-0044

Tiffany Oricchio, Aquatics Director