

Junior Golf Development Plan

The essence of the Junior Golf Development Plan is to provide guidance to the players throughout their golfing lives and at the same time introduce children to the skills and progressions that will allow them to strive to become high performance competitive players or recreational participants for life.

9 Stages of Long-Term Player Development

Active Start and Fundamentals – Ages 0-6

Learn fundamental movements.

Learn to Play – Ages 8-12

Learn overall golf skill.

Train to Play – Ages 11-16

Optimize skill set and build on competition.

Learn to Compete – Ages 16-18

Work specific skills and on overall performance.

Train to Compete - Ages 18+

Optimizing overall skill set.

Train to Excel – Ages 23+

Strive for continued improvement in golf specific skills and fitness.

Excel – Become an elite player

Active For Life - Enjoy

Levels are based on age and skill level.

Contact me for additional details on the program.

Making Your Golf Game Better. Making Golf A Better Game.



Rob Sedorcek

rss@pga.com

314.560.1446

robsedorcekgolf.com



2019

The Premier Golf Academy

At Family Golf & Learning Center

Delivered by: Rob Sedorcek

PGA Golf Professional



Rob Sedorcek



8 Month Program

Designed to Cut your Handicap in Half.

- Up to Four 45-minute Private Session per month
- Putting
- Short Game
- Half Wedges
- Bunkers
- Develop and Consistent Swing

\$2500 per person

\$2000 per teen

4 Month Program

Nine Steps to a Better Golf Game

- Up to Four 45-minute Private Session per month
- Develop a consistent golf swing
- Learn fundamentals of; putting, chipping, bunkers, pitching, and full swing

\$1400 per person

\$1000 per teen

\$700 per junior

Private Sessions

Individual Session (Lesson Length 45-minutes)

45-Minute	\$100
Teen (Ages 13-19)	\$75
Junior (Ages under 12)	\$50

Packages

5 Pack of Lessons	\$445 Adult
	\$325 Teen
	\$220 Junior
10 Pack of Lesson	\$825 Adult
	\$625 Teen
	\$425 Junior

The Premier Golf Academy

Our Mission is to promote the game of golf in a fun and entertaining format that is stimulating to

As one of the top golf teachers in the Mid-West, Rob is very passionate about the game. Wanting to give back to the game that has been so good for him throughout his lifetime.

Sedorcek Swing Solutions, is not just about teaching the golf swing but all aspects of the game. Rob teaches the fundamentals of the game as it applies to each person's ability, talent and limitations. His most success has come with taking young students to highly competitive golfers.

While Rob's students have played in the Masters, U.S. Open, Web.com Tour, Latin Tour, Asian Tour, McKenzie Tour and participated in the National Drive, Chip and Putt. Rob teaches to all levels, ages and abilities. Rob has been honored by Golf Digest, US Kids Golf, Gateway PGA Section for being the Best in his field. His playing resume is just as impressive which includes two Senior PGA Championship, three time Gateway Section Senior Player of the Year.

all ages and all skill levels by offering programs that meet the needs of our guests and patrons.

Offerings for 2019

Get Golf Ready

Get Golf Ready Next

Short Game Schools

Junior Golf Camps and League

Junior Golf Development Program