

2025 JUNIOR PERFORMANCE PROGRAM



Your Coach: Ryan Robillard, 2023 PGA of Ontario Teacher of the Year

I am a very outgoing and passionate coach who loves to help players understand new concepts to lower their scores. I have an approach based on the fundamentals of balance, posture and weight distribution. In addition to the use of training aids, I ask a lot of questions, and ask my students to perform exaggerated feels to accelerate changes in their performance.

I believe follow-up and clear communication is very important. All of our lessons are tracked using an app called CoachNow. Each lesson summary is stored for you to access at any time.

Program Vision:

To help you shoot lower scores and take your game to the next level! This will happen with a commitment to open communication and a complete coaching program that includes technical time to work on your swing but also includes time to take those skills to the golf course. This program is a time commitment but it's the amount of time that will make a major impact on your game!

Program Overview, a total of 38 Coaching Hours + more!

- 28 Hours of Coaching (Private lessons and on-site Tournament support)
- 10 Group Training Hours (5 x 2 Hour Sessions)
- Detailed follow-ups after lessons and on-course sessions
- Mental Performance Sessions with a Sports Psychologist
- Personalized tournament planning
- College Recruiting consultation
- Unlimited Check In's
- Initial physical assessment with Fitness Professional
- Lie and Loft Equipment check

Below is a layout that I am basing these hours on. This is a suggested layout will vary from player to player

Initial Assessment December 2024 or January 2025	<ul style="list-style-type: none"> You will meet with our Fitness Professional for your assessment. This assessment is critical in our ability to help you improve your golf swing. Every player has physical limitations and I trust my Fitness Professional to provide us with a detailed assessment
Off Season (January - March)	<ul style="list-style-type: none"> 9 Golf Lessons <ul style="list-style-type: none"> 3 per month
Early Season (April - June)	<ul style="list-style-type: none"> 5 Golf Lessons <ul style="list-style-type: none"> 3 Group Coaching sessions (2 hours each, one per month (April, May, and June) On-site for a practice round of provincial championships or qualifiers
Mid Season (July - September)	<ul style="list-style-type: none"> 3 Golf Lessons <ul style="list-style-type: none"> 2 Group Coaching sessions (2 hours each, one per month (April, May, and June) On-site for a practice round of provincial championships or qualifiers
Late Season (October - December)	<ul style="list-style-type: none"> 3 Golf Lessons Any hours that were unused earlier in the year can be used during this time (If we make a schedule and stick to it, we will be all set!)

Program Pricing + Locations

- \$2850 Including HST, this price includes the cost of the assessment with our Fitness Trainer, all Golf Coaching, and the cost of the sim rentals at Swing Factory. The player will be responsible for purchasing range balls from Seven Lakes during outdoor lessons and green fees for on-course time if applicable.
- Fees will be invoiced on February 1st, May 1st, August 1st, and November 1st. (\$712 x 4 payments)
- Outdoor training will take place at Seven Lakes Golf Club. For outdoor lessons, the player will be responsible for paying for the range balls.
- Indoor training will take place at Swing Factory. I am very excited to be at Swing Factory as they are by far the best indoor facility available to us. With 6 Trackman bays and a Putt View putting green, they have everything we need to improve this winter!

Assessment with Fitness Professional

I have partnered with two companies to services players based on location:

- GPAR Canada which is based out of Kingsville Golf and Country Club.
- Apex Performance and Wellness is located in Windsor near E.R. Row and Central

I believe all players need to spend more time taking care of their bodies whether it be strength, mobility, speed, injury prevention, recovery from injury etc. Both companies have a complete team of doctors that provide all types of services. At the end of that assessment, the player will have their priorities listed out. It could increase speed, working to improve range of motion, increasing strength etc. This will vary from player to player. This component is very important and is often overlooked by players and families. More information about them can be found on their website

<https://www.gparcanada.com>

<https://apexperformancewellness.ca>

Unlimited Check In's (The secret to success)

I mean it! You can check in after every range session or round of golf. Have a question? Text me! The more we communicate, the more we learn and progress, period!

I tell every player and family this: the golfers who check in with me the most consistently are the ones who see the greatest improvements. I make it a priority to be as responsive as possible, and I believe it's essential for players to check in regularly—whether they're playing well or going through a rough patch.

I encourage all players to send as many swing videos as they need and to keep me updated, especially before and after tournaments. Sharing stats and feedback right after rounds helps ensure I have the most current information to support their progress effectively. Regular communication really does make a difference in the player's development.

Mental Performance Coaching Program

This year, I am excited to work with Dr. Todd Loughead from the University of Windsor on our mental performance program. Dr. Loughead is a leading sports psychologist known for his expertise in team dynamics, leadership, and athlete motivation. With a strong academic background and extensive research contributions, he has deep insights into how psychological factors impact sports performance. Dr. Loughead is affiliated with the University of Windsor, where he has collaborated with several of their sports teams, providing valuable guidance in sports psychology.

Included in this program is:

- One group session during the winter
- Two individual sessions leading into tournament season

Personalized Tournament Planning

During the off-season we will meet with the junior and parents to discuss tournament plans for 2025. We will review the previous season, assess where we are, and where we want to go. A tournament plan should include a wide range of events and skill levels.

On-Site Tournament Support

This includes being on-site for up to 2 provincial and or national championships. Specific events will be determined as we get into the golf season and will also depend on a few factors such as, other students playing, conflicting events, amount of travel etc. The purpose of being on site at events is to help with the following:

- Preparation with practice rounds
- Caddying
- Time on the range
- Watching them play
- Pre round strategy
- Post round debriefs etc.

Equipment Adjustments

2 Loft and lie checks are included and will be performed in early and mid-2025. If the players fit for their current set, we will use that spec sheet to ensure the player's clubs are where they need to be. This will be completed by the club fitting team at Swing Factory.

College Recruiting Consultation

I will attached my outline and recommendations on how to navigate the college recruiting process. I am by no means and expert in the space, but I have compiled a list of resources along with 5 recommendations on contacts who can help with questions you may have.

What happens if I use all of my lesson hours?

The total lesson hours are planned based on my experience with players in past years. Given the structure of our schedule, it's highly unlikely that we'll run short of hours by the end of the season.

However, if we do use up all of the allotted lesson hours before the season concludes, additional lessons can be scheduled individually at a rate of \$70 per lesson, plus the cost of range balls. Any extra lessons will be invoiced at the end of December.

Contact me to learn more

If you have any questions please send me an email at ryan@robillardgolf.com
Let's get you shooting lower scores!

