



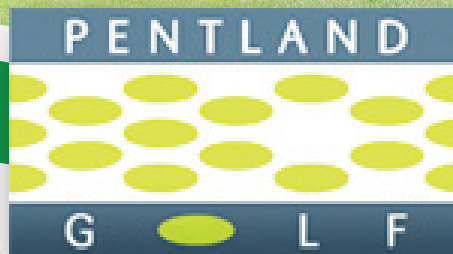
Excellence in Sport

The Canterbury Institute of Sport

at The Canterbury Academy



Golf Academy



For more info email Jesse Sazant - Head of Elite Academies
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Working in partnership with  Simon Langton Boys to provide
a grammar school band in a comprehensive school

www.canterburyacademy.co.uk



Excellence in Sport

The Canterbury Institute of Sport Golf Academy



Programme Overview

The new golf academy programme is the first of its kind in Kent and offers golfers a unique opportunity. It is aimed at 16 – 18 year olds who wish to advance their status to elite level while completing their sixth form studies at The Canterbury High School.

The Academy philosophy is largely based around mental toughness and teaching athletes the high levels of focus and commitment needed to be successful. In addition to this a large emphasis is based on teaching the athletes advanced fundamental skills alongside a strong understanding of the game, this ensures that wherever golfers progress, they will have the skills and understanding needed to be successful at the next level. A typical week's training comprises: 1 strength and conditioning session, 3 individual skill sessions, one video session, club training and ball flight drills and one tournament.

The Academy has an outstanding £4 million sports centre and gym facility providing top class equipment to support development, including an innovative and personalised strength and conditioning programme. Through this programme focus is on functional movement to make athletes fitter, stronger and more powerful as a golfer.

The Academy has an elite sports physiotherapist and sports masseuse on site. It also has a professional fitness coach. A full time sports scientist conducts scientific testing throughout the year and offers opportunities to go to the University of Kent's Sports Science lab. Workshops on nutrition, lifestyle management, psychology and personality profiling are included in the programme and this is combined with academic study.

Head Coach, Jamie Barrow, started playing golf seriously at 23 and having worked hard to get his handicap down to the required standard, moved down to Kent from Leeds in February 2007 to fulfill his dream of becoming a PGA Professional.

After successfully completing a foundation degree, Jamie continues in his passion for bringing people from all walks of life into golf by encouraging the next generation of budding golfers, assisting aspiring juniors to work towards becoming professionals and to continue working with current tour professionals.

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