



AGU Elite Golf Programme

Commercial and Corporate Packages

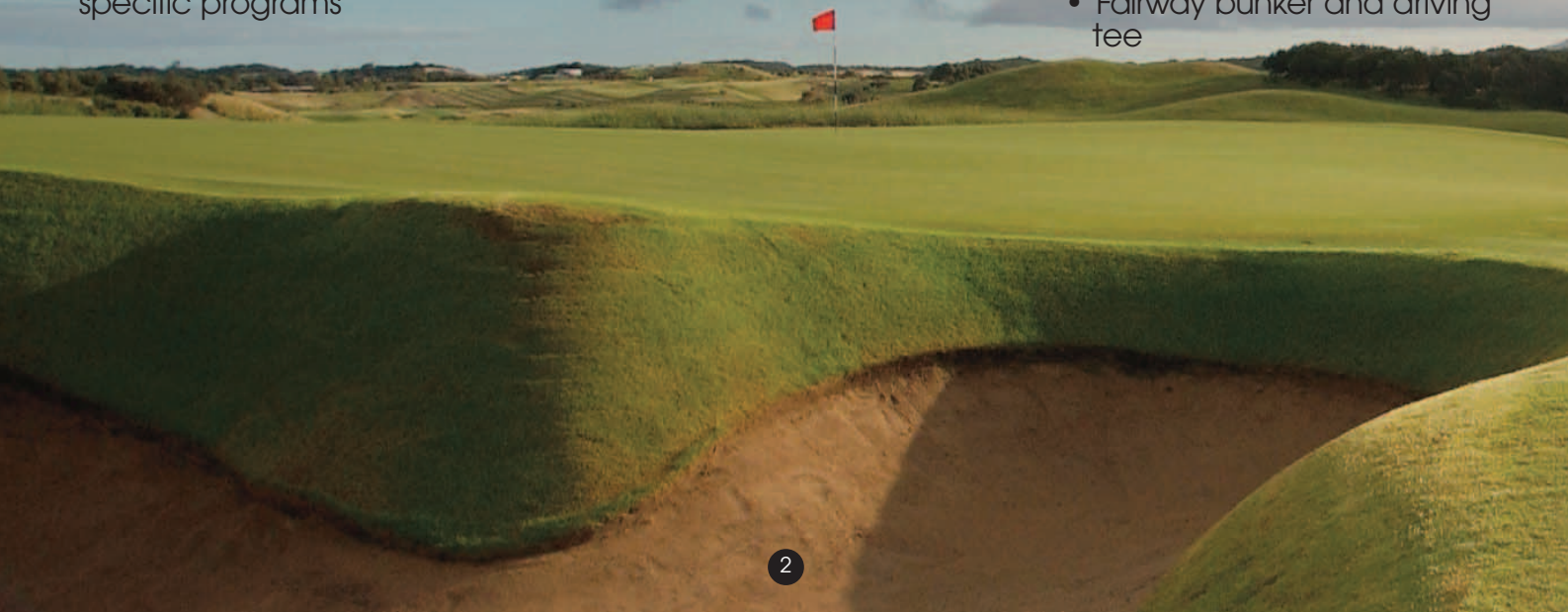
The Australian Golf Union's Elite Golf Programme is the premier golf training facility in Australia and is based at Moonah Links, on Victoria's Mornington Peninsula. The Programme conducts all forms of elite player development incorporating state of the art coaching, sports science, fitness training and other related activities.

It is a full-time live-in Programme that can cater for up to 24 individuals based on-site in the well appointed accommodation villas.

The facility contains:

- A fully equipped gymnasium tailored to provide golf specific programs

- A lecture theatre
- An indoor hitting bay and video coaching room featuring biofeedback equipment
- Full driving range with 3 separate tee areas
- Short game area complete with 3 bunkers
- Large undulating putting green
- A pitching tee of up to 80 metres
- Fairway bunker and driving tee



The Open Course, home to the Australian Open, and the Legends Course at Moonah Links are made available to all Squad members to play in either competition or practice rounds.

Short (1-4 weeks), medium (2-4 months) and long (5-12 months) packages are available. International students can live with the Squad and receive complete access to all

coaching, physiotherapy, sports psychology, dieticians, masseurs, biomechanists and strength and conditioning experts as well as group and individual sessions with AGU Elite Squad Head Coach Mark Holland. It is an opportunity usually afforded to the top few young amateurs in Australia.

The facility can be also be used by external organisations from

around the world with accommodation options including the aforementioned Villas, or the 5-star Peppers Resort on-site at Moonah Links.

The AGU Elite Golf Programme has for many years prepared the best Australian talent for the world – the opportunity is to learn from the best and play with the best.

The AGU Elite Golf Programme offers a number of services all tailored to getting the most out of the player. Designed for golfers, by golfers.

Golf

Head Coach **Mark Holland** and his assistant Tony Meyer are experts in the assessment, correction and systematic development of a player's swing, short game, play systems, tournament approach, and attitudes. They take a holistic view of the player, working on the life skills of an elite golfer as well as their game. The aim is to build a personalised network of play systems, patterns and routines that allow players to increase their confidence and competitive toughness.

They work on an "elastic band" concept – stretching players outwards to embrace & grow their technical, tactical, psychological, physical, professional and personal skills and qualities. Scholarship holders are challenged to adopt a balanced approach to personal & professional success.



Service Provisions



Physiotherapy

Golf specific physiotherapy involves customising and integrating an individual's body to their golf swing. This process includes posture analysis, muscle imbalance assessment, video analysis and the latest Titleist Performance Institute screening program. **Ramsay McMaster** presents 12 "Train like a Tour Player" workshops that look at areas such as spinal care, tournament preparation, travel and posture. A certain amount of sessions are devoted to myotherapy and massage.

Strength & Conditioning

For a strength & conditioning program to improve your game and reduce injury it must address an individual's strengths & weaknesses. These can be highlighted by physical screenings, biomechanical analysis and coaching video analysis. Knowing how an individual's game is being limited by their body allows the Strength and Conditioning Coach to tailor a strengthening program that will maximise the effectiveness of your practice and game day results.





Biomechanical Analysis / 3D Swing Analysis

Biomechanical analysis is integrated with physical screenings and assessment, which create the basis for coaching direction and conditioning programs to enhance performance. Biofeedback training provides real-time kinaesthetic feedback, accelerating technical development and the learning of the "feels" associated with technique change.

Service Provisions

Sports Psychology

The golf psychology program aims to develop the player's ability to think like an international elite level golfer. The player's skills, attitudes and abilities are assessed so that coaching staff can develop individualised training programs to improve key "play systems" such as shot selection systems, pre-shot routines, target, swing & shot visualisation systems, concentration and composure skills. Players develop their "golf brain" through being empowered with the wisdom, skills, attitudes and systems to better deal with the lifestyle and competitive challenges of international tournament golf.





Personal Development

Preparing a squad member for a life on one of the world's golf tours involves more than just hitting golf balls. Players are given the opportunity to develop other areas of their lives and regularly speak with experts that assist them with topics such as public speaking, goal setting, finance and time management.

Nutrition

In recent times, there has been a tendency for top golfers to be fitter and leaner than ever before in the history of the sport. Carrying excess weight can make a player more susceptible to physical fatigue, or to suffer a potential loss of skill and concentration. AGU squad members attend nutrition lectures that focus on regular and tournament nutrition. Players learn the benefits of a balanced diet and are given individual assessments and prescribed personal diets that are accommodated by the on-site chefs.



Achieving the optimum...

Villas

Stay where the elite stay....

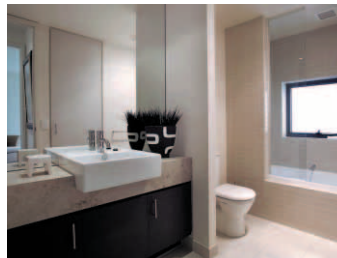
The three Villas all have immediate access to the Practice fairway and short game area. Each Villa contains separate bedrooms that cater for 1-2 guests, lounge area with TV and kitchenette. Villa accommodation also allows for access to the Common Villa where meals are served. The Common Villa contains large lounge with satellite TV, kitchen, meals area and pool table. Whether preparing for the day ahead, or reflecting on the day just gone, the Villas are a comfortable option.



Peppers Moonah Links

A Golfer's Paradise (pictured)

Overlooking both the Open and Legends courses is the striking Peppers Moonah Links Resort. A 300-metre walk from the AGU Elite Golf Programme, and consisting of 96 rooms, the resort complements the quality of the golf perfectly. One and two-room suites are available catering for the individual or up to four people, with the two-room suites featuring kitchenettes and poolside location. The majority of the suites are located around the largest practice putting green in the country. The Clubhouse features Pebbles Restaurant which offers a la carte dining with a focus on locally-produced ingredients.



Accommodation

High Performance Golf – an insight

The AGU Elite Golf Programme is set up perfectly to cater for golfers who wish to improve their game – whatever level they are at. Our corporate camps cater for groups that are restricted by time.

- 1-2 day camps
- Intensive coaching
- Access to Service Providers
- Access to Moonah Links

The perfect getaway for the group striving to get the most from their game. A peek inside high performance golf – an amazing opportunity.

Pricing available upon request.



Corporate camps

The AGU Elite Golf Programme is fortunate to have sponsorship arrangements with some of the biggest names in golf.



Equipment Sponsor



Clothing Sponsor



Eyewear Sponsor

Sponsors

Head Coach
Mark Holland
PGA Member



Assistant Coach
Tony Meyer
PGA Member



Co-ordinator
Matt Cutler



House Parents
Ian & Sue Buszard



Staff



AGU Elite Golf Programme

Peter Thomson Drive
Fingal 3939

Ph: 03 5988 5520 Fax: 03 5988 5521
email: mattc@agu.org.au

Australian Golf Union

153-155 Cecil Street
South Melbourne 3205

Ph: 03 9699 7944 Fax: 03 9690 8510
email: dominicw@agu.org.au
www.agu.org.au

