Girls

FMS & History	Fundamentals			Learn To Play				Train To Play		
Object Control (Throw, Strike, Bowl)	Beg	Inter	Adv							
History (# of Legends)	1	2	4	6	8	10	12	5M/5F	10M/10F	10M/10F
GOLF TECHNICAL SKILLS										
Grip	Touch	Palms/Thumbs	Linked/V's	Refined						
Posture	Sp/Hp/Kn	Arms/Shaft	Dyn Post.	Secondary	Neutral Pelv	Refine				
Alignment	Club	Body	Complete-Aid	Complete	Shot Shapes	Uneven	Refine			
Stance	1 Stance	2 Stances	3 Stances	Refine						
Ball Position	1 Position	2 Positions	3 Positions	3 No Aid	Refine					
Weight Shift	Athleic	Finish First	Complete	Refine						
Club Control				Concept	Face Rot.	Set & Stru.	Impact	Refine		
Green Reading	Basic	Combos	360 read	Divide	Refine					
SHOT MAKING SKILLS										
Short Putts (4 putts - 2')	-	-	1	2	3	3	3	4	4	4
Short Putts (4 putts - 4')	-	-	-	-	-	2	2	3	3	3
Short Putts (4 putts - 6')	-	-	-	-	-	-	-	2	2	3
Medium Putts (4 putts - 7')	-	-	-	-	1	1	2	2	2	2
Medium Putts (4 putts - 11')	-	-	-	-	-	1	1	1	2	2
Medium Putts (4 putts - 15')	-	-	-	-	-	-	-	1	1	1
Long Putts (4 putts - 20')	-	-	1	2	3	2	3	3	3	4
Long Putts (4 putts - 30')	-	-	-	-	-	3	2	3	3	3
Long Putts (4 putts - 40')	-	-	-	-	-	-	-	-	2	2
Chipping (4 shots - 10-12 yards)	-	-	1	2	3	3	3	3	3	3
Chipping (4 shots - 16-18 yards)	-	-	-	-	-	2	2	3	3	3
Short Pitch (4 shots - 10-12 yards)	-	-	-	2	3	3	3	3	3	3
Short Pitch(4 shots - 16-18 yards)	-	-	-	-	-	-	2	3	3	3
Pitching (4 shots - 30 yards)	-	-	-	1	2	3	3	2	2	3
Pitching (4 shots - 45 yards)	-	-	-	-	-	-	1	2	2	3
Pitching (4 shots - 60 yards)	-	-	-	-	-	-	-	1	2	2
Bunkers (5 shots - 10 yards)	-	-	-	-	-	1	1	2	3	3
Bunkers (5 shots - 15 yards)	-	-	-	-	-	-	1	1	2	2
Full Swing (6 shots - 9 iron)	-	-	-	-	-	2	3	4	4	4
Full Swing (6 shots - 6 iron)	-	-	-	2	3	2	2	3	4	4
Full Swing (6 shots - Fairway)	-	-	-	-	-	-	-	2	2	2
Full Swing (6 shots - Driver)	-	-	-	1	2	2	2	2	2	3
Flight Control (9-shots)	-	-	-	-	2	3	3	4	5	6
PERFORMANCE STATISTICS										
Scoring Avg					< 26.5	< 20.5	< 16.5	< 12.5	< 8.5	< 4.5
Putts per GIR								2	1.9	1.8
Scrambling 10 Yards %					20%	30%	35%	40%	45%	50%
Scrambling %							20%	25%	30%	35%
GIR %					20%	30%	35%	40%	50%	55%
Putts per Round					38	36	34			

Novice Levels | **Intermediate Levels** | **Advanced Levels**

PHYSICAL FITNESS PROFICIENCY	Fundamentals			Learn To Play				Train To Play		
Locomotion (Hop, Skip, Slide)	Beg	Inter	Adv	Adv	Adv	Adv	Adv	Adv	Adv	Adv
SFMA Score	10	11	12	14	14	15	15	16	17	18
Push-up	2	4	6	9	14	18	24	26	30	35
Horizontal Pull-up	2	4	6	10	14	18	24	26	30	35
Vertical Pull-up				1	1	2	3	5	6	7
Plank (sec)	24	48	72	96	120	144	168	192	216	240
Single Leg Bridge (sec)	24	48	72	96	120	144	168	192	216	240
Vertical Jump (in)	5	6	7	10	12	14	16	18	20	22
Sit-Up & Throw (ft)	5	6	7	10	12	14	16	18	20	22
Seated Chest Pass (ft)	5	6	7	10	12	14	16	18	20	22
Shuttle Run (sec)	13.8	13.2	12.9	12.5	12.1	11.5	11.3	11	10.8	10.6