



# Women's Golf Central North Coast

## Agenda Golf Camp

### **Saturday 18 June:**

- 10.00am** Welcome & introduction of the coaches & assistants for the weekend.  
General outline of the program.
- 10.30am** Stretching and warm up exercises (On the Range).  
  
Ladies divided into 2 groups based on Handicap.  
  
Group1 – Long Game with Club Professional  
Group 2 – Short Game with Club Professional
- 12.30pm** Lunch at Coffs Harbour Golf Club
- 1.00pm** Group 2 – Long Game with Club Professional  
Group 1 – Short Game with Club Professional
- 3.00pm** Course Management
- 3:45pm** Rules Overview
- 4:30pm** Finish at the course for the day.
- 6.00pm** Night activity – Dinner at local restaurant

### **Sunday 19 June:**

- 8.45am** Overview of the day's activities.
- 9.00am** Putting
- 11.00am** Trouble Shots
- 12.00 noon** Lunch pack
- 12.30pm** Play practice - 9 Hole Ambrose.
- 3.30pm** Final wrap of the weekend.