

2026 年度青少年高尔夫培训计划

为您的孩子提供一个在高尔夫领域脱颖而出的机会！文钦高尔夫学校的青少年高尔夫培训计划为不同阶段的学员量身打造；结合专业的加拿大“A”级职业教练团队、Angus Glen 球场的先进训练设备与开放性的学习环境，系统培养年轻高尔夫球员的技术，体能与心理素质；为她们迈向更高竞技水平奠定坚实基础。



不仅致力于提高学员的球技，更注重塑造积极的品格与精神面貌。我们的教学座右铭是：

- **自律** - 能够控制自己的行为和行动，建立高效的训练习惯
- **自信** - 坚信自己的能力与潜力，敢于迎接挑战
- **自尊** - 尊重自己与他人，展现高尔夫精神与风度

高尔夫训练的益处：

- **身体素质提升：** 高尔夫有助于增强协调性、柔韧性，平衡力与核心力量
- **心理韧性培养：** 学员在面对不同场地与状况时，学会冷静思考，策略调整与压力管理
- **品格与领导力：** 训练过程中培养耐心，专注，责任感与坚持不懈的精神

未来发展与升学机会： 完成本课程的学员将具备扎实地技术基础与心理素质，能够：

- 参加 安省高尔夫协会、加拿大高尔夫协会、US Kids 高尔夫等组织的青少年赛事
- 在申请中学私校，大学奖学金或青少年国家队选拔中脱颖而出
- 为未来进入高尔夫行业（如教练、赛事管理或职业球员）打下基础

为学生和家长营造积极参与的环境：

- 我们鼓励家长积极参与训练进度评估与公开课程观摩，营造一个学员、家长与教练共同成长的正向环境，确保目标一致、沟通顺畅，让每位学员都能在信任与鼓励中进步。

教学体系与课程内容：

本课程参考安省青少年高尔夫发展规划（Junior Golf Pathway），结合多维度教学：

- **技术训练：** 挥杆节奏 (Swing Tempo)、击球精准度 (Ball Striking) 和距离控制 (Distance Control)
- **短杆与推杆：** 落点控制 (Landing Selection) 和推杆线路判断 (Green Reading)
- **球场策略：** 球杆选择 (Club Selection)、风向判断、落点风险与回报分析
- **心理训练：** 自信建立、集中力训练与比赛心态管理

联系我们，立即预定 2026 年的课程席位！让我们一起打造一个更加光明的未来。



联系人：邵文钦：A”级职业教练，电话：647-613-5115；电邮：wenqin_shao@yahoo.ca

- A. 面向准备参加安省，加拿大高尔夫协会和 US Kids 举办的各类青少年高尔夫比赛：**
- 1) **训练时间：**2026 年安省室外高尔夫球季，每周两次下场训练 + 3 周全日制夏令营
 - 2) **下场时间：**下午 6 点半至天黑(2 个至 3 个小时)，四人一组
 - 3) **训练日期：**星期二，星期三；星期四，星期五，星期六，星期日
 - 4) **比赛训练：**协助学员报名并参加各类比赛，提供赛前策略与赛后数据分析
 - 5) **训练费用：**\$20,000（包含 Angus Glen 球场费和税费）
- B. 青少年 9 洞下场实战训练：**注重在真实球场环境中提升判断力与执行力
- a) **为期 10 周，** 每周两次下场，四人一组
 - b) **时间：**下午 6 点半至天黑(约 2-3 小时)
 - c) **训练日期：**星期二，星期三；星期四，星期五，星期六，星期日
 - d) **缺席政策：**如因故缺席，可于两周内安排补课，弥补缺席的训练内容
 - e) **训练费用：**10 周课程：**\$4,050**（包含 Angus Glen 球场费和税费）
- C. 青少年练习场专项训练：**以巩固挥杆动作，节奏协调和距离控制为重点
- a. **四人一组：**10 次练习场训练，每次 1 小时：学费每人**\$900**，
 - b. **练习场训练时间：**
 - 星期二至星期五：下午 4 点半至 5 点半；
 - 星期六和星期日：下午 1 点至 2 点，2 点半至 3 点半，4 点至 5 点
- D. 2026 年青少年高尔夫夏令营 - 以趣味与系统训练结合，适合初学者与进阶学员。**
- 1) **日期：**
 - 1) **6 月：**15-19 日，22-26 日，29-3 日；
 - 2) **7 月：**6-10 日，13-17 日，20-24 日，27-31 日；
 - 3) **8 月：**3-7 日，10-14 日，17-21 日，24-28 日
 - 2) **半天（5 天）：**
 - a) **时间：**上午 9 点至中午 12 点
 - b) **费用：**\$1,500（包括球场费和税）
 - 3) **全天（5 天）：**
 - a) **时间：**上午 9 点- 下午 4 点；（自备午餐）
 - b) **费用：**\$2,250（包括球场费和税）
- E. 成人高尔夫训练计划 - 提供个人与小组教学，强化技术于球场策略**
- 1) 单人课程（1 小时）：学费**\$130**
 - 2) 单人 10 次课程（每次 1 小时）：学费**\$1,200**
 - 3) 四人小组 10 次课程（每次 1 小时）：学费：每人**\$1,000**，
 - 4) 成人下场训练：（每次 2 小时）：每人**\$220**



2026 Golf Season Training Program

Unlock Your Child's Potential, give your child the opportunity to stand out in the world of Golf! Located at Angus Glen Golf Club, we are designed to help young golfers grow through a combination of Professional coaching, advanced training technology, rewarded facilities, and a supportive learning community to nurture young talent.



We are committed to cultivating students' positive mindset. Our motto is:

- **Self-Discipline** - The ability to control one's actions and behavior
- **Confidence** - A belief in one's own abilities and potential for success
- **Respect** - A sense of esteem and consideration for oneself and others

The Benefits of Golf Training

- **Physical Fitness:** Improves coordination, flexibility, balance and strength
- **Mental Resilience:** Teaches focus, emotional control, and problem-solving
- **Character Building:** Fosters patience, perseverance, honesty and leadership

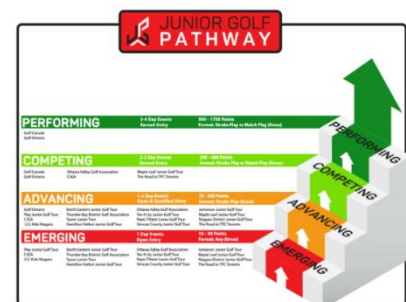
Future Pathways: Graduates of our program not only master golf techniques but also gain lifelong skills and future opportunities. Players are prepared to:

- Compete in Golf Ontario, Golf Canada and US Kids junior tournaments
- Qualify for college golf scholarships and regional team selections
- Build a foundation for future careers in golf

Positive Environment for Parents: We value close collaboration with parents. Parents are welcome to observe open training sessions and attend progress review. This collaboration enhances the experience, ensuring mutual understanding and shared goals.

Training System and Curriculum: Our curriculum follows the Junior Golf Pathway model, combining technical, tactical, physical and mental training:

- **Technical Skills:** Swing rhythm, ball striking consistency, distance and trajectory control
- **Short Game and Putting:** Landing spot precision, spin control, green reading, and speed management
- **Course management:** Club selection, shot planning, risk-reward analysis, and strategy building
- **Mental Game:** Focus training, confidence building and competition mindset development



Wenqin Shao: Class "A" Teaching Pro; Tel: 647-613-5115; wenqin_shao@yahoo.ca

- A. **Junior Elite Tournament Program:** Designed for players to compete in Golf
- **Training Period:** 2026 outdoor season in Ontario, two on-course sessions per week + 3 full-week (5 days) summer camps
 - **On-Course Duration:** 6:30 PM until sunset (2-3 hours, 4 students per group).
 - **Training Days:** Tuesday, Wednesday; Thursday, Friday, Saturday, Sunday.
 - **Tournament Coaching:** support tournament registration, course strategy and post round performance review.
 - **Program Fees:** \$20,000 (including on-course fee and taxes).

- B. **9-Hole On-Course Practice Program:** Focused on applying skills in real-game environment to build confidence and strategy
- 10-week program: 2 sessions per week, 4 students per group
 - **Time:** 6:30 PM until sunset (2-3 hours per session)
 - **On-Course:** Tuesday, Wednesday; Thursday, Friday, Saturday, Sunday
 - **Absence Policy:** One make-up session may be scheduled within 2 weeks
 - **Program Fee:** \$4050 for 10 weeks (including Angus Glen green fees and taxes)

C. **Driving Range Training:**

- **Four-Student Group Sessions** (10 lessons): 1 hour each: \$900 per student
- **Schedule:**
 - Tuesday - Friday: 4:30 - 5:30 PM
 - Saturday & Sunday: 1:00 - 2:00 PM, 2:30 - 3:30 PM, 4:00 - 5:00 PM.

D. **2026 Junior Golf Summer Camp:** A fun and structured golf experience designed for developing players

1. **Dates:**

- June: 15 - 19, 22 - 26, 29 - July 3
- July: 6 - 10, 13 - 17, 20 - 24, 27 - 31
- August: 3 - 7, 10 - 14, 17 - 21, 24 - 28

2. **Half-Day Camp (5 Days):**

- a. **Time:** 9:00 AM - 12:00 PM.
- b. **Fee:** \$1,500

3. **Full-Day (5 Days):** (bring own lunch)

- a. **Time:** 9:00 AM - 4:00 PM.
- b. **Fee:** \$2,250



E. **Adult Golf Training:** Private and group lessons designed to refine swing technique and on-course strategy

- **Private Lesson** (1 hour): \$130.
- **10 Private Lessons** (1 hour each): \$1,200.
- **Group Lessons** (4 Students, 10 sessions, 1 hour each): \$1,000 per person
- **On-Course Session:** (2 hours): \$220 per person (time: 6:30 PM - sunset).