



PADDY HARRINGTON GOLF SCHOLARSHIP

TRAINING & COMPETITION PROGRAMME (2020-21)

SECTION I: SEPT 2020-APR 2021 (Academic Term)

Orange (Delivered on-site/in person) Squad Training; Golf Coaching / S&C / Physiotherapy / Sports Psychology / Nutrition

Purple (Delivered remotely)

Black – Domestic Golfer of the Year Outings / Golf Ireland competitions

Black – Ireland lockdown periods

Sept 2020

- Semester 1: Induction / Screening @ Sports Centre / Golf Coaching @ Luttrell town Golf Resort
- Munster Stroke Play Ch'ship – Cork (Golf Ireland OOM Event)
- Connacht Stroke Play Ch'ship – Portumna (Golf Ireland OOM Event)
- Squad Coaching 1 @ Golf Ireland Academy / Physiotherapy Treatments 1

Oct 2020:

- Golfer of the Year – Outing 1 (18Holes) – Carton House
- WK1: Semester 1 weekly programme begins (S&C, Yoga, Coaching, GOY) / monthly (Nutrition & Sports Psyche)
(Note: See weekly schedule below for more info)
- Squad Prep Day @ Co. Louth (East of Ireland)
- Irish Amateur Close Ch'ship @ Rosapenna
- Nutrition Seminar 1 via Zoom (Monthly)
- Nutrition Cookalong 1 via Zoom (Monthly)
- Golfer of the Year – Outing 2 (18Holes) – Carton House
- Golfer of the Year – Outing 3 (18Holes) – Palmerstown House
- Nutrition – Individual Consultations 1 via Zoom (6-8wks)
- Sports Psychology – Individual Consultations 1 via Zoom (Monthly)

Ireland Level 5 Full Lockdown (6wks; Oct 26, 2020 – Dec 1, 2020)

(Note: Golf courses / academy facilities closed – all other programme activity moves online)

Nov 2020:

- Weekly programme delivered online (S&C, Yoga)
- Nutrition Seminar 2 via Zoom (Monthly)
- Nutrition Cookalong 2 via Zoom (Monthly)
- Sports Psychology – Individual Consultations 1 via Zoom (Monthly)
- Golf Coaches – Topic Seminar via Zoom (Monthly)

Dec 2020:

Ireland Level 5 Full Lockdown – Restrictions Removed / Golf Returns

- Squad Coaching 2 @ Golf Ireland Academy / Physiotherapy Treatments 2
- S&C Training – delivered on-campus - 3:1 player/coach ratio
- Golfer of the Year – Outing 4 (12Holes) – Carton House
- Nutrition Seminar 2 via Zoom (Monthly)
- Squad Coaching 3 @ Golf Ireland Academy
- S&C Training – delivered on-campus - 3:1 player/coach ratio
- Golfer of the Year – Outing 5 (12Holes) – Carton House
- S&C Training – delivered on-campus - 3:1 player/coach ratio
- Nutrition Cookalong 2 via Zoom (Monthly)
- Nutrition – Individual Consultations 1 via Zoom (6-8wks)
- Squad Coaching 4 @ Golf Ireland Academy / Physiotherapy Treatments 3
- Sports Psychology – Individual Consultations 1 via Zoom (Monthly)

Jan 2021:

Ireland Level 5 Full Lockdown (Dec 31st – April 26th)

- University Exam (Week 1-3)
- Semester 2 weekly programme begins (S&C, Yoga)
- Nutrition Seminar 2 via Zoom (Monthly)
- Nutrition Cookalong 2 via Zoom (Monthly)
- Sports Psychology – Individual Consultations 1 via Zoom (Monthly)
- Golf Coaches – Topic Seminar via Zoom (Monthly)

Feb 2021:

- Weekly programme delivered online (S&C, Yoga)
- Nutrition Seminar 2 via Zoom (Monthly)
- Nutrition Cookalong 2 via Zoom (Monthly)
- Nutrition – Individual Consultations 1 via Zoom (6-8wks)
- Sports Psychology – Individual Consultations 1 via Zoom (Monthly)
- Golf Coaches – Topic Seminar via Zoom (Monthly)

Mar 2021:

- Weekly programme delivered online (S&C, Yoga)
- Nutrition Seminar 2 via Zoom (Monthly)
- Nutrition Cookalong 2 via Zoom (Monthly)
- Sports Psychology – Individual Consultations 1 via Zoom (Monthly)
- Golf Coaches – Topic Seminar via Zoom (Monthly)

Apr 2021:

- Weekly programme delivered online (S&C, Yoga)
- Nutrition Seminar 2 via Zoom (Monthly)
- Nutrition Cookalong 2 via Zoom (Monthly)
- Nutrition – Individual Consultations 1 via Zoom (6-8wks)
- Sports Psychology – Individual Consultations 1 via Zoom (Monthly)
- Golf Coaches – Topic Seminar via Zoom (Monthly)

Ireland Level 5 Full Lockdown – Restrictions Eased / Golf Returns on April 26th

May 2021

Ireland Level 5 Full Lockdown – Restrictions Eased / Golf Coaching returns on May 10th

- University Exam (Week 1-3)



COACHING / PROGRAMME SUPPORT (May-Sept 2021)

SECTION 2: MAY-SEPT 2021(Summer Term)

Tournament Preparation Camps

- 1). June 3rd CAMP 1 @ Portumna (Connacht SP) – Coaches: JF & NF (All-Players)
- 2). June 14th & 15th CAMP 2 @ Lahinch (SOI) 2 days – Coaches: JF, NF & DS (Scholars)
- 3). June 24th & 25th CAMP 3 @ Mullingar / Academy (Mullingar Scr) 2 days – Coaches: JF, NF & DS (Scholars)
- 4). Aug 3rd & 4th CAMP 4 @ Tullamore / Academy (CLOSE) 2days – Coaches: JF, NF & DS (Scholars)
- 5). Sept 1st & 2nd CAMP 5 @ Co. Sligo (WOI) – Coaches: Coaches: JF, NF & DS (Scholars)
- 6). Sept / Oct CAMP 6 @ European Club (IRISH AM) – TBC
- 7). EOI dates / prep – TBC

Notes:

- 1). Individual tuition with golf coaches permitted throughout summer period (June-Aug) – Details (TBC)
- 2). Development Squad: coaching will take place when prep camps are held @ Academy (May 28, June 24, Aug 4) see page2
- 3). One development squad member will be invited to join camps 2-6 based on the following merit system:
 - CAMP 2 @ Lahinch: Leading player at Ulster SP
 - CAMP 3 @ Mullingar: Leading player at Connacht SP
 - CAMP 4 @ Tullamore: Leading player at NOI & SOI
 - CAMP 5 @ Co. Sligo: Leading player at IRISH CLOSE

Scholarship Squad Practise Days / Coach Support & Observation

- 1). June 6-7: Ulster SP (Men / Women) – JF (Scholars)
- 2). June 11-12: Connacht SP – DS (Scholars)
- 3). July 11-12: NOI– JF (Scholars)
- 4). July 20-21: SOI – TBC
- 5). July 31-Aug 1: Mullingar SCR – NF/JF/BF (Scholars)
- 6). Aug 12-13: IRISH CLOSE– DS (Scholars)
- 7). Sept 2: WOI – All Coaches (Scholars)
- 8). Oct 14: IRISH AM – TBC

Notes:

- 1). At the Golf Manager's discretion, development squad players may be included in squad practise days where scholarship players are not in the field and provided the total squad numbers are manageable for coaches.

FULL SCHEDULE

1). Thurs May 27th

- AM/PM: Physio Treatments @ Sports Centre
- 10:00-16:00: Pick up gear / bags @ Sports Centre
- 17:00-18:00: MU v Carton House Annual Challenge Match – TEAM (TBC)

2). Fri May 28th

- Coaching No5 @ Academy (Individual Tuition)
- 09:30-14:30 – JF
- 10:30-15:00 – NF *Nils – S&C Observation
- 09:30-13:00 - KF (Development Squad) *Nils – S&C Observation

3). Thurs June 3rd

- Prep Camp 1 @ Portumna – Coaches: JF & NF (All Players)
- Thurs: Times: 11:30-12:05 – 18H

4). Sun June 6th

- 14:30-15:00: Ulster SP- Squad Practise / Coach Support @ Royal County Down – JF
- Tournament Observation (1 day) – JF

6). Fri June 11th

- Times – TBC: Connacht SP - Squad Practise / Coach Support @ Portumna – DS
- Tournament Observation (1 day) – DS

7). Mon June 14th & Tues June 15th

- Prep Camp 2 @ Lahinch – Coaches: JF, DS, NF
- Mon: Times: 08:40 & 08:50 & 16:18
- Tues: Times: 08:30, 08:42 & 08:54

**Players to travel to Lahinch (post Portumna) on Sun 13th – Accom booked for Sun 13th & Mon 14th*

8). Thurs June 24th & Fri June 25th

- Prep Camp 3 @ Mullingar / Academy – Coaches: JF, DS, NF
- Thurs: Coaching @ Academy (Scholars & Development Squad)
- AM/PM: Physio Treatments
- PM: S&C Assessment 1
- Fri: Prep Day @ Mullingar GC

9). Sun July 11th

- Times – TBC: NOI- Squad Practise / Coach Support @ Royal Portrush – JF
- Tournament Observation (1 day) – JF

10). Tues July 20th

- Times – TBC: SOI – Squad Practise / Coach Support @ Lahinch – BF / NF - TBC
- Tournament Observation (1 day) - TBC

11). Sat July 31st

- Times – TBC: SOI – Squad Practise / Coach Support @ Mullingar - NF/JF/BF
- Tournament Observation (1 day) - TBC

12). Tues August 3rd & Wed August 4th

- Prep Camp 4 @ Tullamore / Academy – Coaches: JF, DS, NF
- Tues: Prep Day @ Tullamore
- PM: S&C Assessment 2
- Wed: Coaching @ Academy (Scholars & Development Squad)
- AM/PM: Physio Treatments

13). Thurs August 12th

- Times – TBC: IRISH CLOSE- Squad Practise / Coach Support @ Tullamore – DS
- Tournament Observation (1 day) - TBC

14). Wed September 1st & Thurs September 2nd

- Prep Camp 5 @ Co. Sligo – Coaches: JF, DS, NF
- Wed: Prep Day @ Co. Sligo
- Thurs: Squad Practise / Coach Support: All Coaches