



2012 Junior Program Guide



Golf, Swim and Kids Camps





Give your kids the experience of a lifetime. Red Rocks Country Club offers a variety of activities to enrich your child's summer fun - whether it's honing his chipping skills, swinging her first club, racing other swimmers, or attending one of the many activities planned at Sprouts Kids Camps.

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16235 West Belleview Avenue
P.O. Box 717
Morrison, Colorado 80465
www.RedRocksCountryClub.org

Golf

(303) 697-8008

Front Desk

(303) 697-4438

Dining

(303) 697-7191

Pool/Cabana (Memorial Day - Labor Day)

(303) 697-2036

Mother's Day Brunch

Treat Mom to an scrumptious Brunch and complimentary glass of Champagne or Mimosa!

Sunday, May 13

Seatings: 11 am and 1 pm

\$25++ adults

\$13++ kids 3-10

Reservations Required



FRIDAY, JUNE 1, 4-8 PM

Live Music 6-8 pm (No Cover Charge)

Happy Hour Drink Specials

Southern BBQ Buffet 5-7 pm \$18++ adults, \$9++ kids ages 3-10



\$1 Tickets redeemable for games, inflatable bouncers, face painting, food, drinks and more.

Fun for the whole family!

Wednesday, July 4
11 am - 4 pm

Kids Carnival





PGA Sports Academy

New for 2012, the Red Rocks Country Club Junior Golf Program will incorporate the PGA Sports Academy into all of our Junior Golf Programs. With kids' interests changing practically each and every minute and all of the electronic media distractions that draw them away from outdoor activities, we must adapt to this new way of thinking and conducting business. Golf professionals who are growing the game of golf must prove to kids that golf is more interesting than playing video games or watching television. The PGA Sports Academy takes an innovative approach to step outside the box and make a stronger connection between golf and fun.

The long term goal of the PGA Sports Academy is to develop each individual's physical and golf skills based upon age and ability. Each student who goes through the PGA Sports Academy will most likely participate in some activities that appear to have no correlation to traditional golf instruction and the golf programs you have seen previously at Red Rocks Country Club. Activities such as kicking a soccer ball or playing golf baseball with a tennis ball may seem to have little relevance to golf. However, they are building fundamental motor skills to perform a golf swing – such as timing, balance, and coordination. The curriculum recognizes that many kids do not initially possess the motor skills required to make a golf swing. These skills need to be developed in order to make learning golf easier, and more enjoyable for them.

The PGA Sports Academy is built upon five pillars which will help your child learn to play golf and have fun in the process:

- Fitness and Nutrition
- Golf Skill Development
- Sportsmanship, Etiquette & Rules
- Golf and "Near Golf" Experiences
- Golf and Physical Assessments

The Red Rocks Country Club PGA Junior Sports Academy will teach these five pillars differently to each age group, based upon activities which are best suited to fit their level of physical and motor skills.



PGA Sports Academy Levels

Age 6-8 Sport Level

Sportsmanship, Etiquette & Rules

- Safety
- Etiquette
- History of Golf
- Golf Terminology

Fitness and Nutrition

- Hydration
- Throwing
- Skipping
- Striking
- Kicking
- Balance

Golf Skill Development

- Equipment
- Grip
- Posture
- Alignment
- Contact
- Balance
- Tempo
- Chipping
- Putting

Golf and "Near Golf Experiences"

- Hybrid Golf (combining golf and other sports)
- Putting



Age 9-14 Player Level

Sportsmanship, Etiquette & Rules

- Etiquette
- Rules
- Pace of Play

Fitness & Nutrition

- Balanced Nutritional Plan
- Consistent Eating Pattern
- Posture
- Jumping
- Movement and Coordination

Golf Skill Development

- Target & Alignment
- Full Swing
- Putting (reading greens & distance putting)
- Pitching
- Introductory Bunker Play

Golf & "Near Golf Experiences"

- Introduce Scramble Format
- Putting Course

2012 Golf Camp & Clinic Schedule

Tuesday Spring Player Camp Age 8-14:

This camp will focus on fitness and nutrition, golf skill development, sportsmanship, etiquette and rules, as well as “near golf experiences.”

\$75/student

Four Tuesdays: May 1, 8, 15, 22, (29 rain make up day)

4-5 pm

Summer Player Camp Age 8-14:

This camp will focus on fitness and nutrition, golf skill development, sportsmanship, etiquette and rules, as well as “near golf experiences.”

Additionally, the Summer Player Camps are great opportunities for your student to gain valuable experience playing the golf course.

\$125/student

Tuesday-Friday from 9-11 am

Dates (select one)

Camp # 1 June 5-8

Camp # 2 June 19-20

Camp # 3 July 16-20

Camp # 4 July 31-August 3

Camp # 5 August 14-17

Tuesday Fall Player Camp Age 8-14:

This camp will focus on fitness and nutrition, golf skill development, sportsmanship, etiquette and rules, as well as “near golf experiences.”

\$75/student

Four Tuesdays: August 28, September 4, 11, 18, (25 rain make up day)

4-5 pm



Tuesday Sport Level Clinic Age 6-8:

We will build on sportsmanship, etiquette and rules, fitness and nutrition, golf skill development, and “near golf experiences.”

\$125/Student

Every other Tuesday, 9-10:15 am: June 12, 26, July 10, 24, August 7

Tuesday Player Level Clinic Age 9-14:

This camp will focus on fitness and nutrition, golf skill development, sportsmanship, etiquette and rules, as well as “near golf experiences.”

\$125/student

Every other Tuesday, 10:45 am - noon: June 12, 26, July 10, 24, August 7

Pee-Wee JR Golf Age 4-5:

Pee-Wee JR Golf will meet every other Saturday, June-August from 2-3pm. The new Pee-Wee program will expand upon the parent child fun time we have hosted previously at the club. This program will introduce juniors from 4-5 years of age to the basics of golf while focusing on having fun. Each Session will feature Safety, Fitness, and basic golf fundamentals of the game. All participants must be 4 years old by June 1st 2012.

\$75/student

Every other Saturday, June-August from 2-3 pm: June 9, June 23, July 7, 21, August 4



Junior Play Days



*Note: To be eligible to participate in the Junior Play Days, juniors must register for 1 or more camps or clinics

Play Days:

Thursday June 14

Thursday June 28

Thursday July 5

Thursday July 26

New for 2012

Junior Club Championship

Friday, August 10

9-Hole Championship

18-Hole Championship

4-Hole Fun Group

9-Hole Championship – Skill Level (age 10 and up): Intermediate skill level. Understands the rules/ golf etiquette and can walk the front 9 of our golf course. Students must be able to break 70 for 9 holes.

18-Hole Championship – Skill Level (11 and up): Intermediate to advanced golf skill level. The 18 hole group will count their scores and be geared for Juniors who are currently or working towards playing on their high school team.

4-Hole Fun Group – Skill Level (age 8 and up): Novice with little or no on-course golf experience. This group is designed to make students comfortable with playing the from family tees. Students will learn golf etiquette and be able to confidently play with their family during normal open golf days. Golf attention span up to 1-1 ½ hours.



Junior Traveling Team

The Red Rocks Junior Traveling Team is a great opportunity for junior players to gain valuable competitive golf experience. Red Rocks will compete in the Western Division of the Metro Club Junior League. Red Rocks Team Members will have the opportunity to compete at Columbine, Lakewood, Pinehurst, Rolling Hills, and Hiwan Country Clubs.



In addition to competitions, the team will have four additional practices throughout the summer. These practices will be structured to focus on the Championship Level of the PGA Sports Academy.

The team will work on:

- Fitness & Nutrition
- Golf Skills
- Sportsmanship, Etiquette & Rules
- Golf and Near "Golf" Experiences
- Golf & Skill Challenges

Cost: \$150/team member

2012 Junior Team Tournament and Practice Dates:

June 2, 3-4 pm	Practice # 1
June 4, 2 pm	Tournament @ Red Rocks Country Club
June 6, 2 pm	Tournament @ Pinehurst Country Club
June 9, 3-4 pm	Practice # 2
June 13, 2:30 pm	Tournament @ Lakewood Country Club
June 23, 3-4 pm	Practice # 3
June 28, 1:30 pm	Tournament @ Columbine Country Club
July 2, 9 am	Tournament @ Hiwan Country Club
July 14, 3-4 pm	Practice # 4
July 17, 2 pm	Tournament @ Rolling Hills Country Club

Golf Course and Practice Range Dress Code

Men and Boys: Golf, collared or turtleneck shirts with sleeves and golf slacks, pants, knickers, and medium-length shorts.

Women and Girls: Golf slacks and medium-length shorts, skorts or skirts. Culottes and sleeveless golfing tops are permitted, but not tank, tube, halter tops or short shorts.

No Denim: Denim is not allowed on the golf course or practice facilities at any time (blue jeans or denim may be worn in the Clubhouse, however).

Shoes: All golfers must wear either spikeless golf shoes or spikeless athletic shoes.



Swim Team

Red Rocks Country Club welcomes the addition of Coach Megan Madsen this year. Coach Megan has been swimming since a very young age and has always had a love for the water. She swam for Chatfield High School and with the Ken Caryl Lightning. Megan started coaching swimming in high school and spent time teaching swim lessons and working as a lifeguard. She continues to be an active swimmer, competing in various triathlons through the summer.



*Coach Megan Madsen,
pictured above
with son, Kaden*

Coach Megan is a high school social studies teacher at Standley Lake High School where she has taught the past nine years. She has been the Standley Lake girls varsity swim coach the past six years and the boys varsity coach the past three years. Her teams have set school records, cultivated league champions and sent swimmers to compete in state meets.



She is excited to work with Red Rocks' summer team to work on competitive swimming skills and competition and hopes to build lifelong swimming skills and a love of the water.

Volunteer

Red Rocks Swim Team competes in the Rocky Mountain Country Club Swim League. The meets prove to be family affairs, as they could not be successful without the cheerleading and volunteer efforts of parents. To find out how you can volunteer, please contact Coach Megan at mmadsen@redrockscountryclub.org or leave a message at (303) 352-2031.

Swim Practice

June 4 through July 20, 8-9 am Mondays, Wednesdays and Thursdays



Meet Schedule (Fridays)

June 8: RRCC @ Hiwan

June 15: The Pinery @ RRCC

June 22: Division II League Relays

@ The Pinery

June 29: Valley @ RRCC

July 6: RRCC @ Lakewood

July 13: RRCC @ Denver



League Championships

Monday, July 16: Diving @ Columbine

Tuesday, July 17, B Meet for 8 and under; 9-10 @ Village Club

Wednesday, July 18, A meet day 1 @ Denver CC

Thursday, July 19, A meet day 2 @ Rolling Hills CC

Registration

\$180 per child. Sign up at www.RedRocksCountryClub.org

Private Swim Lessons

Private lessons are available through our lifeguard staff. Contact Greg Terry to learn about pricing arrange private swim lessons (303) 352-2031 or gterry@redrockscountryclub.org

Pool & Cabana

Welcome Back!

Beginning Saturday, May 26, the Pool and Cabana will be open daily 10 am - 7 pm.

The Cabana offers a full-service menu with mouth-watering sandwiches, burgers, salads, snacks and beverages.

Please leave outside food, beverages and glass containers at home. *except for infants/toddlers*






Sprouts

KIDS CAMPS

Member children and grandchildren ages 2-11 will enjoy free play, craft stations, learning stations, outdoor play, swimming, gardening, picnics, snacks and more.

All kids will meet in the conference room downstairs at 9 am and split into age groups based on who is present at each session. Each group will be led by experienced, CPR trained staff who excel at entertaining and supervising children.

\$15 per child, per session.

Late pick-up charges will apply if you pick up your child after 1 pm. Children must be potty-trained.

Please make sure kids wear sunscreen and comfortable shoes and pack a water bottle (plus swimwear and a towel on swim days).

Important – Please sign your children up by the prior Monday ensure proper staffing each Thursday.

Register online at
www.redrockscountryclub.org



Calendar

Thursdays 9 am - 1 pm

June 7 - Welcome & Play Day

June 14 - Swim Day

June 21 - Scales and Tails

June 28 - Trail Blazing

July 5 - Picnic in the Garden

July 12 - Swim Day

July 19 - Magic Day

July 26 - Trail Blazing

August 2 - Picnic in the Garden

August 9 - Swim Day

August 16 - Open Play

On inclement weather days, we'll play games, Wii and watch movies inside. Each day includes a lunch.





RED ROCKS
Country Club

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