



WILLOW HILL
GOLF COURSE



Willow Hill Junior Golf Development Program

Because Your Child's Athletic Future is Important to Us

Sign up today by emailing Kim@RobertDickmanGolf.com

Willow Hill has partnered with Robert Dickman Golf, a leader in Golf Development for over 35 years on the North Shore. Together, they have built a junior golf program that provides functional literacy in athletic development while providing a platform for learning and loving golf, the game of a lifetime. This program has the organizational structure and knowledge to take a child from start to finish. Along this journey they begin with athletic fundamentals that lead to an end point of competitive high school and college golf- if that is what the athlete desires.

Much like karate your child will be awarded at different levels of development as they progress in golf and functional development. The PGA of America program used is based on the Long-Term Athletic Development and the American Development Model (ADM).

The U.S. Olympic Committee, in partnership with the National Governing Bodies, created the American Development Model (ADM) to help Americans realize their full athletic potential and utilize sport as a path toward an active and healthy lifestyle. The model uses long-term athlete development concepts to coach as many as possible, as long as possible, with the best experience possible.

Golf's governing bodies (LPGA, The Masters, PGA of America, PGA TOUR, USGA and USA Golf) have partnered with the U.S. Olympic Committee to apply ADM to golf. The goal is to create athletes that love the game, realize their potential and become life-long golfers.

Parents, please watch this short video before proceeding:

<https://vimeo.com/307296703>

The PGA Model program is divided into the following stages that will have age appropriate physical and golf skill fundamentals taught at each stage.

STAGE 1		Active Start	GIRLS: 0-6 BOYS: 0-6	STAGE 5		Play to Compete	GIRLS: 15-21 BOYS: 16-23
STAGE 2		FUNDamentals	GIRLS: 6-8 BOYS: 6-9	STAGE 6		Play to Win	GIRLS: 18+ BOYS: 19+
STAGE 3		Learn to Play	GIRLS: 8-11 BOYS: 9-12	STAGE 7		Play Golf for Life	ALL AGES
STAGE 4		Play to Improve	GIRLS: 11-15 BOYS: 12-16	 			

The first 6 stages will be taught in the following Willow Hill Programs:

- **FUNDamentals and Learn to Play Stages Junior Clinics (Ages 6-9)**
- **Learn to Play and Play to Improve Program (Ages 10-13)**
- **Play to Compete Stage (Ages 14-18)**

FUNDamentals and Learn to Play Stages Junior Clinics:

Boys and Girls Ages 6-9

What: This program is designed to develop athletic movement skills in a fun, interactive way while teaching early golf specific fundamentals.

Where: Willow Hill Performance Center

How to Enroll: Email Kim Dickman at Kim@RobertDickmanGolf.com. Kim will send you a signup sheet and waiver to bring to the first session.

- Maximum number of 10 participants.
- Once class is full, students will be put on a waiting list.
- **The cost is \$50 per class. The more often a junior participates the more likely to move up the hat levels and increase his or her golf skills and higher physical literacy.**
- A long-term perspective in coaching while creating family-time flexibility.

Learn to Play and Play to Improve Program:

Boys and Girls Ages 10-13

What: This program further develops fundamental movement skills while teaching general golf skills and course readiness.

Where: Willow Hill Learning Center and Golf Course

How to Enroll: Email Kim Dickman at Kim@RobertDickmanGolf.com. Kim will send you a signup sheet and waiver to bring to the first session.

- Maximum number of 10 participants.
- Once class is full students will be put on a waiting list.
- **The cost is \$50 per class. The more often a junior participates the more likely to move up the hat levels and the better his or her golf skills and higher physical literacy become.**
- A long-term perspective in coaching yet creating family time flexibility.

Programming Times and Dates

For FUNdamentals/Learn to Play & Learn to Play/Play to Improve

Wednesday and Thursday class options each week

Date	Time	Age	Date	Time
May 5 th , 2022	4:00-5:00 pm	6-9	May 6 th , 2022	4:00-5:00 pm
	5:15-6:15 pm	10-13		5:15-6:15 pm
May 11 th , 2022	4:00-5:00 pm	6-9	May 12 th , 2022	4:00-5:00 pm
	5:15-6:15 pm	10-13		5:15-6:15 pm
June 1 st , 2022	4:00-5:00 pm	6-9	June 2 nd , 2022	4:00-5:00 pm
	5:15-6:15 pm	10-13		5:15-6:15 pm
June 8 th , 2022	4:00-5:00 pm	6-9	June 9 th , 2022	4:00-5:00 pm
	5:15-6:15 pm	10-13		5:15-6:15 pm
June 15 th , 2022	9:00-10:00 am	6-9	June 16 th , 2022	10:00-11:00 am
	10:15-11:15 am	10-13		11:15-12:15 am
June 22 nd , 2022	9:00-10:00 am	6-9	June 23 rd , 2022	10:00-11:00 am
	10:15-11:15 am	10-13		11:15-12:15 am
June 29 th , 2022	9:00-10:00 am	6-9	June 30 th , 2022	10:00-11:00 am
	10:15-11:15 am	10-13		11:15-12:15 am
July 13 th , 2022	9:00-10:00 am	6-9	July 14 th , 2022	10:00-11:00 am
	10:15-11:15 am	10-13		11:15-12:15 am
July 20 th , 2022	9:00-10:00 am	6-9	July 21 st , 2022	10:00-11:00 am
	10:15-11:15 am	10-13		11:15-12:15 am

Play to Compete Stage:

Boys and Girls Ages 13-18

Robert Dickman Golf Strive for Excellence High School Program



What: This program teaches players to perform under a variety of conditions while building and refining technical skills.

Where: Willow Hill Golf Performance Center (Robert Dickman Golf Practice Tee)
Individual sessions and playing lessons at times convenient for the athlete and course/Bob's availability.

How to Enroll: By calling Robert Dickman direct 847.877.7779 or email
Bob@RobertDickmanGolf.com

Session Packages with Bob (Up to 60% off private lesson prices)

Silver Program: \$395 per session

- 3 1 Hour Training Sessions (45 Minutes of Instruction followed by 15 Minutes of supervised practice)
- 90 Min Group Training Session per month May 11 June 15, July 13 August 10 4:00-5:30
Top Teachers in State" by Golf Digest
- Trackman Certification Professional Level 1 & 2 | Certified Operator.
- Recipient of the PGA Teacher of The Year Illinois Section.
- Leadership Advisory Staff for Titleist for 35 Years ·
- Titleist Performance Institute | TPI Certified. Highest Certifications Coach, Junior Golf
- Titleist Fitting Works Certified Club Fitter

Gold Program: \$645 per session

- 3 1 1/2 Hour Training Sessions (1 Hour of Instruction followed by 30 minutes of supervised practice)
- 90 Min Group Training Session per month May 11, June 15, July 13 August 10 4:00-5:30
- Top Teachers in State” by Golf Digest
- Trackman Certification Professional Level 1 & 2 | Certified Operator.
- Recipient of the PGA Teacher of The Year Illinois Section.
- Leadership Advisory Staff for Titleist for 35 Years ·
- Titleist Performance Institute | TPI Certified. Highest Certifications Coach, Junior Golf
- Titleist Fitting Works Certified Club Fitter

Platinum Program \$895 per session

- 3 (3) Hour Training Sessions (2 Hours of Instruction followed by 1 Hour of supervised practice)
- 90 Min Group Training Session per month May 11, June 15, July 13 August 10 4:00-5:30
- Top Teachers in State” by Golf Digest
- Trackman Certification Professional Level 1 & 2 | Certified Operator.
- Recipient of the PGA Teacher of The Year Illinois Section.
- Leadership Advisory Staff for Titleist for 35 Years ·
- Titleist Performance Institute | TPI Certified. Highest Certifications Coach, Junior Golf
- Titleist Fitting Works Certified Club Fitter

Robert Dickman Golf Strive for Excellence Program was formed to produce high athletic performance and has been a national hot bed for achievement for over 35 years. Students have won over 45 events on tour as well as the Illinois State Junior Amateur, Illinois US Kids Championship, Illinois Mid-Amateur Championship, and countless championships across Illinois and beyond. Countless junior students have gone on to compete in colleges including Colorado, Marquette, Kentucky, Taylor, Bucknell, Northern Illinois, Illinois, Wesleyan, Carthage, Stetson, Wheaton, Central Iowa, Alabama, Taylor, William & Mary, and Lipscomb. This program has allowed players to develop a skill and a love for the game of a lifetime and for those interested, an ability to compete at an elite level. Although this program has developed countless college players, it does not use a mass-produced cookie cutter format. Bob takes each player where they are in their development and extracts every bit of talent from the individual while teaching strong values and life skills. Bob treats each player as an individual. The personal sessions emphasize skill development while group sessions emphasize skill transfer to the golf course.

2022 Junior Private Lesson Rates

Robert Dickman Golf at Willow Hill

Developmental ages 6-13

1 Hour Training Sessions with Robert Dickman (45 Minutes of instruction followed by 15 minutes of supervised practice) Ages 10 and over only.	\$160
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½ Hour Lesson	\$90
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1 Hour Training Sessions with Kim Dickman (45 Minutes of instruction followed by 15 minutes of supervised practice)	\$100
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½ Hour Lesson	\$55
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Small groups up to 4 juniors are available to match your schedule at \$10 extra per Child

Kim Dickman Junior Personal Package - \$350 (Athlete's 6 -13 years old)

Six 45-minute sessions of private instructions, including 15 minutes of independent prescribed performance drills.

- Golf Skills Evaluation: Driving, Iron Play, Chipping, Pitching, Bunker Play, Putting, Course Management, Etiquette, Trackman
- Trackman Putting Studio
- Hi Speed Video Analysis
- K Motion 3 D Capture
- BodiTrak Pressure Plate

Meet the Teachers.

Robert Dickman, PGA

2016 Illinois PGA Teacher of the Year

Golf Digest Best Teachers in Your State 2022-2023

Phone or Text 847.877.7779

Email Bob@RobertDickmanGolf.com.

Read more: www.RobertDickmanGolf.com

Robert Dickman's students achieve and exceed their highest potential in golf because Bob has the ability to coach them into their natural movement pattern. Bob customizes each player's swing and designs a program specifically for him or her. Using specialized technologies and his keen eye, Bob can diagnose a problem and use all 4 steps of motor learning to lead them through their swing.

Since graduation in 1984 the former Northern Illinois University golf team captain has dedicated his career to understanding and communicating the game of golf. As a player Bob was the Illinois PGA Assistant Professional Player of the Year in 1985, 1986 and 1987 and twice qualified for the National Club Professional Tournament. He went on over the next twenty years to serve as the Head Golf professional at Old Warson Country Club (host of the PGA Ryder Cup Matches) and Glen View Club (US Open Host). He is the 2016 Illinois PGA Teacher of the Year and has been nominated for the Illinois PGA Teacher of the Year 7 times. Currently Bob is a Level 3 Titleist Performance Institute Golf Professional, Junior Coach, and Biomechanist. As a longtime member of Titleist Advisory Staff and winner of Titleist Top 100 Global Fitting Accounts 5 times, players have sought Bob's fitting advice as readily as his instruction.

Whether a professional, competitive amateur, mid to high handicapper, or junior player, Bob will use his wealth of knowledge and experience to elevate your game. Bob has instructed thousands of golfers of all levels and walks of life in his 35 years of coaching. Bob's students have won over 45 events on tour as well as the Illinois State Junior Amateur, Illinois US Kids Championship, Illinois Mid-Amateur Championship, and countless club championships from clubs across Illinois and beyond. Countless of his junior students have gone on to compete in colleges including Colorado, Marquette, Kentucky, Bucknell, Northern Illinois, Illinois, Wesleyan, Carthage, Stetson, Wheaton, Alabama, and Lipscomb.

Besides receiving personal attention from the person "whose name is on the door" students tap into the most sophisticated training and fitting technologies in golf such as the Trackman

Launch Monitor, K-Vest 3D Motion Capture, V1 Video System, BodiTrak Ground Reaction Sensors, and Premier Level Titleist Training methodic.

For over 35 years Bob's junior programs have become a "hot bed" for achievement because of his endeavor to build programs that provide an optimal learning and training environment for juniors. Junior golfers are not just small golfers and must be taught much differently than adults. For this reason, Bob's sessions apply age-appropriate skill development and functional movement skills during these sessions.

Kim Dickman, Head Junior Coach

Phone or Text 847.877.0512

Email Kim@RobertDickmanGolf.com.

Kim was brought up learning and playing the game of golf from the age of 3. Under the direct tutelage of her Illinois acclaimed instructor and father, Bob Dickman, Kim has developed a keen understanding of golf and the training methodic of her father.

Kim graduated from Glenbrook South High School after serving as Captain of the Girls Golf Team for two years and All CSL Conference. She went on to graduate Magna Cum Laud from Indiana University in 2011. Before coming to lead junior development at Willow Hill she served as the Director of Clinical Nutrition at NorthShore University HealthSystem.

Her own love for the game of golf and desire to create and develop young people to learn to love the game of a lifetime drives her to be the best youth coach on the North Shore. Her coaching includes technical training, on course training, nutrition counseling using state of the art technologies including



Reasons Robert Dickman Golf is a “hot-bed” for junior development:

Adherence to the Growth Velocity Curve

During a child's development there are different age windows of opportunity to apply various aspects of training. For instance, puberty is termed a speed window because it is the biological time of development when speed training must be emphasized. It is somewhat difficult to work on new skill development during this phase. Whatever speed a child leaves puberty with is their speed for life. During this developmental age we put a heavy emphasis on speed development.

Use of 3D Motion to Develop Swing Efficiency

If you go to the PGA Tour you will see 150 different swings, but further study will show they have very similar swing efficiency. We build on player's strengths to create a swing that is right for them with similar swing efficiency to the best players in the world. The only way to capture and train this is with 3D Motion Capture supplied by our K-Vest system.

Trackman Level 2 Certified Instructor

The Trackman 4 outdoor/indoor unit is the industry's most accurate tool for the measurement of the golf swing. The entire flight of the ball from impact to landing is captured while displaying its 3D trajectory in real time. It is the first of its kind to measure the complete path of any shot, ranging from short pitches to 300-yard drives; Trackman Pro pinpoints the landing position with an accuracy of 1 foot at 100 yards. All clubface, swing, and ball flight data, from club speed to hang time, is illustrated and delivered in easy to understand, scalable data.

High-tech Swing Analysis

We utilize a video analysis system that allows the teacher to film a student's swing and identify subtle movement patterns and illustrate them to each student. Session can be recorded and sent with via email to the student for future reference or to the parents so that everyone is on the same page.

Utilization of Block and Random Practice

It is our desire to maximize your child's ability on the golf course, not just make them great range players. To this end we separate our training session into block and random practice. Block practice is designed to learn a skill. According to motor learning professionals only 3% of this skill will transfer to the golf course using block practice. It is for this reason this reason that our academy employs random practice into our daily routines. The more skilled a player becomes, the more time spent on random practice. Random practice allows for 90% of a skill to be transferred to the course.

Course Management 101 to Graduate School

From a young age when a student can hardly contact the ball, creative drills are instituted to teach golf came play and course management. As a student progresses, a significant amount of time is spent training and competing on the golf course in one-on-one or small groups under the watchful eye of Bob. Key components of the round are noted by Bob and worked on during practice sessions.

It is much more valuable to become an athlete first and a golfer second. To develop this athleticism, Bob has created programs that he teaches with his various locations throughout the year. These programs are specifically designed to be the cornerstone of youth development and have developed some of the top tour professionals in the world. Truly the classes are the single best athletic endeavor your child can enroll in to exploit their athleticism and love for golf at a young age.

Why Robert Dickman Golf:

- 35 years of Experience Developing Top Performing Athletes
- Demonstrates Integrity Beyond Approach
- Makes Golf a Fun Activity
- Allows Students to Develop Skills Necessary for Success
- Builds Character the Student
- Applies Age-Appropriate Coaching
- Incorporates the Latest Technologies
- Openly Communicates with Parents and Students
- Has a Long-Proven Track Record

Athletes selected to participate in the LATD programs are expected:

- To be coachable.
- To conduct themselves in sportsmen like manner at all times.
- To respect the efforts of parents/ guardians, coaches, golf officials, facility staff, and sponsors always.
- To learn the rules of golf and play by them.
- To respectfully question anything, they do not understand.
- Open communication

Effective Partnership with Parents

Without question, every parent who looks to enroll their child in a program such as this desires the absolute best for them. The single most influential factor in the child's development is the role the parent plays in nurturing a love for their child and love for the sport. Contrary to this, the most common reason why kids quit sports is "the ride home". Well-intended comments at the wrong time in the wrong way may destroy everything your child and I work have worked on. This can occur during training sessions, a tournament, or a playing round. The following recommendations for parents are:

- Allow your child to have fun playing golf - it is a long journey!
- No communication during lessons or while playing in tournaments.
- Reinforcement of knowledge being learned.
- Communicate with child using the "sandwich method" of praise constructive comment, praise.