



# Willow Hill Junior Golf Development Program

*Because Your Child's Athletic Future is Important to Us*

*Sign up today by emailing [Kim@RobertDickmanGolf.com](mailto: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've built a junior golf program that provides functional literacy in athletic development while providing a platform for learning and loving golf. It has the organizational structure and knowledge to take a child from start to finish, beginning with athletic fundamentals and culminating in competitive high school/college golf (if desired).

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 and National Governing Bodies created the ADM to help Americans realize their full athletic potential and utilize sports 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. The PGA Model program is divided into 7 stages with age appropriate physical and golf skill fundamentals taught at each stage.

|                           |                                                                                     |                                                                                                                                                                                        |                           |                                                                                      |                                                                                                                                                                                                                                                                                                                          |
|---------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>STAGE<br/><b>1</b></p> |  | <p><b>Active Start</b></p> <p>GIRLS: 0-6<br/>BOYS: 0-6</p> <p>Gets kids moving and eventually linking those smaller movements together in play.</p>                                    | <p>STAGE<br/><b>5</b></p> |  | <p><b>Play to Compete</b></p> <p>GIRLS: 15-21<br/>BOYS: 16-23</p> <p>Teaches golfers to perform under a variety of conditions during training encouraging the athlete's competitive spirit</p>                                                                                                                           |
| <p>STAGE<br/><b>2</b></p> |  | <p><b>FUNDamentals</b></p> <p>GIRLS: 6-8<br/>BOYS: 6-9</p> <p>Develops movement skills for play focused on fun, inclusive, multisport, and developmentally appropriate activities.</p> | <p>STAGE<br/><b>6</b></p> |  | <p><b>Play to Win</b></p> <p>GIRLS: 18+<br/>BOYS: 19+</p> <p>Reinforces, refines and optimizes technical, tactical and ancillary skills with an end goal of winning.</p>                                                                                                                                                 |
| <p>STAGE<br/><b>3</b></p> |  | <p><b>Learn to Play</b></p> <p>GIRLS: 8-11<br/>BOYS: 9-12</p> <p>Further develops all fundamental movement skills and teaching of general golf skills.</p>                             | <p>STAGE<br/><b>7</b></p> |  | <p><b>Play Golf for Life</b></p> <p>ALL AGES</p> <p>Encourages fun and inclusive programming for golfers of all ages and ability levels.</p>   |
| <p>STAGE<br/><b>4</b></p> |  | <p><b>Play to Improve</b></p> <p>GIRLS: 11-15<br/>BOYS: 12-16</p> <p>Introduces training to further develop golf specific skills based around puberty and growth spurts.</p>           |                           |                                                                                      |                                                                                                                                                                                                                                                                                                                          |

## Willow Hill Junior Golf Development Program:



The first 5 stages will be taught in the following Willow Hill Programs:

- FUNdamentals and Learn to Play Program (Ages 6-9)
- Learn to Play and Play to Improve Program (Ages 10-13)
- Play to Compete Program (Ages 14-18)

Included in session cost: golf clubs (if needed), balls, tees, tee-times and snacks (for half-day session)

- Fee is 80% refundable or transferable if spot filled upon cancellation
- Fee is 50% refundable or transferable if spot is not filled upon cancellation or cancellation made within 10 days of session start date
- No proration of fees

If weather impacts a day of camp, rain date will be Friday June 16<sup>th</sup> (same time as registered session)  
Other arrangements will be made if class size is less than 3 participants.

### **FUNdamentals and Learn to Play Program: Ages 6-9**

**What:** This program is designed to develop athletic movement skills in a fun, interactive way while teaching early golf specific fundamentals and concepts. Each class will have a maximum of 6 students:1 teacher. Once the session is full, students will be put on a waiting list.

**Where:** Willow Hill Performance Center (1350 Willow Road in Northbrook)

**When:**

- 1-Hour Session (\$199): Monday, June 12<sup>th</sup> – Thursday, June 15<sup>th</sup> from 9:00 AM – 10:00 AM
- Mini-Session (\$329): Monday, June 12<sup>th</sup> – Thursday, June 15<sup>th</sup> from 10:00 AM – 12:00 PM
- Half Day (\$439): Monday, June 12<sup>th</sup> – Thursday, June 15<sup>th</sup> from 9:00 AM – 12:00 PM (snack provided)

**Register:** Email Kim Dickman at [Kim@RobertDickmanGolf.com](mailto:Kim@RobertDickmanGolf.com). Kim will provide registration information and forms to enroll.

## Learn to Play and Play to Improve Program: Ages 10-13

**What:** This program further develops fundamental movement skills while teaching general golf skills and course readiness/management. Each class will have a maximum ratio of 6 students:1 teacher. Once the session is full, students will be put on a waiting list.

**Where:** Willow Hill Performance Center (1350 Willow Road in Northbrook)

**When:**

- Half Day (\$439): Monday, June 12th – Thursday, June 15th from 1:00-4:00 PM (snack provided)

**Register:** Email Kim Dickman at [Kim@RobertDickmanGolf.com](mailto:Kim@RobertDickmanGolf.com). Kim will provide registration information and forms to enroll.

## Play to Compete Program: 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. Bob has multiple top distinctions and certifications that ensure your child is receiving top-notch coaching and training:

- GRAA Top 100 Teaching Professional 2023
- "Top Teachers in State" by Golf Digest
- Recipient of the PGA Teacher of the Year Illinois Section
- Leadership Advisory Staff for Titleist for 35 Years
- Trackman Certification Professional Level 1&2 | Certified Operator
- Titleist Performance Institute | TPI Certified Highest Certifications Coach, Junior Golf
- Titleist Fitting Works certified club fitter

**Where:** Willow Hill Golf Performance Center (Robert Dickman Golf Practice Tee)

**When:** Individual sessions and playing lessons at times convenient for the athlete and course/Bob's availability.

**How to Enroll:** To sign up for a package (options below), call Robert Dickman direct at 847.877.7779 or email him at [Bob@RobertDickmanGolf.com](mailto:Bob@RobertDickmanGolf.com)

## **Play to Compete Packages with Bob (Up to 60% off private lesson prices)**

### **Silver Program: \$395 per session**

- 3 Training Sessions with Bob Dickman (30-minutes of instruction followed by 15-minutes of supervised practice) or 45-minutes of instruction followed by 15-minutes of supervised practice with Coach Kim Dickman
- Free 90-Minute Group Training Session (Options: April 27<sup>th</sup>, May 18<sup>th</sup>, June 22<sup>nd</sup>, July 13<sup>th</sup> from 4-5:30 PM)

### **Gold Program: \$645 per session**

- 3 Training Sessions with Bob Dickman (1-hour of instruction followed by 30-minutes of supervised practice) or 75-minutes of instruction followed by 30-minutes of supervised practice with Coach Kim Dickman
- Free 90-Minute Group Training Session (Options: April 27<sup>th</sup>, May 18<sup>th</sup>, June 22<sup>nd</sup>, July 13<sup>th</sup> from 4-5:30 PM)

### **Platinum Program \$895 per session**

- 3 Training Sessions with Bob Dickman (2-hours of instruction followed by 1-hour of supervised practice) or 2 training sessions with Bob and 1 on-course session (90-minutes) with Coach Kim Dickman
- Free 90-Minute Group Training Session (Options: April 27<sup>th</sup>, May 18<sup>th</sup>, June 22<sup>nd</sup>, July 13<sup>th</sup> from 4-5:30 PM)

## **2023 Junior Private Lesson Rates**

- 1-Hour Training Session with Robert Dickman      **\$160**
  - 45-minutes of instruction followed by 15-minutes of supervised practice
  - Ages 10+ only
- 30-Minute Training Session with Robert Dickman      **\$100**
  - Ages 10+ only
- 45-Minute Training Session with Kim Dickman      **\$100**
  - Ages 6-13
- 30-Minute Training Session with Kim Dickman      **\$60**
  - Ages 6-13

*Small groups up to 4 juniors are available to match your schedule at \$20 extra per Child*

### **Kim Dickman Junior Program (6-13 years old) \$350.00**

Five 30-minute sessions of private instruction followed by 15-minutes of supervised practice designed by Kim.

### **Kim Dickman Junior High School Development Program (6th- 8th grade)**

#### **Silver Program: \$350.00 per session**

- 3 Training Sessions that include 45-minutes of instruction followed by 15-minutes of supervised practice
- Free 60-Minute Group Training Session (May 18<sup>th</sup>, June 22<sup>nd</sup>, and/or July 13<sup>th</sup> from 3:00-4:00 PM)

#### **Gold Program: \$500.00 per session**

- 4 Training Sessions that include 60-minutes of instruction followed by 15-minutes of supervised practice
- Free 60-Minute Group Training Session (May 18<sup>th</sup>, June 22<sup>nd</sup>, and/or July 13<sup>th</sup> from 3:00-4:00 PM)

#### **Platinum Program: \$895.00 per session**

- 5 Training Sessions that include 1.5 hours of instruction followed by 1 hour of supervised practice each
- 1 on-course session (30-minute warm up + 90-minutes of play)
- Free 60-Minute Group Training Session (May 18<sup>th</sup>, June 22<sup>nd</sup>, and/or July 13<sup>th</sup> from 3:00-4:00 PM)

## Meet the Teachers

**Robert Dickman, PGA**

**2016 Illinois PGA Teacher of the Year**

**Golf Digest Best Teachers in Your State 2022-2023**

**GRAA Top 100 Teaching Professional 2023**

**Phone or Text 847.877.7779**

**Email [Bob@RobertDickmanGolf.com](mailto:Bob@RobertDickmanGolf.com).**

**Read more: [www.RobertDickmanGolf.com](http://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, Lead Coach and Head of Junior Development**

**US Kids Golf Certified Coach 1**

**TPI Level 1 Certified**

**Phone or Text 847.877.0512**

**Email [Kim@RobertDickmanGolf.com](mailto: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 and MVP 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, and nutrition counseling using state of the art technologies including Trackman, LivePro Video Analysis, and K-Vest Technology.



## **Reasons Robert Dickman Golf is a “hot-bed” for junior 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.



### **Why Robert Dickman Golf:**

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

### **Athletes selected to participate in the LATD programs are expected:**

- To be coachable and 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.