



WILLOW HILL  
GOLF COURSE

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**GOLF**



## **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 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.

<p>STAGE <b>1</b></p>		<p><b>Active Start</b></p> <p>GIRLS: 0-6 BOYS: 0-6</p> <p>Gets kids moving and eventually linking those smaller movements together in play.</p>	<p>STAGE <b>5</b></p>		<p><b>Play to Compete</b></p> <p>GIRLS: 15-21 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 <b>2</b></p>		<p><b>FUNDamentals</b></p> <p>GIRLS: 6-8 BOYS: 6-9</p> <p>Develops movement skills for play focused on fun, inclusive, multisport, and developmentally appropriate activities.</p>	<p>STAGE <b>6</b></p>		<p><b>Play to Win</b></p> <p>GIRLS: 18+ BOYS: 19+</p> <p>Reinforces, refines and optimizes technical, tactical and ancillary skills with an end goal of winning.</p>
<p>STAGE <b>3</b></p>		<p><b>Learn to Play</b></p> <p>GIRLS: 8-11 BOYS: 9-12</p> <p>Further develops all fundamental movement skills and teaching of general golf skills.</p>	<p>STAGE <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 <b>4</b></p>		<p><b>Play to Improve</b></p> <p>GIRLS: 11-15 BOYS: 12-16</p> <p>Introduces training to further develop golf specific skills based around puberty and growth spurts.</p>			

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

- **FUNDamentals and Learn to Play Stages Junior Clinics (Ages 8-10)**
- **Learn to Play and Play to Improve Program (Ages 11-13)**
- **Play to Compete Stage (Ages 14-18)**

## **FUNdamentals and Learn to Play Stages Junior Clinics: Ages 8-10**

**What:** This 4-day 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 per class. Once the session is full, students will be put on a waiting list.

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

**When:**

- Morning Session (\$249): Monday, June 17th–Thursday, June 20<sup>th</sup> 2024 10:00 – 11:30 AM
  - Friday June 21<sup>st</sup> 2024 Rain Date if needed (10:00-11:30 AM)

**Included in Cost:** Golf clubs and balls (if needed), tee times as available during class

- 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

**Register:** Email Kim Dickman at [Kim@RobertDickmanGolf.com](mailto:Kim@RobertDickmanGolf.com). Kim will send you a signup sheet and waiver to bring to the first session.

## **Learn to Play and Play to Improve Program: Ages 11-13**

**What:** This 4-day program further develops fundamental movement skills while teaching general golf skills and course readiness/management. Each class will have a maximum of 6 students per class. 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 17th – Thursday, June 20<sup>th</sup> 2024 from 12:00-2:45 PM
  - Friday, June 21<sup>st</sup> Rain Date if needed (12:00-2:45 PM)

**Included in Cost:** Golf clubs and balls (if needed), 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

**Register:** Email Kim Dickman at [Kim@RobertDickmanGolf.com](mailto:Kim@RobertDickmanGolf.com). Kim will send you a signup sheet and waiver to bring to the first session.

**\*\*\*If classes have less than 3 participants, other arrangements will be made\*\*\***

## Play to Compete Stage: Boys and Girls Ages 14-18

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

Kim Dickman was brought up under the direct tutelage of Bob Dickman, competing in High School as Captain of the Girls Golf Team for two years and received All CSL Conference. She is TPI Certified, US Kids Golf certified and a Registered Dietitian. She has lead the junior program for 2+years and has a passion for growing juniors in their golf journey.

**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 and Kim's availability.

**How to Enroll:** Contact directly

- Robert Dickman 847.877.7779 or [Bob@RobertDickmanGolf.com](mailto:Bob@RobertDickmanGolf.com)
- Kim Dickman 847.877.0512 or [Kim@RobertDickmanGolf.com](mailto:Kim@RobertDickmanGolf.com)

## **Session Packages with Bob or Kim (Up to 60% off private lesson prices)**

### **Silver Program with Bob Dickman: \$395 per package**

- 3 Half-Hour training sessions of personal instruction followed by 15 minutes of independent prescribed performance drills designed by Bob
- Free One-Hour Group Training Session per month – see dates below

### **Gold Program with Bob Dickman: \$645 per package**

- 3 One-Hour training sessions of personal instruction followed by 15 minutes of independent prescribed performance drills designed by Bob
- Free One-Hour Group Training Session per month – see dates below

### **Platinum Program with Bob Dickman \$895 per package**

- 3 Two-Hour training sessions of personal instruction followed by 15 minutes of independent prescribed performance drills designed by Bob
- Free One-Hour Group Training Session per month – see dates below

### **Silver Program with Kim Dickman: \$275 per package**

- 3 Half-Hour training sessions of personal instruction followed by 15 minutes of independent prescribed performance drills designed by Kim
- Free One-Hour Group Training Session per month – see dates below

### **Gold Program with Kim Dickman: \$440 per package**

- 3 One-Hour training sessions of personal instruction followed by 15 minutes of independent prescribed performance drills designed by Kim
- Free One-Hour Group Training Session per month – see dates below

### **Group Training Session Spring/Summer Dates:**

- April 25<sup>th</sup>, May 16<sup>th</sup>, June 13<sup>th</sup>, July 18<sup>th</sup> all 4:30-5:30 PM

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.

## 2024 Junior Private Lesson Rates

Robert Dickman Golf at Willow Hill

<b>45-Minute Training Session with Robert Dickman <u>Ages 10+</u></b>	<b>\$160</b>
<b>45-Minute Training Session with Kim Dickman (Ages 14+)</b>	<b>\$120</b>
<b>45-Minute Training Session with Kim Dickman (Ages 6-13)</b>	<b>\$100</b>
<b>½ Hour Training Session with Kim Dickman (Ages 14+)</b>	<b>\$80</b>
<b>½ Hour Training Session with Kim Dickman (Ages 6-13)</b>	<b>\$70</b>

### **Additional Package Programs for athletes ages 6-13 years**

**Junior Program Private Package (athletes ages 6-13 years) with Kim Dickman: \$300.00**

- Five 30-minute sessions of private instruction with Kim Dickman
- Golf Skills Evaluation: Driving, Iron Play, Chipping, Pitching, Bunker Play, Putting, Course Management, Etiquette

**Junior Program Semi-Private Package (athletes ages 6-13 years) with Kim Dickman: \$510.00**

- Five 45-minute sessions of semi-private instruction with Kim Dickman
- Golf Skills Evaluation: Driving, Iron Play, Chipping, Pitching, Bunker Play, Putting, Course Management, Etiquette

### **Junior High School Development Program (7th-8th grade) with Kim Dickman:**

**Silver Program: \$390.00 per session**

- 4 Private Training Sessions with Kim Dickman (45-minutes of instruction each)
- Free 60-minute Group Training Session for (Junior High-High School combined)
  - Group Dates: April 25<sup>th</sup>, May 16<sup>th</sup>, June 13<sup>th</sup>, July 18<sup>th</sup> all 4:30-5:30 PM

**Gold Program: \$455.00 per session**

- 4 Private Training Sessions with Kim Dickman (60-minutes of instruction each)
- Free 60-minute Group Training Session for (Junior High-High School combined)
  - Group Dates: April 25<sup>th</sup>, May 16<sup>th</sup>, June 13<sup>th</sup>, July 18<sup>th</sup> all 4:30-5:30 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, Head Junior Coach**

**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 is TPI Certified and a Level 1 Certified US Kids Instructor.

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 Trackman, Live View, and V1 Video Analysis.





## **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's much more valuable to become an athlete first and a golfer second. To develop this athleticism, Bob has created programs that he teaches at 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. 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 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.