



INTERNATIONAL JUNIOR GOLF PROGRAM 2018/19

Barcelona Golf Coaching
Club de Golf Barcelona / ZEM La Guinardera
SPAIN

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OUR MISSION

Join our High Performance Junior Golf Team!!!

Welcome to the **International Junior Golf Program** of **HIGH PERFORMANCE JUNIOR GOLF** in **Barcelona**. From here we propose a program which is unique in Spain. While similar sports plans exist in our country, our academic and sports training project is differentiated by the way we combine studies focussed towards a good university career, with high performance sport en route to professional golf.

Our goal is to educate people to be academically competitive, and train athletes to play golf with the skills necessary to succeed at the highest level. We make this possible thanks to the **High Performance Junior Golf Program** in the mornings at **Club de Golf Barcelona** and **ZEM Guinardera**, with great facilities for elite athletes; and our exclusive agreement with **European International School of Barcelona**, where students dedicate their afternoons to the best education validated by the U.S.

Juniors from anywhere in the world can come here to **Barcelona**, with our multidisciplinary team of expert trainers who use the most advanced technologies in golf instruction. Here these players can fulfil their training expectations on their way to University, in America if that is what they seek, as they look forward to a successful future as professional golfers.

Registrations for **Season 2018/19** are now open, waiting for you to join our Team!!!

Carlos Vivas, Head Golf Coach
Founder of Barcelona Golf Coaching



WELCOME TO BARCELONA

The venue of our INTERNATIONAL JUNIOR GOLF PROGRAM is very close to the city of Barcelona. Our city is known worldwide for its open and European character, its cultural richness, its attractive museums and monuments, its extensive offer of entertainment and gastronomy, and also for the sports success of FC Barcelona.

OUR PHILOSOPHY

At our **INTERNATIONAL JUNIOR GOLF PROGRAM** we consider golf training like training for any other sport, keeping in mind the objectives and qualities of each player. The philosophy of our multidisciplinary team is based on creating individuals who are athlete golfers. For this, we have developed a program with four different areas, each of equal importance: technical preparation, strategic preparation, mental preparation and physical preparation.

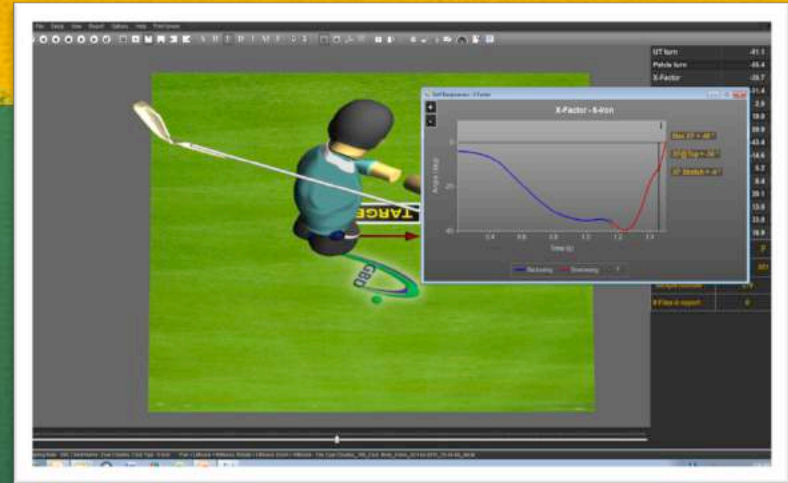


At our **HIGH PERFORMANCE JUNIOR GOLF PROGRAM** our methodology addresses all aspects in the preparation of the golfer who aspires to compete at the highest level, focusing on his training as a person and as an athlete, with the stimulus of a series of tournaments and championships within his age category.

With this program we set up a specific training plan for each golfer under the daily control of the **Head Coach** and the other staff members, using recognized instructional methods and technologies such as **Golf BioDynamics, FlightScope, TPI, AimPoint Express, Stack & Tilt** or **Tour Tempo**, to cover every aspect of the game: long game, short game, playing on the golf course, the clubs in the bag, fitness, mental game, etc.

GLOBAL PROGRAM

The **HIGH PERFORMANCE JUNIOR GOLF PROGRAM** of **Barcelona Golf Coaching** is focussed on aspirational young golfers. Here they can perfectly combine their studies in a high-level school with specific golf training and elite competition in their age category.



This is a complete program based at the **Club de Golf Barcelona** at Sant Esteve Sesrovires, and **ZEM Sports Facilities** of Sant Cugat, recognized and endorsed by the **Catalan Golf Federation**, which allows students to make a qualitative leap in their game. Through demanding training, we develop their skills with the best technical, physical, mental and nutritional preparation by an expert and professional technical staff. The program gives access to the most modern and advanced methods and technologies of golf instruction that exist today, along with a team of top advisers, headed by **Dr. Robert J. Neal** (Golf BioDynamics) and **Antonio Corgos** (National Physical Trainer).

Our starting point is well planned physical preparation based on continual analysis, in order to define the volume, intensity and frequency of exercise at any time. We work according to cycles so that we can adapt to the precise moment of the season, bearing in mind whether we are in the preliminary stage, during or after a competition.

THE FACILITIES



CLUB DE GOLF BARCELONA

Our golf club is only 27 Km far from **Barcelona** and it has easy approach roads from the main city and other surrounding towns like **Sant Cugat** and **El Prat** airport. It was inaugurated in 1989 and has two different golf courses, both designed by **José María Olazábal**: an **18 holes course**, par 72 and 6.271 metres, which hosted the Spanish Professional Championship (1991), Peugeot Tour of Spain (2003 and 2005), and the Catalonia Ladies Masters (2007) of the Ladies European Tour; and a **9 holes course**, par 31 and 1.780 metres, for training on a calm golf day.

It also has a clubhouse with more than 6.000 square metres, two outdoor swimming pools and one indoor heated pool, a small football field, squash, indoor golf court, saunas, car park, restaurant, snack bar, pro shop and conference rooms.

THE FACILITIES



ZEM – GUINARDERA

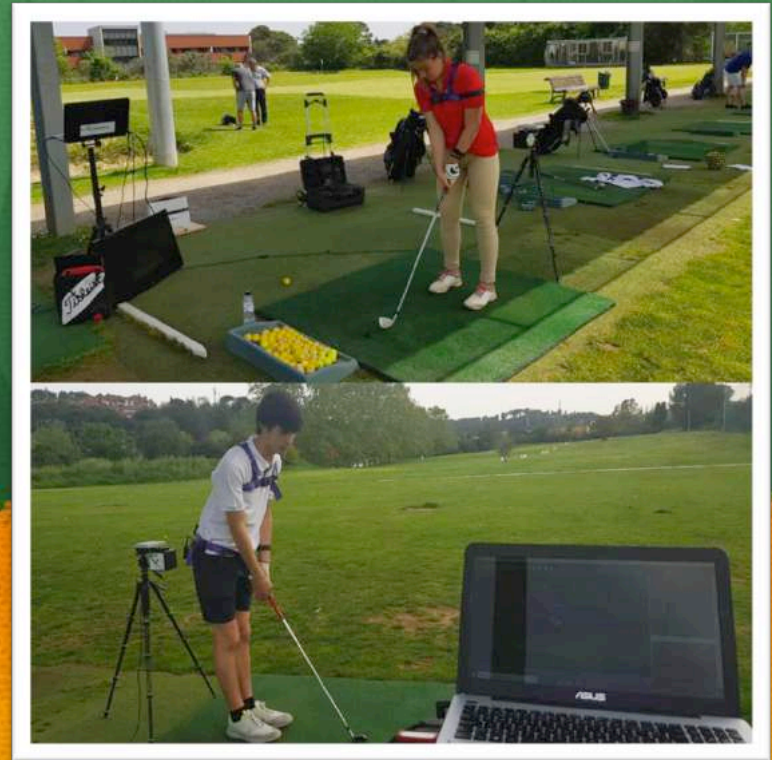
The **Municipal Sports Zone Guinardera** of **Sant Cugat** (Barcelona) was created in 2004 in the neighbourhood of La Guinardera, to host the sports complex in the city, completed later in 2011 with the track.

It is located in a privileged environment. Far from noise and traffic congestion, access is easy and convenient from **Sant Cugat**. Comprises the athletic track, running circuit, artificial turf field, fitness room and hard zone training, all completely equipped, with lockers in the changing rooms.

METHOD AND TECHNOLOGIES (1)

GOLF BIODYNAMICS: Expert system in golf swing mechanics with 3D technology, which a mission to link the 'technical with the physical'. This is the most complete and appropriate method for any kind of golfer, whether professional or amateur, to take the player's game to the next level. With the latest innovations in Golf BioDynamics we can also carry out swing analysis with for putting and with the wedge game.

FLIGHTSCOPE: Launch Monitor with Doppler technology, which is capable of measuring the parameters of impact and golf ball flight. With Golf BioDynamics we register all player movements, and these parameters, combined with data collected by the radar FlightScope, allow us to recommend the work to be done by a golfer with his coach, either on the basis of motion corrections or golf-fitness exercises, to obtain the most suitable golf swing for the player.



METHOD AND TECHNOLOGIES (2)



TPI: Using the information collected from thousands of players, including Tour pros and amateurs, the Titleist Performance Institute (TPI) defines how a properly functioning body moves the golf club in the most efficient way possible. With TPI programs we combine the latest in technology, technical, training and physical preparation for the golfer to achieve maximum physical and athletic performance.

AIMPOINT EXPRESS: With the system of AimPoint green reading we learn that putting is predictable, offering effective and reliable ways to determine the direction and the break of the putt. With AimPoint Express we calculate the slope, the direction and degree of the break precisely for any putt, managing the changes in the green and the speed control, defining the optimal strategies to attack the putting.

EVENTS

In our program the students can compete at social, local, regional, national and international level within our competency. Students can play in social events and in the **PGA of Spain Junior Leagues**.

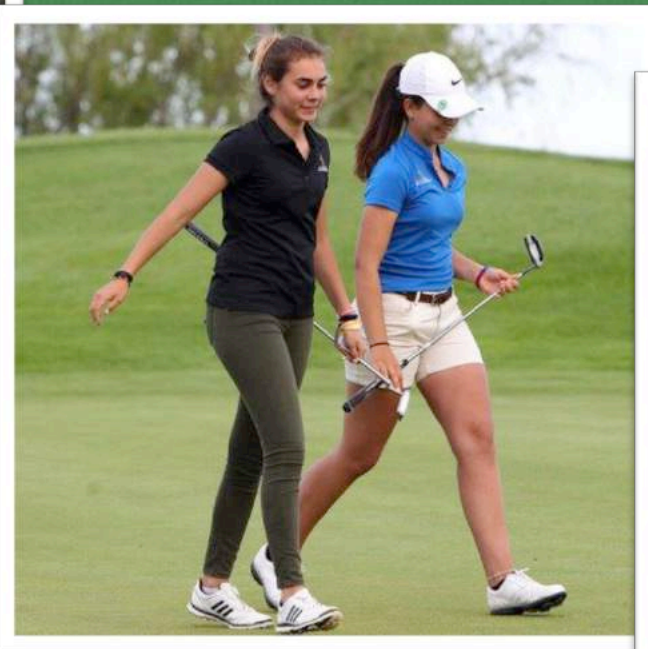
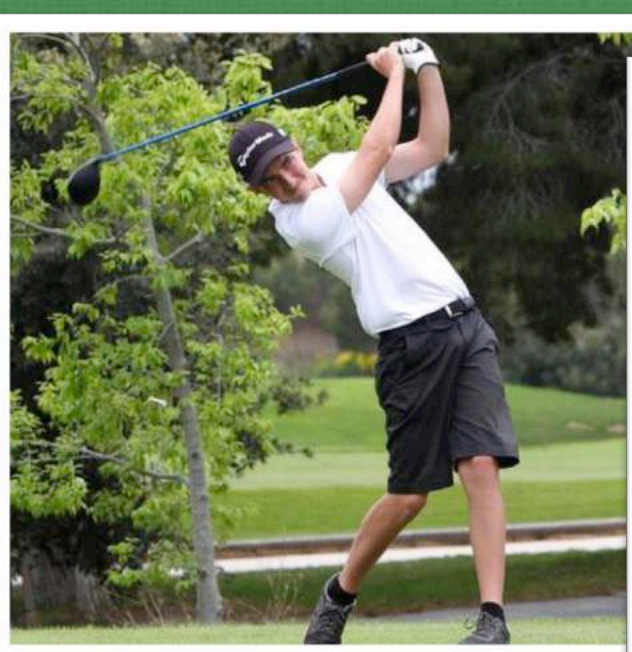
If they wish, they can also participate in the events for the **Catalonia and Spanish Rankings** for their age category, and at international level in the **World Amateur Golf Ranking** events to be held in Spain.



Our elite junior players will participate in the **PGA of Spain Junior Leagues**, Europe's biggest youth golf league, held around Spain.

Thanks to the recent agreement that **Ligas PGA Golf** have signed with the **Seve Ballesteros PGA Tour**, the members of our **High Performance Junior Golf Team** have the chance to earn an invitation to play in one of the tournaments of this event, the Spanish Professional National Tour, endorsed by the PGA of Spain.







European
International
School
of Barcelona



EUROPEAN INTERNATIONAL SCHOOL OF BARCELONA

The educational community of **European International School of Barcelona** in **Sant Cugat** prepares the students from an international perspective. It offers a unique, comprehensive and inclusive education project, planned and prepared to educate with an international, global and practical spirit, aimed at demands of today and of the future. Its three pillars are academic excellence, education in social values and competence in languages, where sport is also fundamental. More information at www.eisbarcelona.com.

SCHEDULE SEASON 2018/19



CLUB DE GOLF BARCELONA
DESDE 1989



HighPerformance.Jr.GolfTeam

SCHEDULE SEASON 2018/19

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15/9:30	GYM	GYM	GOLF	GYM	GOLF	
10:30/13:30	GOLF	GOLF	GOLF	GOLF	GOLF	GOLF
14:00/15:00	EAT	EAT	EAT	EAT	EAT	EAT
15:00/19:00	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	FREE

*Individual Session per month with the Mental Coach Sophie Rousseau and one time per trimester nutrition advice.



GOLF & ACADEMIC PROGRAM

The physical preparation in our golf program is aimed at the comprehensive training of the athlete. It includes control of health; injury prevention, high level fitness goals; predisposition to high levels of physical and psychological stress; and search for results through effort.

Thanks to our exclusive academic agreement with **EUROPEAN INTERNATIONAL SCHOOL OF BARCELONA**, our program enables us to start the day with fitness at 8:15 am three days per week at the gym, with golf every day ending at 13:30).

DAILY PROGRAM:

From 08:15 to 09:30h: Fitness (Monday, Tuesday and Thursday)

From 08.15 to 09:30h: Golf (Wednesday and Friday)

From 10:30 to 13:30: Golf (Monday to Saturday)

From 14:00 to 15:00h: Lunch

From 15:00 to 19:00h: High School (Monday to Friday)

One individual session per month with the Mental Coach, **Sophie Rousseau**, and nutrition advice once a term.



THE HIGH PERFORMANCE INTERNATIONAL JUNIOR GOLF PROGRAM includes:

- + Membership for one year at Club de Golf Barcelona
- + Unlimited range golf balls
- + School at European International School of Barcelona
- + 88 Hours per month of golf instruction
- + Golf Instruction Golf 3D sessions by Golf BioDynamics software full swing and putting, 2D video analysis speed camera with JC software, Boditrack, FlightScope, AimPoint, Stats, Club & Fitting and putt Edel (Monday to Saturday)
- + 4.5 Hours fitness per week
- + Psychologist
- + Nutritional advice
- + 6 Local tournaments (Spanish Ranking and World Ranking, optional)
- + Transfer to and from the Airport
- + Swimming pool
- + Gym
- + Stats software
- + T-shirts, sweaters and jacket





INTERNATIONAL CORRESPONDENCES

Our international program is validated by Nebraska High School (U.S.), with the option of preparing the entrance exams to the American Universities (SAT). Moreover, at the High Performance International Junior Golf Program we give our students the help and support required, after going through our international program, to register in a Golf University Sports Program in the United States.

COACHING TEAM

Professional and member of the PGA of Spain Board. TPI Qualified Instructor, Golf Pro 2, Junior Coach 2 and 3. Certified in Tour Tempo, Golf Coaching Psychology by the PGAs of Europe, AimPoint Green Reading, AimPoint Express, Stack & Tilt Network Instructor, Golf BioDynamics and Edel Fitter.

Trained in numerous national and international seminars and clinics with Phill Kenyon, Harold Swash, Dr. Robert Neal, Mark Sweeney, Andy Plumer, Michael Dahgleish, Brian Manzella, Dr. Kwon, Chuck Cook, Sasho MacKenzie, Rob Houlding, Tommy Horton, Robert Yang, Geoff Mangum, Enrique Navarro and David Pastor.

Professional player and coach since 1999. Director of the International and National Programs of the Junior Golf Academy, specializing in high-performance junior golf players. Former caddy of Paula Marti, who was No.1 Rank at the Ladies European Tour, and Juan Quiros on the European Tour.

Professionals who have passed through his hands include Pablo Larrazabal, Xavier Guzman, Agustin Domingo, Maria Hernandez, Mireia Prat, Gemma Fuster... players of the main international circuits such as the European Tour, Challenge Tour, LPGA, LET and LET Access.

His passion and vitality for golf makes his presence habitual in all kinds of events accompanying his juniors: International WAGR Tournaments, Doral Publix, Honda Classic, National and Regional Federation events. He attends training continuously, and organizes and participates in seminars and clinics for professionals, taught by gurus and world-renowned experts.



CARLOS VIVAS
Head Golf Coach
and Founder

COACHING TEAM



JESÚS CHAVES (Director of Instruction)

PGA of Spain Professional. Sports Technical Level 1. TPI Qualified Instructor. FunGolf, Performance and Elite instructor for the Junior Golf Academy programs. Coordinator of Kids and Youth at Golf Club Sant Cugat Teams. Professional player in national events.



ANTONIO CORGOS (Physical Training Coach)

INEF Degree. Athletics National Coach in the CAR of Sant Cugat. 17 years as elite athlete. Three times Olympic finalist and Long Jump Spanish record holder with 8,23m (1978 – 1999). Spanish Champion in 18 occasions. Professional golf fitness trainer since 1997.



Dr. ROBERT NEAL (Golf BioDynamics Coach)

Advisory Staff. Creator and founder of Golf BioDynamics swing analysis system, which provides the best technology based on biomechanical science for players and professional instructor. Golf BioDynamics permits the development of specific personal golf training programs according to the characteristics of each golfer.

COACHING TEAM



ALBERT VILARASAU (Golf Coach)

Professional golfer and golf coach, linked to Sant Cugat Golf Club. Master in Business, Marketing & Communication at INSA. Amateur player at Balears Cup in Pula Golf, and Andalucía Cup in Guadalmina in 2016. Professional player at Spanish Gambito Golf Tour 2017 and CPGA Pro Tour 2017 and 2018.



SOPHIE ROUSSEAU (Mental Coach)

Coach specialized in Mental Coaching applied to Sports, focused on achieving sporting success. Trained at the European Coaching Institute, certified by ADESCO (Spanish Coaching Association) and ICF (International Coach Federation), trainer coach in Quantumbcn, Founder Partner and Operations Director at Creantum.



INES TUSQUETS (Nutritional Coach)

Expert in Nutritional Coaching specialized in Sports Nutrition. Balance Nutritional Coaching Director. Golf player with single-digit handicap. Amateur team golf champion at several Catalan, Spanish and International events. Master's Degree in Marketing & Sales Management at EAE Business School.

TESTIMONIALS (1)



Paula Martí

LET Ex-No 1 and LPGA former player

"I had a great experience working with Carlos. He is a very hard worker, and is always willing to learn. He's passionate about the game and a great caddy too!!!"



José Vicente Pérez

PGA of Spain Education Director

"Carlos Vivas is one of the best golf coaches I know and certainly one of the best in Spain. He has trained with, and surrounded himself by the best coaches in the world. I personally recommend his International Program, as it is one of the best in Europe".

TESTIMONIALS (2)



Jesús Rodríguez,
Junior Golf
Coaching Founder

“Apart from being a friend of mine, Carlos is a great Coach. And I say Coach because he’s no ordinary golf pro. He has been trained and is being trained in all areas that influence the performance of an athlete, so that he can provide a holistic service to his pupils. In addition, he has surrounded himself by a group of experts from different branches which ensures exceptional service and quality. Working with Carlos and his team is a guarantee to success”.



Xavier Guzmán,
2013 & 2015 Spanish Champion

“Carlos is fully involved and committed to the work being done”.

“It's good to learn from his knowledge and work with him. You really notice your improvement thanks to all his training”.

“It was a great experience for me to work with Golf BioDynamics. It has definitely provided a lot of help to better my game.”

TESTIMONIALS (3)



Maria Hernandez,
LPGA and LET Player

- *“Carlos communicates very well and it’s very easy for the player to understand what to do. He also uses exercises that are very enjoyable for the pupil when working on technique which is focused on competition results. In the end, the player is looking for results in the championships, and the training results have to be very similar”.*



Gemma Fuster,
LET Access Series Player

- *“When I went to Carlos I was not having the desired results with my putting, but thanks to his knowledge of golf and specially of AimPoint, I made a great improvement. Also, Carlos gets very involved, he enjoys teaching and is always up to date with all the technical advances. As a player you really notice that, and his exercises and advice make a difference to the results”.*

TESTIMONIALS (4)



Dr. Robert J. Neal,
CEO / Founder of Golf BioDynamics



- *"I first met Carlos seven years ago when he visited Doral. He was very inquisitive in those days and his desire to learn about golf coaching has sent him on an incredible journey. He has sought out and attended just about every seminar that is possible, learning not only the theory but also the practical application to coaching".*
- *"It has been great to witness his development and improvement as a coach and how well he has developed a Junior Golf Academy in Barcelona".*
- *"He has invested in technology to support his coaching but mostly, he has invested in himself so that the quality of coaching he can offer his clients is second to none. He is a fantastic person, a great coach and a tremendously enthusiastic and positive individual".*



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REGISTRATION



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INTERNATIONAL JUNIOR GOLF PROGRAM

More information at:
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