



**IJGA**  
INTERNATIONAL JUNIOR GOLF ACADEMY

## WINTER CAMP GUIDE



# WELCOME!

**There is so much you will do at winter camp.  
The memories will last for years to come.**

**Built around you, Winter Camp at International Junior Golf Academy provides junior golfers of all abilities with a plan and strategy to get better.**

IJGA is proud to have built the **foremost golf coaching team** and **outstanding peer group** in junior golf, evidenced by the **elite nature of the results** and **accomplishments of our students**.

The **centralized, full-service campus** and **private golf facilities**, together with the experience and quality of our golf program are unrivaled, evidenced by the **rankings of the players** and the **prestigious colleges** that they attend.

***Winter camp is a great opportunity to nurture your love of the game and help you get better in all areas of golf development.***





# WORLD CLASS FACILITIES

IJGA offers a *unique* training environment designed for *high-performance* player development in a secured gated community, featuring:

**Championship-Level Golf Course** - Maintained in pristine condition year-round, providing an ideal setting for elite training and competition. Nine-hole golf course with double tees and double greens to provide FSGA rated 18-hole course.

**Multi-Site Practice Areas** - Designed to refine every aspect of the game.

**Cutting-Edge Performance Technology** - Trackman, SwingCatalyst & SAM Putt Lab.

**Fitness Centers** - Both outdoor and indoor facilities with full range of training equipment

**Housing** - Thirty-five townhouses for campers, staff and guests housing.

**Amenities** - Basketball court, swimming pool, beach volleyball court, pickleball and tennis courts,

- |                   |                        |
|-------------------|------------------------|
| 1 ENTRANCE        | 7 EDUCATION CENTER     |
| 2 CATERING CENTER | 8 SWIMMING POOL        |
| 3 IJGA OFFICE     | 9 FITNESS BUBBLE       |
| 4 GOLF OFFICE     | 10 BASKETBALL COURT    |
| 5 MARINA          | 11 TENNIS COURTS       |
| 6 FITNESS BLDG    | 12 PRACTICE FACILITY   |
|                   | 13 BEACH VOLLEYBALL    |
|                   | 14 RECREATIONAL CENTER |

## PRACTICE FACILITY STATIONS

- |                           |                                   |
|---------------------------|-----------------------------------|
| A ZONE 1 - PUTTING GREEN  | G ZONE 3 - RANGE                  |
| B ZONE 2 - PUTTING GREEN  | H ZONE 3 - RANGE                  |
| C ZONE 1 - CHIPPING GREEN | I ZONE 3 - PUTTING/CHIPPING GREEN |
| D ZONE 1 - RANGE          | J ZONE 3 - RANGE                  |
| E ZONE 2 - RANGE          | K PRACTICE HOLE                   |
| F ZONE 2 - CHIPPING GREEN | L SAM PUTT LAB STUDIO             |
|                           | M SWING CATALYST STUDIO           |





# OUR COACHING TEAM

DEFINED BY EXCELLENCE. DRIVEN BY PURPOSE



## Training Philosophy

IJGA adopts an individualist approach to golf development based on each camper's personal goals and aspirations. Analyzing their current start point, then developing habits of good practice and a streamlined focus on results and performance.

Learn more about our Coaches at  
<https://ijga.com/golf-development/coaching-team/>

## Assessment / Blueprint

We assess and evaluate your game through the use of 3D, Trackman, SAM, SwingCatalyst and UpGame to create a precise blueprint for your development. By identifying gaps in key areas, we focus on improving them as efficiently as possible through an accurate plan, motivation, and strong work ethic.

## Athletic Development

Through detailed TPI assessment we focus on corrective exercises to increase strength, flexibility, and endurance, allowing you to generate more power, maintain consistency throughout the round, and reduce the risk of injury.

## Mental Performance

We develop mental skills such as focus, confidence, and resilience, all essential tools for performing under pressure and achieving peak performance.





# TRAINING

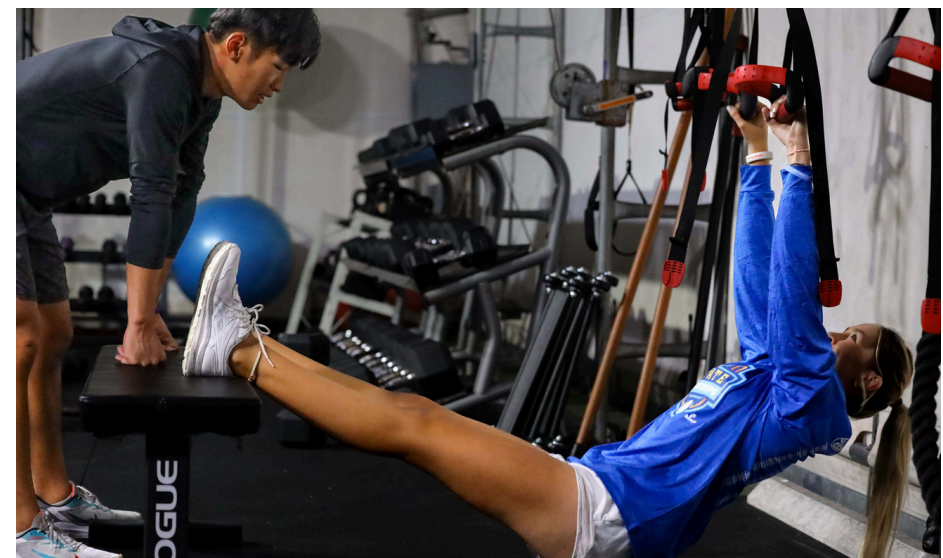
You are unique with your own goals and dreams and your own strengths and weaknesses. We don't want to make everyone swing the club the same way but rather we will get to know you and build a great plan for you that will help you get better when you are here and that you can work on when you leave.

IJGA uses CoachNow to track improvements and updates during winter camp so make sure mom and dad follow your progress and watch all the great moments while you are at camp!

New campers will go through an evaluation to see where you are in all areas of your game and to work on your plan for improvement.

- Elite Program student assessed with Swing Catalyst
- Physical fitness basic functionality
- Mental tools assessment
- On-course evaluation

**IJGA's Coaching Staff boasts an unrivalled combination of experience and success. Not only do we have an outstanding track record in junior golf development, but our coaches have also achieved success with players at all levels of the game. We know what it takes to train Major Winners, USGA Champions, NCAA Champions and AJGA Players of the Year. Most importantly, the coaches at IJGA are passionate about sharing that same knowledge and experience to our students.**





# NOTABLE PLAYERS THAT HAVE TRAINED AT IJGA

*IJGA has established itself as a premier academy at one of the world's best training facilities. IJGA now has an ever growing stable of notable current and former players achieving worldwide success in both the amateurs and pros, a list we can make YOU a part of.*

## Recent Alumni

John Daly II - University of Arkansas  
Jack Turner- University of Florida  
Giovanna Fernandez - University of Arkansas  
Filip Jakubcik- University of Arizona  
Hiroshi Tai - Georgia Tech University  
Gerardo Gomez- University of Arkansas  
Brady Duval- Coastal Carolina University

## Tour Players

Petr Hruby - Korn Ferry Tour  
Sofia Garcia - LPGA Tour  
Hyo Joon Jang - LPGA Tour  
Li Haotong - DP World Tour  
Shanshan Feng - LPGA Tour  
Richy Werenski - PGA Tour  
Pablo Larrazabal - DP World Tour

**IJGA** also hosts multiple national colleges and high school teams who enjoy the quality and convenience of the IJGA campus.

Over the years we have had many different national teams but now restricted to our regulars Denmark, Switzerland and Ireland. Team Ontario and a UK team of high school students also regularly attend and compete in the *IJGT* events hosted on the *Bishops Gate Golf Course*.

“

Receiving my tour card was an overwhelming moment of achievement and excitement. It made me reflect on all the sacrifices my parents made to support my dreams. I couldn't wait to take the next step in my journey towards the LPGA Tour, knowing how far I've come and how much more there is to achieve.

Hyo Joon Jang after securing her LPGA card.





# WINTER CAMP PROGRAM

Our **Winter Camp** is built exclusively around the **Elite Program**, designed for advanced junior golfers who are ready to take their game to the next level. This intensive program provides personalized coaching, cutting-edge training tools, and a competitive environment that mirrors what players face in high-level tournaments. Focused on skill development, performance training, and mental toughness, the **Winter Camp Program** gives juniors the opportunity to sharpen their game during the offseason and prepare for success in the year ahead.

**Feature:** All campers are provided with their own golf cart for ease of movement around campus and golf facilities.



**Dec 14<sup>th</sup> - Mar 7<sup>th</sup>**

## ***\*Sample Training Week\****

Timeline	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM - 7:30 AM	Breakfast					
7:30 AM - 9:00 AM	Full Swing Analysis/ Trackman Combines	Short Game- Chipping	Full Swing- Drivers (Trackman Optimization)	Short Game- Up & Downs/ Skills Testing	Preparation to Play/ Tournament Warm up	Activities
9:00 AM - 10:30 AM	Putting Analysis/SAM PuttLab	Full Swing- Swing Catalyst (1 on 1 session)	Short Game- Bunkers & Lobs	Full Swing- IJGA Drill Cycle (How to Practice)	Putting Challenge Tasks	
10:30 AM - 11:00 AM	Break					
11:30 AM - 12:30 PM	Lunch					
1:00 PM - 1:45 PM	Athletic Development Warm Up	On Course Review of Routines	Athletic Development Warm Up	On Course- Introduction to UpGame	9 Hole Team Tournament	
	On Course Coach Assessment		On Course Challenge Task- Pre & Post shot Routines			
1:45 PM - 3:30 PM		Athletic Development- TPI Assessment	Mental Class	Athletic Development		
3:30 PM- 5:30 PM	Personal Practice/ Afternoon Activities					
6:00 PM - 7:30 Pm	Dinner					
7:00 PM - 10:00 PM	Activities					



# 2025-2026 WINTER CAMP WEEKS

*Any questions regarding Winter Camp don't hesitate to contact us - [info@ijga.com](mailto:info@ijga.com)*

**Multiple week stays are recommended for optimal training benefits.**

- Come for a week, multiple-weeks or the entire winter!

**Campers arrive **Sundays** and depart **Saturdays**.**

**Schedule **Monday** through **Friday**:**

**Early Arrivals and Late Departures cannot be Accommodated.**



**Week 1:** Dec 14-20

**Week 2:** Dec 21-27

**Week 3:** Dec 28 - Jan 3

**Week 4:** Jan 4-10

**Week 5:** Jan 11-17

**Week 6:** Jan 18- 24

**Week 7:** Jan 25-31

**Week 8:** Feb 1-7

**Week 9:** Feb 8-14

**Week 10:** Feb 15-21

**Week 11:** Feb 22-28

**Week 12:** Mar 1-7

**\*\*Highlighted **Green** are weeks for **Single Digit** Handicap Players\*\***



# REGISTER

## ARE YOU READY?

### HOW TO REGISTER

- 1 Registration is easy and fast online at <https://ijga.com/golf-programs/junior-golf-camps/>  
Complete the online registration.
- 2 Email us at [info@ijga.com](mailto:info@ijga.com)
- 3 Call us at +1 (855) 378 8177

**Spaces Limited. Secure Your Spot Today.**

- Boys/Girls: Ages 10 to 19.
- Boarding and non-boarding options available
- All camps held at IJGA Bishops Gate.
- Contact us to see if IJGA is right for you!

----- PRICING PER WEEK -----

----- MULTIPLE WEEK DISCOUNTS -----

### WINTER CAMP

Boarding

**\$3,450**

Non- Boarding

**\$2,850**

\*Airport transportation available from or to Orlando International (MCO): \$175\*



Visit [www.ijga.com](http://www.ijga.com)

Please be aware that a space is not reserved until IJGA has received the registration deposit.









**Winter Camp is fun,** not just because of all the awesome people you will meet from around the world or the fun activity schedule that is nonstop. What makes IJGA camp special is that you will leave with a much better understanding of your game and a clear path to getting better.

**Whether new to the game or aspire to play college golf, the camp training experience at IJGA will give you tools and strategies that you will use for years to come.**

***Golf is a game played on a course, not on a range. IJGA has its own private 18-hole golf experience and 18-hole Par 3 experience, where campers take priority. Allocated your own golf cart, you have free and easy access to all of the golf facilities without the need to book tee-times. Campers are on the course daily to work through strategic performance elements of the game.***

# LOCATION

Located on beautiful Lake Harris in Florida's Lake County, just 45 minutes from Orlando, holiday capitol of the world with its many Theme parks and other attractions.



## THE IJGA TRAINING GROUND

The IJGA training ground is second to none, where various challenging golf course conditions are replicated on the range, providing an environment that builds performance skills. This unique 17-acre training area, provides multiple areas to work on long game and short game, designed to challenge players.

**8** specialized training locations

**165,000** square feet of training tee space

**50,000** square feet of putting & short game greens

**15,000** square feet of bunkers

**4** teeing areas resembling different holes

- Par-4 dogleg left
- Par-4 dogleg right
- A drivable Par-4
- Straight hole to multiple target greens



# CAMPUS LIFE

**Welcome to life at the International Junior Golf Academy!**

## Housing

Students live in a gated community where security is top priority. The campus has a 'home away from home' feeling with campers housed in modern, well-furnished, spacious homes where they room with either one or two others. Each home has a living room, dining room, fully appointed kitchen and laundry room, wireless Internet and satellite TV. Many of the luxury condos have an enclosed patio for relaxation and games.

## Dining

Boarding campers eat at an exclusive on-campus dining facility. We utilize an in-house catering service led by our executive chef and catering team.



## ON-SITE ACTIVITIES

IJGA campers have no shortage of activities. On-site amenities include a basketball court, tennis courts, volleyball court, soccer field, a swimming pool and a game room complete with pool table, ping-pong, PlayStation 4, XBOX One, and an 80-inch HDTV.









# WELCOME TO ORLANDO

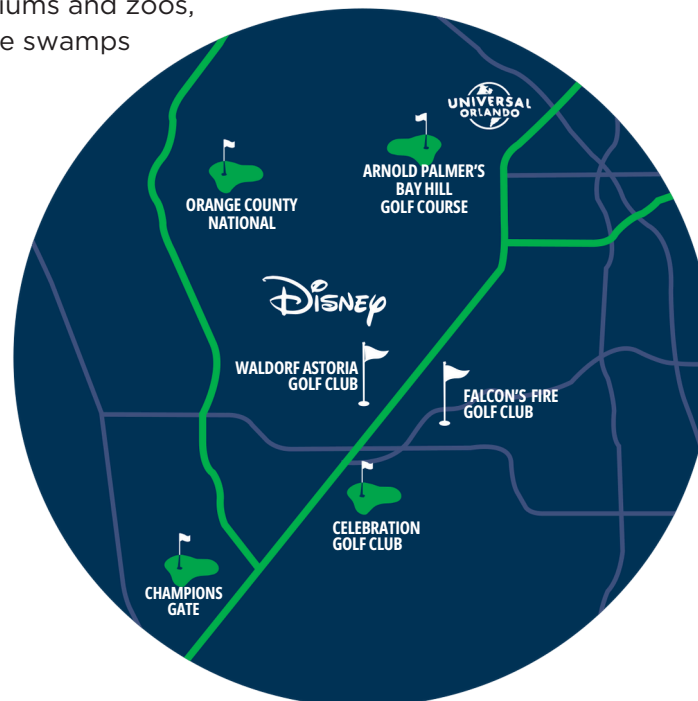
## JOIN THE FUN AT IJGA CAMP

### Orlando

is one of the world's most visited family destinations, and while its illustrious themed attractions may steal the limelight, with a vibrant and well-kept city center and a climate that averages around 75° Fahrenheit (25° Celsius) for 365 days of golf, there is a surprising amount of things to experience here. Welcoming tens- of-millions of visitors per year, both **Disney World** and **Universal Orlando** pack in an entire trip's worth of fun on their own. But it would be a mistake to overlook Orlando's other activities because the rest of 'The City Beautiful' is full of similar family-friendly attractions like waterparks, giant aquariums and zoos, exciting shows, airboat tours around the swamps and plenty of golfing opportunities.

### IJGA winter Activities

- Area Parks
- Bowling
- Movies
- Game Nights
- Disney Springs
- Outlet Malls







INTERNATIONAL JUNIOR GOLF ACADEMY

Please contact us with any questions  
you might have about our programs!

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