Par for the Course

Discard your plus fours and leave those expensive clubs at home because Tri Golf is coming to a school near you. No golf course required!

Ben Knight, one of Chartham Park Golf Club’s pros, visits a number of schools in the Mid Sussex area teaching Tri Golf from years 1 – 6; the emphasis very much being on motor skill development, enjoyment and making sessions as accessible as possible.

Ben says there are a lot of misconceptions around what Tri Golf actually looks like in practice. Having watched one of the after school sessions at St Peter’s Catholic Primary School in East Grinstead, it certainly doesn’t resemble golf as we know it.

A typical Tri Golf session centres on multi skills activities designed to help develop fundamental movement skills. The session at St Peter’s, for example, challenged the children to learn how to strike a ball a variety of distances, requiring the application of different levels of power.

One of the many benefits of Tri Golf is that not only can it be played outside on the field or playground; it can also be transferred indoors and requires limited space. Great for the winter months!

As Ben’s involvement in the Mid Sussex schools demonstrates, Tri Golf can also help your school develop an excellent relationship with a local club. These pathways are vital in giving children the opportunity to continue playing sport outside of school.

If you want to run Tri Golf sessions in your school, contact your School Sports Partnership or, if you do not belong to a School Sports Partnership, contact Leon Carter (lcarter@activesussex.org).

To find out more about how to run a two hour teacher course in your school, find your local HSBC Golf Roots Centre or purchase Tri Golf equipment, visit http://www.golf-foundation.org/page.asp?section=39&sectionTitle=Tri%2DGolf+Overview or contact Andy Wright, Golf Foundation South East Region Development officer on andy.w@golf-foundation.org