



CAMIRAL

GOLF & WELLNESS



JUNIOR ELITE GOLF CAMP

High performance camp at Camiral Golf & Wellness. For juniors aged 12-18 with a maximum handicap of 15.

5-day programme

- Review of material
- Analysis of fitness level
- Analysis of technical level
- Personalised training programme
- Game strategy instruction
- Competition preparation
- Statistics tracking
- Review of the rules of the game

Dates

10 to 14 July 2023

Price

€650 per week

(-10 % members and residents)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-10am	Welcome	Gym	Gym	Gym	Competition
10-11am	Long Game	Putt	Long Game	Long Game	Competition
11-12am	Short Game	Long Game	Short Game	Short Game	Competition
12-1pm	Putt	Short Game	Putt	Putt	Competition
1-2pm	Pool	Pool	Pool	Pool	Competition
2-3pm	Lunch	Lunch	Lunch	Lunch	Farewell
3-5pm	18 Holes	18 Holes	18 Holes	18 Holes	