



## SADDLEBROOK PREPARATORY SCHOOL: *A Golf & Tennis Prep School*

Committed student-athletes master their game while completing a fully accredited college prep program. The school combines a rigorous daily regimen of scholastics (grades 2-12) with 5 hours of concentrated golf or tennis and fitness instruction.

The objective of Saddlebrook Preparatory School is to develop the talents of each student to reach his or her maximum potential - as an athlete, a scholar, and an individual. The result of these efforts is a well-rounded, mature athlete prepared to meet the challenges of life.

Call 1-800-729-8383 ext. 4500 for more information or visit our web site at [www.saddlebrookprep.com](http://www.saddlebrookprep.com).



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[www.saddlebrookresort.com](http://www.saddlebrookresort.com)

## 2007 JUNIOR GOLF PROGRAMS

SADDLEBROOK RESORT ♦ TAMPA



## JUNIOR CAMP

Juniors thrive at Saddlebrook. We teach all of Mr. Palmer's techniques in a fun, inspiring learning atmosphere. Each day is filled with fundamentals, practice, and play, designed with the junior golfer in mind. Juniors take advantage of our six night, full five-day program – from mastering fundamentals to scoring zone, practice like a pro and course strategy. And, just like adults, we work with each player's current skills, encouraging each to improve within his or her own game. Our junior program includes a variety of evening social and recreational activities. Educational options available at Saddlebrook Preparatory School.

### *Package Includes:*

6 nights supervised, shared accommodations in dedicated camp housing ♦ Breakfast, lunch and dinner daily ♦ 5 days golf instruction including daily on-course play ♦ Maximum 5:1 student/teacher ratio ♦ Video swing analysis ♦ Nightly club cleaning and storage ♦ Golf gift set ♦ Round trip transfers from Tampa International Airport *(provided by private shuttle service)*

### *Program Cost:*

Jan. 17 - May 23, 2007 • Sept. 30 - Dec. 31, 2007.....\$1465  
 May 24 - September 29, 2007.....\$1165



## A DAY IN THE LIFE OF AN APGA JUNIOR CAMPER

- 6:30 am Breakfast Buffet**
- 8:00am Morning Session**  
 At the Academy Learning Center specific areas of instruction, including Full Swing Fundamentals, Short Game Scoring Zone, Mental Approach to Golf, and Practice Like a Pro are explored. Computerized video analysis.
- 11:30am Lunch Buffet**
- 12:30pm Afternoon Session**  
 Play 9-holes with the instructor on one of the resort's two Arnold Palmer signature courses. Daily on-course lessons and reinforcement of teachings bring the training together.
- 5:00pm Dinner Buffet**
- 6:30pm Activity**  
 Each night a supervised activity is planned for the Juniors, including a night at the movies, a trip to the mall, or an evening of go-carting or bowling.
- 9:00pm Bed Check**
- 10:00pm Lights Out**

## GOLF ACADEMY NOTABLES

### Young A Yang -

*LPGA Tour; 59th on 2006 money list; Class of '98*

- In 2003, best finish of her rookie season was a tie for sixth at the McDonald's LPGA Championship Presented by AIG; carded a career-low 64 during the second round of the Wendy's Championship for Children at Tartan Fields, where she tied for 24th
- In May 2002, turned professional; tied for 21st at the LPGA Final Qualifying Tournament to earn exempt status for the 2003 season

### Paula Marti -

*LPGA Tour; 118th on the 2005 money list; Class of '99*

- In 2003, best finish tied for 12th at the Weetabix Women's British Open
- In 2002, won the Australian LPGA Tournament of Champions; won the LET Order of Merit; tied for second at the Weetabix Women's British Open, an LPGA major championship, following four-straight rounds in the 60's; was a member of the European Solheim Cup Team; tied for 31st at the LPGA Final Qualifying Tournament to earn non-exempt status for the 2003 season
- In 2001, won twice on the LET: La Perla Italian Open and the Kellogg's All Bran Ladies British Masters presented by the Daily Telegraph
- In September 2000, turned professional

### Martin Ureta -

*2002 Florida State Champion; Univ. of North Carolina; Class of '03*

- 2006 North Carolina All-ACC honors
- Finished as runner-up at the 2005 US Amateur Public Links Champions
- Honorable mention All-America for the Tar Heels last season
- Won 2004 North/South Amateur

### Kelly Froelich -

*University of Georgia; Graduate: May 2006*

- 2004-05 Season 2005 Honorable Mention All-American
- 2003, 2004, 2005 All-SEC
- 2003 French Junior Girls Amateur Champion
- Named honorable mention All-America by the NCAA



## ETCHEBERRY SPORTS PERFORMANCE

*Whatever your sport - get the Etcheberry edge!*

Now there's a place where personalized training with one of the world's leading fitness experts combines with the amenities of a premier resort: the Etcheberry Sports Performance Division of Saddlebrook Resort.

Our array of training programs was developed by Pat Etcheberry, who is counted among the world's top strength and conditioning trainers. Designed for individual athletes and teams, including professionals and amateurs at every performance level. These programs offer a wide range of benefits, including:

- ◆ Increased strength
- ◆ Greater flexibility
- ◆ Improved agility
- ◆ Enhanced coordination, movement and speed
- ◆ Reconditioning and maintenance during down time
- ◆ Rehabilitation after injury

Choose the program that best matches your specific needs and performance goals. All programs are individualized based on the participant's age, sport, position, history of injury and present skill level. In addition, programs can be tailored to fit your personal schedule of competition.



## FREQUENTLY ASKED QUESTIONS

### *Who will my roommates be?*

Saddlebrook attracts juniors from all over the world. Juniors are housed in dedicated camp housing that can accommodate up to 8 occupants. In most cases we can accommodate your request for a particular roommate. Please, however, do not request a certain type of nationality.

### *What is the dress code?*

Collared shirts, walking shorts, slacks are acceptable. Shoes must be soft spiked.

### *Do I need to do laundry?*

All campers should have the ability to do their own laundry.

### *How much spending money is needed?*

Nighttime activities including trips to the local malls, movies, bowling, etc. Plan on bringing approximately \$150.00 for one week stay. *(Cash advances are not available at Saddlebrook Resort. However, Gift Cards - same as cash - are available for purchase.)*

You may keep your cash in a safe either at the Front Desk or in the Saddlebrook Tennis Office safe. Do not keep cash in your room.

### *What do I need to pack?*

Sports equipment: golf clubs, golf shoes, hat, sunscreen, swim suit, casual wear for off-property trips, any prescription medications.

Do not bring computers, electronics equipment or stereos.

### *Will I be grouped in the training program by ability level?*

**Golf Campers** are grouped by age and ability level.

The golf program consists of 7 hours of training daily and includes instruction on both the golf course and at the Arnold Palmer Golf Academy Learning Center. Students will carry their bag and walk the course.

The student/pro ratio is 5:1 for golf.

### *Is there supervision?*

Chaperones are on duty regularly and very young campers are usually placed either in the same room as a counselor or in the same cluster with 24-hour security.

### *When should I plan to arrive and depart?*

Plan to arrive early afternoon on Sunday (orientation at 4 pm) and depart on Saturday (check out is at noon).

