



INTERNATIONAL JUNIOR GOLF ACADEMY

LIFESTYLE PROGRAM

A Unique Boarding School Experience

The Lifestyle Program allows students to pursue multiple sports by professional coaches skilled in developing junior athletes.

We understand the journey to finding your passion. For some sports it takes time. Too often, young student-athletes are pressured to choose and achieve too early. We allow young athletes time to grow. We encourage them to ease into the decision-making process of choosing a single sport.

We help them build on fundamentals and give them a solid foundation of mental and physical preparation that will ultimately help them mature and become the athlete and student they always knew they could be.

The right instruction by certified top tennis and golf coaches is imperative to train children to love the sport and guide them to find their preferred sport in which to specialize in their high school years.

The benefit of the Lifestyle Program is attending Heritage Academy – a top academic school, as a commuter or living on campus at IJGA, allows you the freedom to participate in other activities and sports based on your goals, aspirations and interests.

The Lifestyle Program incorporates more than just basic coaching and sport-specific skills into every athlete’s training program.

Daily schedule includes:

- Performance (Fitness) Training
- Mental Skills Training
- Character/Leadership
- College Placement



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Find out more at IJGA.com, call 843.686.1500 or email: info@ijga.com

