



ELITE JUNIOR PROGRAM

DOSSIER 2021/22

 **BARCELONA**
GOLF ACADEMY



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WWW.BARCELONAGOLFACADEMY.COM

01 “BARCELONA GOLF ACADEMY”



CARLOS VIVAS

“

“With my passion and vitality for golf, I really enjoy helping my junior players progress in their game and accompanying them as they go through different stages in top competition.”



CEO & HEAD COACH

Founder of the Barcelona Golf Academy, professional player and golf coach during more than 20 years, member of the Board of Directors of the PGA of Spain.

- Barcelona Golf Academy offers programs at national and international level, specializing in high-performance training for junior-age golfers, similar to the Tour professionals.
- Developing continuously, he draws on numerous national and international seminars and clinics with gurus such as Dr Robert Neal, Phil Kenyon, Mark Sweeney, Greg Rose, Andy Plumer, David Phillips, Enrique Navarro, David Pastor, Dr Sasho McKenzie and Dr Kwon, among others.
- His team is certified and titled in multiple teaching methods and technologies, including Golf BioDynamics, TPI Certified, TPI Golf Instructor, TPI Junior Coach, AimPoint, Stack & Tilt, Trackman, BodyTrack and Edel among others.

STAFF



CARLOS VIVAS | CEO & Head Coach AAA Instructor

Professional player and golf coach since 1999, PGAAA instructor, expert in swing, putting and short game analysis. He was caddie for Paula Martí, former No 1 in the Ladies European Tour ranking. Professionals from the European Tour, the Challenge Tour, the LPGA Tour, the Ladies European Tour and the LET Access Series have worked with him, as well as different Spanish champions.



Dr. ROBERT NEAL | Golf BioDynamics Coach

Advisory Staff of the BGA. World renowned biomechanical scientist and expert in 3D analysis. Creator of the Golf BioDynamics swing analysis system, the best technology based on biomechanics that allows the development of specific and personalized training programs according to the characteristics of each golfer.



DAVID GUARCH | Golf Instructor

Coordinator of the base school of the BGA. Member of the PGAs of Europe and the PGA of Spain. PGAAA Instructor and Level 2 Sports Technician. He has been director of the Santa Clara Golf School, in Marbella (Málaga), for more than five years.



SOPHIE ROUSSEAU | Mental Coach

Mental Coach of the BGA, expert in Mental Coaching for athletes and focused on achieving sporting success. With a degree from the Paris-Sorbonne University. Trained at the European Coaching Institute. Certified by ASESOC (Spanish Coaching Association). Certified by ICF (International Coach Federation).



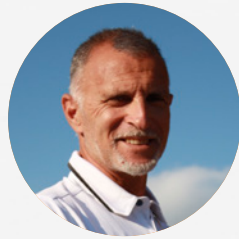
XAVIER LINDE | Physiotherapist

Physiotherapist of the first team of Fútbol Club Barcelona and the BGA. Diploma in Physiotherapy from the University of Vic. Graduate in Physical Activity and Sports Sciences from the University of Barcelona. Master in High Sports Performance from the Spanish Olympic Committee (COE). Director of Invisible Training, a center of physiotherapy and sports rehabilitation.



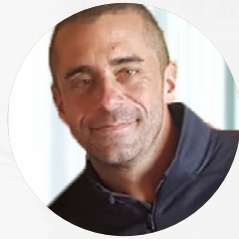
NURIA FERNÁNDEZ | Nutritional Coach

Nutritional Coach of the BGA. Graduated in Human and Dietetic Nutrition from the Blanquerna Faculty of Health Sciences, at Ramón Llull University. Postgraduate in Nutrition in Physical Activity and High Performance Sports. Technical nutritional advisor for athletes and nutritional advisor for Invisible Training.



ANTONIO CORGOS | Fitness Head Coach

Director of fitness and physical trainer of the BGA, with a degree from INEF. National coach in the CAR of Sant Cugat. Elite athlete for 17 years, long jump finalist in three Olympic Games and former European and Spanish record holder (8.23m). Fitness trainer of professional golf since 1997, certified TPI Level 1 and Fitness Level 2.



JOB SUGRAÑES | Game Strategy

Professional golfer since 2002, golf coach and instructor of the BGA, expert in game strategy. He combines teaching with being caddie on the Tour, having worked for Eduardo de la Riva, Andrea Pavan, Pablo Martín, Adri Arnaus and Matteo Manassero, with whom he attended the Olympic Games of Rio 2016.



SERGI SAURA | Physical Trainer

Physical trainer with a degree from INEF. Master in high performance and sports technification. Specialized in physical preparation for golfers. Founder of Planificat, a fitness service through personal training and personalized workout programs, and specific planning for individual sports.



ALMUDENA UCILLOS | Administration

Administration manager of the BGA. Six years of experience in Santa Clara Golf, in Marbella (Málaga). Women's Spanish Individual Champion of 3rd and 4th Category 2015.



ALBERT ESCOFET | Marketing

Founder of All Play Sport Marketing, company dedicated to organizing sports events, the activation of sponsoring and sports consulting, specialized in padel, tennis and golf. Responsible for managing the marketing and promoting the BGA.

THE BOX

The Box is the High Performance Golf Lab of the BGA. It is located in the driving range of the Club de Golf Barcelona and is our main training center, where advanced technologies such as Golf BioDynamics, BodiTrack, Trackman, the fittings with Cobra Golf and Edel, etc. are centralized to develop the most complete analysis possible in golf.

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Club Fitting

With the latest technology on the market, we carry out frequent examinations of our pupils' golf bags.



Gappings

Analysis of the performance of golf clubs, personalized for each pupil with control of their distances and ball flight.



Loft & Lie

We have the necessary tools to adjust the loft & lie of the pupils' golf clubs according to their feelings, in order to get the maximum performance from them.



METHODOLOGY & TECHNOLOGY

The methodology of the Barcelona Golf Academy program covers all stages of the training process, starting with the preparatory or accumulation phase of training; the transformation or transfer phase with specific training for each player; and the performance or competitive phase, with training for the competition. For this we use different platforms.

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One of our platforms is Gamyplan, which we assign to the younger pupils. It works as a golf lesson planning system with which we create better training sessions, better communication and better results with the young players.

02

For the high-performing juniors and professionals we have another methodology, defined according to some initial tests, information analysis, individualized training, and periodical evaluation controls.

03



GOLF METRICS

For the statistical analysis of high-performing juniors we use GolfMetrics, created by Mark Brodie, a mathematician from Columbia University and founder of Strokes Gain, with data such as the PGA Tour and European Tour pros.

04



CERTIFIED

With Titleist Performance Institute programs (TPI at all levels, Junior 2 and 3, and Golf Coach 2), we combine the latest in technology, technique, instruction and physical preparation, in order to reach the maximum physical performance in golf.

METHODOLOGY & TECHNOLOGY

05



As Edel's official fitter, we put putters and wedges within the reach of players with the meticulous fitting system of this exclusive brand, played by several Tour pros, which finds the ideal configuration for each player.

06



We are an AimPoint Certified Center, expert system in green reading, and with AimPoint Express we learn that putting is predictable, as it offers efficient and reliable ways to determine the direction and the break of the putt.

07



We have the Golf BioDynamics 3D certification for golf coaching exclusively in Spain, an expert system in golf swing biomechanics that recommends the most appropriate training programs at any time.

08



Stack & Tilt is a different teaching method that we consider for its focus on geometry. It profoundly analyses the swing and facilitates the pupil's understanding of the swing to make it more consistent, in a quick and easy way.

09



Power, swing mechanics, short game, putting, shot shaping, etc. There are many factors that we work with the Bodi-Track mat, which analyzes the pressure of the feet in contact with the ground throughout the entire swing.

10



V1 Sports is another advanced methodology that allows us to record the swing at 240 FPS, to import the video from the camera to the computer, play it in slow motion or frame by frame, and draw tools to measure and highlight the movement.

11



We have the advance Trackman 4 and FlighScope launch monitors to collect the impact parameters and the flight of the golf ball, which we use to check the evolution and progress of the pupils.

12



The interpretation of data from Trackman 4 and FlighScope allow us to carry out fittings, check the gapping, and advise on the configuration of the pupils' golf bags.

MISSION BARCELONA GOLF ACADEMY

From the Elite Junior program of Barcelona Golf Academy, we offer you a high-performance plan which is unique in Spain. While similar programs exist, our academic and sports training project is distinguished by combining studies that aim for a good university career with sports training aimed towards professional golf.



Create good golf players

Our goal is to train academically competitive individuals, and at the same time train athletes who play golf, with the necessary skills to succeed at the highest level.



Excellent Academic Education

We make it possible thanks to our exclusive agreement with Agora International School Barcelona, and our magnificent facilities at the Club de Golf Barcelona, adapted to elite athletes.



Offering the most advanced technology

Juniors from any part of the world can come to Barcelona to put themselves in the hands of our multidisciplinary team of expert coaches, who use the most advanced technologies in golf instruction.



Guide the future of our students

Here the players can meet their training expectations as students on their way to the University, the American or the local University program, if that is what they are looking for, with an eye on a successful future as a professional golfer.

Our own System

This program is configured in four well-differentiated parts: technical preparation, strategic preparation, mental preparation and physical preparation, all in equal parts.



High level tuition

Our methodology addresses all aspects of the preparation of golfers who aspire to play in high competition, focused on their training as a person and as an athlete, with the stimulation of the championships in their category.



Personalized plan

In the program we establish a specific training plan for each golfer, with daily supervision by the Head Coach and the other team members.



360° Golf

In addition, we employ recognized methods and technologies, covering each of the aspects of golf: long game, short game, course game, golf clubs, fitness, mental game, etc.



PHILOSOPHY BARCELONA GOLF ACADEMY

In Barcelona Golf Academy we consider that golf training is like that of any other sport, bearing in mind the objectives and the qualities of each player. The philosophy of our multidisciplinary team is based on forming individuals who are athlete golfers, through the development of a complete program.

TESTIMONIALS

(PRESS)

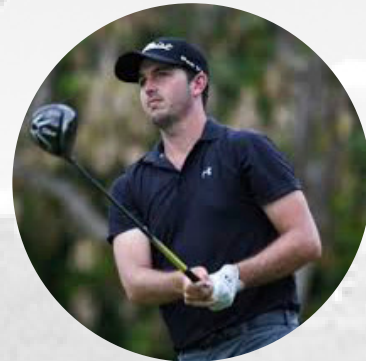


“

Carlos Vivas, a Spanish guru to reach The Open in three months”

“Carlos Vivas welcomed Ryan McCarthy at his academy in Barcelona. Three months later, the Tasmanian player was competing in The Open... Carlos was walking happily through the fairways of Royal Birkdale on Tuesday alongside former world No 1 Jason Day, the latest PGA Tour winner Bryson DeChambeau, and the other great protagonist of this story, Ryan McCarthy.”

HUGO COSTA
El Mundo



“

The incredible story of Ryan McCarthy”

“Carlos Vivas has traveled to royal Birkdale to make his debut as coach for a player of The Open, accompanying and helping Ryan McCarthy, who will fulfill the dream of playing the oldest and most prestigious Major on the world golf scenario.”

MIGUEL ÁNGEL BUIL
MYGOLFWAY.COM

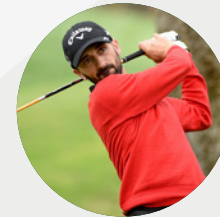
(PROS)



“

I had a great experience working with Carlos. He is a very hard worker, and is always willing to learn. He's passionate about the game and a great caddy too!!!”

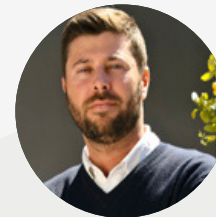
PAULA MARTÍ
LET Ex-No 1 and ex LPGA former player



“

Carlos is fully involved and committed to the work he is doing. You really notice your improvement thanks to all his knowledge. It was a great experience to work with him and Golf BioDynamics. He has definitely been a great help to better my game.”

XAVIER GUZMÁN
2013 & 2015 Professional Spanish Champion



“

Carlos Vivas is one of the best coaches I know and certainly one of the best in Spain. He has trained with, and surrounded himself by the best coaches in the world. I personally recommend his international program, as it is one of the best in the world.”

JOSÉ VICENTE PÉREZ
PGA of Spain Education Director



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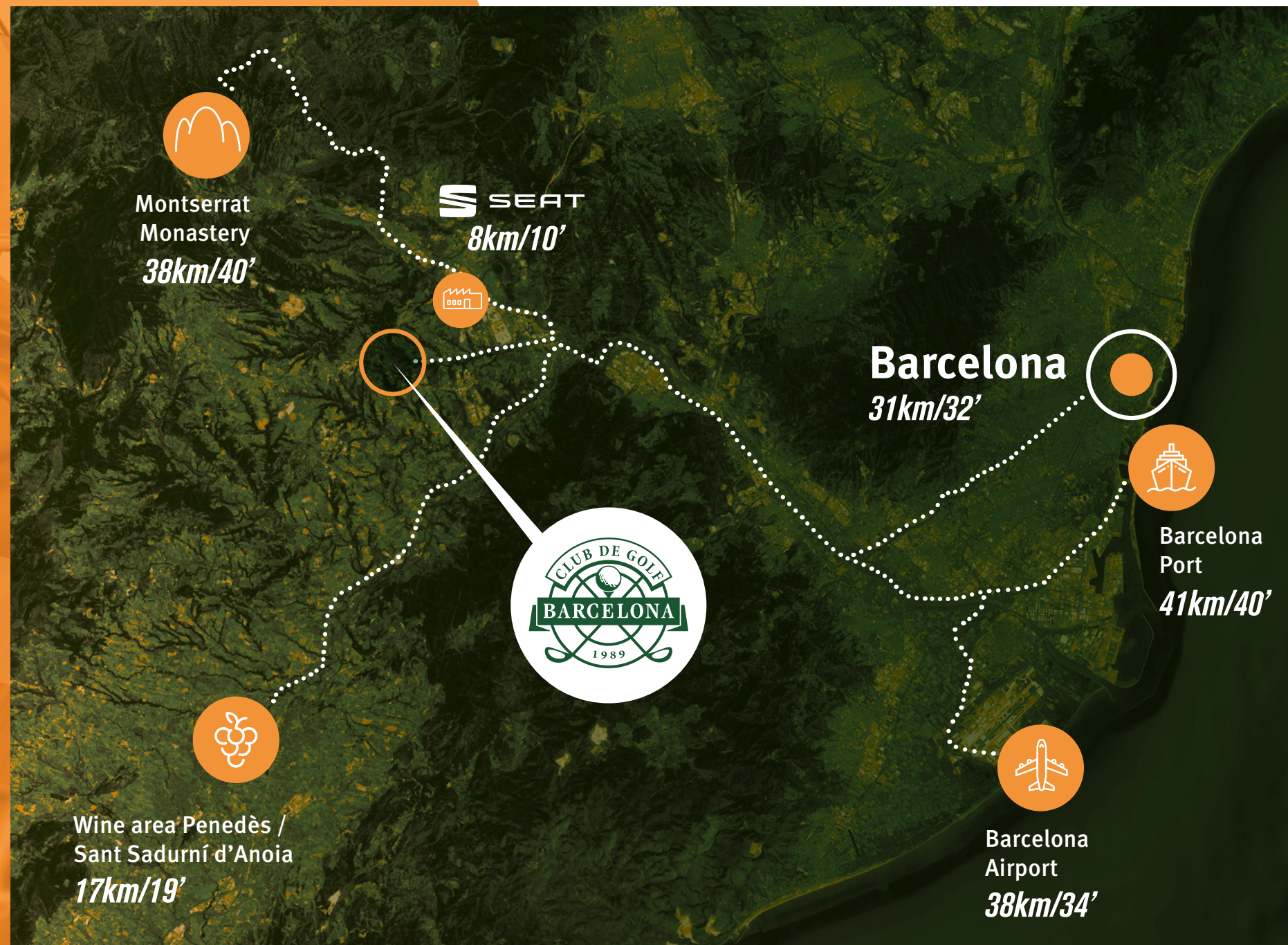
Carlos is a friend and a great coach. He has been trained, and still continues to be trained, on all those areas that influence a player's performance, so that he can provide a holistic service to his pupils. Working with Carlos and his team is a guarantee to success.”

JESÚS RODRÍGUEZ
Gamyplan Founder

02

LOCATION

The Club de Golf Barcelona is connected to the city of Barcelona and to the main infrastructures via the A-2 and the AP-7 motorways. Around the club, within a radius of 30 minutes by car, there are places of interest for cultural visits and / or corporate activities.



FACILITIES

The venue of Barcelona Golf Academy is located at the Club de Golf Barcelona, in Sant Esteve de Sesrovires, just 27 kilometers from the city, and at a short distance from Agora International School Barcelona, both with easy access by road from the city of Barcelona and El Prat Airport. Thanks to the club's continued investments, we have two golf courses in excellent condition, an updated driving range, a new restaurant and a fully equipped gym, as well a swimming pool, a sports court, pro shop, conference rooms and parking.



CLUBHOUSE

Modern clubhouse of 6,000 square meters with three floors and a magnificent sport, social and family ambience. Here you will find the BGA head office, the new OAK Restaurant, the meeting rooms, the pro shop, the locker rooms and the new club gym.

GYM

The gym of Club de Golf Barcelona, created in 2020, is specially designed for golfers. With a space of 200 square meters, it includes a fitness room with specific machinery to exercise the swing, and a practice range where you can train indoors.



DRIVING RANGE

The ample driving range of the Club de Golf Barcelona has an area covered by a marquee and an open area with a practice tee line next to 'The Box', the modern station for the exclusive use of BGA pupils. It also has putting green, approach and bunker areas.



RESORT

The Club de Golf Barcelona is located in an area where synergies are shared with other companies that provide services to the club members and visitors.



MASIA COURSE



The 18 hole Championship Masía course is an important challenge for both professional and amateur players, with a layout of significant unevenness, narrow fairways and large greens.

CHARACTERISTICS

- **Designer:** José María Olazábal
- **Holes:** 18 holes Championship
- **Distances:**
 - Black:** 6.253 meters
 - White:** 6.184 meters
 - Yellow:** 5.799 meters
 - Blue:** 5.383 meters
 - Red:** 5.077 meters
 - Pink:** 4.298 meters
- **Par:** 72



EXECUTIVE COURSE



The 9 hole par 32 course, approved by the FCG as an official course, is ideal for players who make the Pitch & Putt jump to a large course and for people who want to play a course in less than 2 hours using the entire set of golf clubs.

CHARACTERISTICS

- **Designer:** José María Olazábal
- **Holes:** 9 holes
- **Distances:**
 - Yellow:** 1.776 meters
 - Red:** 1.572 meters
- **Par:** 32



HISTORY

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The Club de Golf Barcelona was inaugurated in 1989 under the name of “Club de Golf Masía Bach” and has all the advantages for its visitors to enjoy two courses approved by the RFEG and designed by the popular professional player José María Olazábal, in addition to a very complete driving range with capacity for 120 golfers.

The club has first class facilities, including a clubhouse with more than 6,000 square meters where most services are situated, such as the pro-shop, locker rooms, restaurant, coffee bar, meeting rooms and gym. We also have an outdoor Summer pool, a padel court and a large parking.

We invite you to visit the Club de Golf Barcelona and enjoy the magnificent surroundings and its sporty, social and family atmosphere.

MR. SANTIAGO ROSELL
President of Club de Golf Barcelona



DESIGNED BY:
**TXEMA
OLAZÁBAL**



**THE MASTERS OF
AUGUSTA WINNER
(1994 & 1999)**



03

“ELITE JUNIOR PROGRAM”

 **BARCELONA**
GOLF ACADEMY



 **BARCELONA**
GOLF ACADEMY

GLOBAL PROGRAM

AIMED AT GOLFERS WITH AMBITION

The Elite Junior Program is designed for ambitious youth golfers, in which they can perfectly combine their studies in a high-level school and their golf trainings and competitions, whatever their category. Regarding their physical preparation, our program pursues comprehensive training of the athlete, taking care of health control, injury prevention, fitness goals at high performance, training under physical and mental pressure, and seeking the best results through effort.



ELITE AGENDA 2021-2022

The weekly agenda is focused on students being able to perfectly develop their academic year at school, with the coordination and flexibility to carry out their daily golf training, in addition to being able to attend tournaments of one, two, three or four rounds without missing classes.

- Our annual training plan allows us to monitor the fitness of our pupils and program their specific preparation by cycles, matching the peak performance with the main events of the year.
- Our elite golfer improvement system consists of a register of the player's daily practice, which collects the performance with all golf clubs by category, exercises by technical grade and average volume of shots.
- The program also includes a monthly session with the BGA's Mental Coach, as well as nutritional counseling once during every term.

MONDAYS

- (9:00 - 17:00) School

TUESDAYS

- (9:00 - 13:15) School
- (13:50 - 14:15) Lunch
- (14:30 - 19:30) Training

WEDNESDAYS

- (9:00 - 13:15) School
- (13:50 - 14:15) Lunch
- (14:30 - 19:30) Training

THURSDAYS

- (9:00 - 13:15) School
- (13:50 - 14:15) Lunch
- (14:30 - 19:30) Training

FRIDAYS

- (9:00 - 13:15) School
- (13:50 - 14:15) Lunch
- (14:30 - 19:30) Training

SATURDAYS

- (10:30 - 13:00) Training
- (13:00 - 14:30) Lunch
- (14:30 - 17:30) Training

SUNDAYS

- Junior Golf Tour or rest

ELITE JUNIOR PROGRAM 2021-2022

The Elite Junior Program offers students great comfort at the Club de Golf Barcelona facilities and all the services included in the Barcelona Golf Academy.

INCLUDED SERVICES:



Membership in the Club de Golf Barcelona during the program



Free balls during the golf program



Academic year at Agora International School Barcelona



Summer: 88 hours (monthly) of golf instruction + 16 hours of fitness (Winter: 76 hours of golf + 28 hours fitness)



4.5 hours of gym per week



Mental sports coach



Personalized nutritional plan



Statistical software



II Junior Golf Tour



Transfers from the airport to the golf course



Access to the pool and gym in the Summer



Academy's merchandising (T-Shirt, sweatshirt and jacket)

ÁGORA INTERNATIONAL SCHOOL

AN INTERNATIONAL SCHOOL INSIDE
A GLOBAL GROUP - GLOBEDUCATE

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Agora Barcelona is located within the Golf Barcelona resort, just 1 minute by car from the school to the golf club's driving range.



Golbeducate Schools

Within the top 5 of the world's best education groups, it has more than 50 schools in 9 countries and a community of 1,800 teachers and 18,000 students.

Sports Program

The tailored programs allow the students to combine their studies and training at the Barcelona Golf Academy. A sports program coordinator will be in charge of designing the annual calendar based on the needs of each student.

AGORA SAT USA

ROAD TO USA

.....

Scholarship search service
in American Colleges



Agora International School is an authorized center for taking the SAT entrance exams to the different American Universities. If the student is interested in continuing his or her academic studies in the United States, Agora has both a network of Universities and a program to guide the pupil at all times in order to gain the access in the best conditions.





ACCOMMODATION

From the Barcelona Golf Academy we offer pupils the possibility of living the experience of staying with a family whose hosts share the same school and love for golf.

We also offer the possibility of staying in an athlete's residence near Barcelona.



BARCELONA

Living in Barcelona or its surroundings is a unique experience.



WEEKENDS

Program with trainings, competitions and other activities of quality leisure for the students.



EVENTS

The Elite Junior players can play in 6 local tournaments in the best golf courses in the Barcelona area, and can also optionally compete in other events that are organized at Spanish level and score for the World Amateur Golf Ranking.

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Alisa Khokhlova at the end of the round when she became Catalonia Champion 2020, a scoring event for the WAGR.



Federació Catalana Golf

The players with a license from the Federació Catalana de Golf may participate in regional tournaments, Catalan events being in the most prestigious in Spain.



Real Federación Española Golf

The RFEG organizes national and international official events for both Junior and Absolute categories.



World Amateur Golf Ranking

Spain hosts different events belonging to the World Amateur Tour (WAGR), and the "Barcelona International Amateur Open" is organized at the Club de Golf Barcelona, scoring for the World Ranking in both the Under-18 and Absolute categories.

ATHLETES

In the program, we prepare our pupils to do their best to achieve their goals, whether they seek a professional golf career or a place in the best American universities.

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COBRA GOLF



Cobra Golf is partner of the Barcelona Golf Academy. Through its latest generation golf equipment we do fitting sessions in our "The Box" to adjust the golf clubs to our players.



Nina Rossi
BRAZIL



Maxim Danilin
RUSSIA



Alisa Khokhlova
RUSSIA

JOIN THE PROGRAM

Now is the time to be part of our Elite Junior Program. We will guide you through the entire academy and accommodation process if you wish.

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HOW DO WE DO IT?

1



We schedule a phone or video call appointment.

2



We visit the academy, club and school facilities with you.

3



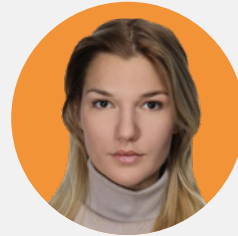
We process all the documents so that you can start the program at the Barcelona Golf Academy.

CONTACT



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CEO & Head Coach

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***THANK
YOU!***

 **BARCELONA**
GOLF ACADEMY