

## Welcome!

**An introduction to the wide set of skills juniors need to be great performers on the course, access all your possibilities, and enjoy the journey towards excellence. BE a Player!**

This 4-session remote training program will give you the foundation of the Human Skills of the Game and teach you what to do before, during, and after a shot. You will be introduced to a wide set of additional skills that are necessary to reach your goals and access your potential. You will learn to be aware of what makes you uniquely great as a player. You can participate in this training on your own, with your coach, or as part of a team training together. Continually training these exercises over a long period of time is the best way to make them part of your game.

This innovative, multi-platform, online training program is being brought to you – anywhere in the world – through the *CoachNow* app / website. The VISION54 principles are delivered using digital instruction, audio and video instruction, and actionable practice assignments since we know it's by doing and exploring that these skills come alive. You train at your own pace through each session's assignments with no schedule or live sessions.

To learn more, visit  
[VISION54.com](https://VISION54.com)

**Questions?**  
InTouch@[VISION54.com](mailto:InTouch@VISION54.com)



### ► Tips:

Set reminders in *CoachNow* to be alerted to new posts.

### How it works:

1. Create an account on the *CoachNow* platform (as an “athlete” for ongoing free access), either through the website ([CoachNow.io](https://CoachNow.io)) or the app (iOS or Android) using the same email you used to signup for the training program. Once signed in, you can access the information on any of your digital devices and computer.
2. You'll receive an email notification that you've been added to the group: ***Junior54 Start Training Program***. You can start right away.
3. Read the ***Junior54 Start Training Welcome*** doc in the General channel then start with the first session when you're ready to begin.
4. Each channel includes the training PDF, audios and videos for that session's topics. You can plan on approximately 1-2 hours a session, in one or several learning sessions, to go through the training with an additional 4-6 hours per session of actionable exercises to do immediately or at a later time.
5. After the training period, you'll continue to have access to the training materials on *CoachNow* for six months. Make sure to download all the PDFs.