

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 12-session remote training program will give you the foundation of the Human Skills of the Game and teach you what to do before, during, after, and in between shots. You will be introduced to a wide set of additional skills that are necessary to reach your goals and access your potential. 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. The training is spread out over a longer timeframe for better absorption and effective integration.

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. VISION54 coaches will offer support throughout the training program and you're encouraged to interact with the other players in the group.

This training program consists of twelve sessions. Competence is achieved by completing the course sessions in order.

How it works:

1. Create an account on the *CoachNow* platform (as an “athlete” for ongoing free access), either through the website (*CoachNow.io*) or the app (iOS or Android) using the same email you used to purchase 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 two groups: **Junior54 Training Program** and **Junior54 Q&A**. You can start right away.
3. Read the **Junior54 Training Welcome** doc in the General channel then start with the first session when you're ready to begin.
4. Answer the summary questions for the session, then post questions or comments in the separate **Junior54 Q&A** group on *CoachNow*. VISION54 coaches will comment / answer your questions regularly.
5. 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. You can post questions / comments anytime.
6. 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.

To learn more, visit
VISION54.com

Questions?
InTouch@VISION54.com



► Tips:

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