



MAYBANK - MGA NATIONAL JUNIOR GOLF CAMP PROGRAM OF EVENTS



⊕ Day One (21st Nov. 09 – Saturday)

11:30 am - 2:40 pm	Arrival of Participants, Registration and check in to Apartments
2:45 pm - 3:30 pm	Briefing on the program
3:30 pm - 5:30 pm	Team Building program
5:30 pm – 6.00 pm	Tea Break
6.00 pm – 7:30 pm	Break & Prepare for next program
7:30 pm - 8:30 pm	Welcome Dinner
8.30 pm – 10.00 pm	Motivational Program
10:00 pm	Bed Time

⊕ Day Two (22nd Nov. 09 – Sunday)

6:15 am	Wake up call
6:45 am - 7:15 am	Morning Exercise
7:15 am - 7:30 am	Breakfast
8:00 am – 10:30 am	Group “A” Lesson on Putting Fundamentals Group “B” Lesson on Pitching Shots Group “C” Lesson on Chipping
10:35 am - 11:00 am	Tea Break
11:00 am - 12:30 pm	Group “A” – Swing Fundamental and Analysis Group “B” – Swing Fundamental and Analysis Group “C” – Swing Fundamental and Analysis
12.30 pm - 1:30 pm	Lunch Break
1:30 pm – 4:30 pm	9 Holes – Golf Games (Course Management)
4:30 pm - 5:00 pm	Tea Break
5:00 pm – 6:30 pm	Golf Rules Demonstration - Outdoor
7:00 pm - 8:00 pm	Dinner
8:00 pm – 10:00 pm	Rules of Golf & Golf Etiquette Class Room
10:00 pm	Bed Time

⊕ Day Three (23rd Nov. 09 – Monday)

6:15 am	Wake up call
6:45 am - 7:15 am	Morning Exercise
7:15 am - 7:30 am	Breakfast
7:30 am - 8:00am	Warm –up & Register for Golf
8:00 am - 1:00 pm	Play 18 holes (short gun start) -No caddies allowed. Please bring own trolleys – Pull or carry own bag (Competition)
1.30 pm - 2:30 pm	Lunch Break
2:30 am – 4.00 pm	Rest & Free Activity
4.00 pm – 6.30 pm	Outdoor Games (Fun Games)
5.00 pm – 5.30 pm	Tea Break
7.30 pm – 8.30	Dinner
9.00 pm	Bed Time

⊕ Day Four (24th Nov. 09 – Tuesday)

6:15 am	Wake up call
6:45 am - 7:15 am	Light Break Fast
7:15 am - 10:30 am	Fitness workout / training
7.30 am – 12.30 pm	<i>MEDIA – golf game</i>
10:30 am - 12:30 pm	Talk on How to Improve Fitness Level
12:30 pm – 1:00 pm	Check – Out and prepare for closing ceremony
1:30 pm – 3:00 pm	Lunch & Closing Ceremony

- The above program may be changed to suit the participants' requirements