

# 2024/25

## NORTHERN ALBERTA XTREME GOLF PROGRAM OVERVIEW





# OUR MISSION

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TO FOSTER A CULTURE  
OF **EXCELLENCE**,  
**INTEGRITY**, AND  
**PASSION**, BOTH ON  
AND OFF THE COURSE,  
UTILIZING WORLD  
CLASS COACHING,  
FACILITIES, EQUIPMENT,  
AND TRAINING  
METHODS

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[WWW.NAXGOLF.COM](http://WWW.NAXGOLF.COM)



# THE PROGRAM

- 15HRS WEEKLY GOLF TRAINING
- HIGHLY CUSTOMIZED AND PERIODIZED IMPROVEMENT PLAN BASED ON STRENGTHS, WEAKNESSES, TOURNAMENT SCHEDULES, AND STUDENT GOALS
- ONE-ON-ONE INSTRUCTION AT CONSISTENT INTERVALS
- CONSISTENT PERIODIZED STRENGTH AND CONDITIONING TRAINING WITH EXPERT FITNESS PROFESSIONALS
- SPORTS PSYCHOLOGY AND MENTAL PERFORMANCE TRAINING
- COACHING SUPPORT AT IN-SEASON TOURNAMENTS, AND TEAM PRACTICE ROUNDS
- ACCESS TO COLLEGE RECRUITMENT PROGRAMS
- ATHLETIC THERAPY
- YEAR-ROUND MEMBERSHIP TO THE GOLF FACTORY
- TITLEIST MONOGRAMMED GOLF BAG, TITLEIST HATS, AND FOOTJOY APPAREL PACKAGE
- EXCLUSIVE TEAM PRICING ON TITLEIST AND FOOTJOY PRODUCTS
- SHOTSCOPE V5 GPS AND STAT-TRACKING WATCH
- TWO 3-NIGHT TEAM TRIPS. ONE SPRING, AND ONE FALL
- ACCESS TO 2 WEEK-LONG OPTIONAL TEAM TRIPS
- BUSSING TO AND FROM GOLF FACILITIES AND SCHOOL

*Titleist*<sup>®</sup>

*Shot Scope*



## INDOOR SEASON HIGH SCHOOL SCHEDULE

- 7:45-10:00: Team Golf Training at The Golf Factory
- 10:00-10:30: Transportation to School
- 10:30-11:30: Fitness Training
- 11:30-12:00: Lunch Break
- 12:00-4:30: School Periods

## INDOOR SEASON MIDDLE SCHOOL SCHEDULE

- 7:45-10:00: Team Golf Training at The Golf Factory
- 10:00-10:30: Transportation to School
- 10:30-11:30: Fitness Training
- 11:30-12:15: Study Hall
- 12:15-1:00: Lunch Break
- 1:00-4:30: School Periods



## OUTDOOR SEASON HIGH SCHOOL SCHEDULE

7:45-11:15: Team Golf Training at RedTail Landing  
11:15-11:30: Transportation to School  
11:30-12:00: Lunch Break  
12:00-4:30: School Periods

## OUTDOOR SEASON MIDDLE SCHOOL SCHEDULE

- 7:45-11:15: Team Golf Training at RedTail Landing
- 11:15-11:30: Transportation to School
- 11:30-12:15: Study Hall
- 12:15-1:00: Lunch Break
- 1:00-4:30: School Periods

# THE TEAM



**DEREK BAKER, PGA OF CANADA**  
DIRECTOR OF GOLF/HEAD COACH

A MEMBER OF THE PGA OF CANADA SINCE 2009, DEREK BAKER IS A TRUE LEADER IN JUNIOR GOLF DEVELOPMENT. DEREK IS A MULTI-TIME FINALIST AND RECIPIENT OF NUMEROUS PGA OF ALBERTA AND PGA OF CANADA AWARDS. HE HAS WORKED CLOSELY WITH SEVERAL STUDENTS WHO HAVE WON PROVINCIAL CHAMPIONSHIPS, MAPLE LEAF JUNIOR TOUR EVENTS, COMPETED NATIONALLY AND INTERNATIONALLY, AND WHO HAVE GONE ON TO PLAY COLLEGE GOLF. HIGHLY EDUCATED IN GOLF DEVELOPMENT, DEREK CARRIES THREE CERTIFICATIONS THROUGH THE TITLEIST PERFORMANCE INSTITUTE, HAS TRAINED IN BOTH OF GOLF CANADA'S HIGH PERFORMANCE COACHING STREAMS, AND HAS A PLETHORA OF ADDITIONAL CERTIFICATIONS. DEREK'S PASSION FOR DEVELOPING GOLFERS IS UNMATCHED, AND HE IS FULLY DEDICATED TO UNLOCKING THE TRUE POTENTIAL OF EACH GOLFER HE WORKS WITH.



**MATT TRUONG, CPGA**  
ASSISTANT COACH



**TYLER PALMER**  
DIRECTOR OF SPORT PERFORMANCE



**NICOLE WLASICHUK**  
HEAD ATHLETIC TRAINER



**SAMANTHA GOUVEIA**  
MENTAL PERFORMANCE COACH



**JEFF HAY**  
COLLEGE GOLF RECRUITING ADVISOR



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