



S.T.L ACADEMY

Welcome to the 2026 Fall STL Golf Program.



A Parent's Guide to the Season

2026 Fall Golf Handbook

MISSION

"Building character, fostering teamwork, and developing fundamental golf skills in a positive, supportive environment."



FALL 2026 GOLF PROGRAM

PROGRAM SCHEDULE OVERVIEW

SEASON

September
15th–
October 27th
2026

FREQUENCY

1 session per
week

Groups

* K-1st Grade-
340-435PM
* 2nd-5th Grade-
440-535PM

**55 mins
Per session**



PRACTICE LOCATION & ARRIVAL

- **Venue**

Sylvan Park

GPS Address :160 Grand Ave, Leonia NJ 07605

- **Access**

Please find the golf coach in the field.

- **Parking**

Available directly in front of the park.



REQUIRED GOLF ATTIRE

- ✓ **Footwear:** Spikeless golf shoes or comfortable athletic sneakers.
- ✓ **Tops:** Collared golf shirts or STL Academy t-shirts.
- ✓ **Bottoms:** Any athletic shorts.



Optional purchasing the Right Club

(Program will have practicing club for the kids)

Height Range	Club Size
Under 40 inches	Size 0 (Toddler)
40 - 46 inches	Size 1 (Ages 4-5)
47 - 53 inches	Size 2 (Ages 6-8)
54 - 61 inches	Size 3 (Ages 9-11)



Essential Guidelines

Hydration & Sun Protection

Hydration

Bring a labeled, filled water bottle. Scheduled breaks occur every 15-20 minutes.

Sun Protection

Apply SPF 30+ sunscreen prior to arrival. Hats or visors are highly recommended for outdoor activities.



60-MINUTE GOLF SESSION BREAKDOWN

LESSON SESSION BREAKDOWN

- **10 Minutes**
Warm-up (Dynamic stretching and grip fundamentals)
- **30 Minutes**
Skill Work (Putting, chipping, and full swing mechanics)
- **20 Minutes**
Application (Golf etiquette and small-sided games)



Safety & Contact Information

Conduct

Respect coaches and all players.

Seating

Parents must remain in the designated spectating area.

Academy Contact

stlacademy2014@gmail.com

201-661-4865

(For emergencies or questions)