

# PEAK PERFORMANCE PLANNING: A GUIDE FOR ELITE JUNIOR GOLF DEVELOPMENT (RESOURCES)



**Dr. Beth Brown**  
Senior Athlete Development  
Specialist, USNDP



**Tomas Adalsteinsson**  
Athlete Development  
Consultant, USNDP



**Chris Zambri**  
Head Coach, USNDP

## Key Takeaways

- **Plan your annual training and competition** for peak performance.
- **Top players schedule intentional recovery time**, not just tournaments.

## Articles/Links

- **Pro Golf Mom: Jessica Korda's Next Chapter** (see section "LPGA Tour Schedule and Travel"  
<https://www.youtube.com/watch?v=xNJjlk2vjsE>
- Please refer to the 2025 [THRIVE] Athlete Development Webinar Materials webpage for more information related to Peak Performance Planning:
  - Training & Competition Guide for Elite Junior Golfers
  - Sample 12-month Training & Competition Calendar Template
  - Fillable 12-month Training & Competition Calendar