

ASPENGROVE SCHOOL
VANCOUVER ISLAND, CANADA 



A PATHWAY FOR ELITE GOLFERS

The Aspengrove Golf Academy is a year-round high-performance program for ambitious junior golfers pursuing competitive success and collegiate opportunities.

**This is not a recreational golf program.
It's an elite performance pathway designed for
serious student-athletes.**



YEAR-ROUND DEVELOPMENT

Structured skill progression, strength and conditioning, individual performance feedback, and seasonal evaluations.



STRENGTH & PERFORMANCE

Integrated training designed to develop athleticism, strength, speed, movement, and confidence.



TRAINING FACILITIES

Train at Morningstar Golf Club from September–October and March–June, and Prime Golf indoors from November–February, with six TrackMan-powered simulators.



ACADEMIC INTEGRATION

A full academic program designed to prepare student-athletes for university while balancing demanding golf commitments.



CHARACTER-DRIVEN CULTURE

Building disciplined, resilient, accountable athletes who are prepared to lead on and off the court.

High Performance Golfers should have a handicap of 15 or less. If the player does not have a handicap, then a resume of previous tournament scores should be sent to the Director of Golf.

ANNUAL TRAINING STRUCTURE

FALL (SEPT-OCT): Foundation & team culture, technical refinement, physical screening, goal setting, on-course strategy.

WINTER (NOV-FEB): Skill & physical development, indoor training, speed training, golf swing mechanics, strength & mobility, swing analysis.

SPRING (MAR-APRIL): Performance season prep, on-course practice, mental performance, tournament readiness, course mapping, shot selection, wedge practice/distance control, short game.

SUMMER (MAY-JUNE): Competition & peak performance; tournament play, travel coaching, post-tournament individualized feedback, strokes lost/gained analysis.

TOURNAMENT SCHEDULE

Aspengrove focuses on preparing and taking our students to competitive regional and provincial events that qualify them for Canadian National events, World Juniors and earn World Ranking Points.

MORNINGSTAR GOLF COURSE

Aspengrove partners with Morningstar Golf Club, a premier Vancouver Island facility. Through a year-round junior membership, golfers have access to the course, grass tee driving range, three short-game areas and an indoor academy for training in all conditions.





A GLOBAL COMMUNITY

Join a small, globally focused school where international students integrate into local culture and form meaningful connections with Canadian and international classmates.



ENGLISH IMMERSION

Learn and live in an English-speaking environment, building confidence both inside and outside the classroom.



A HOME AWAY FROM HOME

International students live with a member of the Aspengrove community through our Aspengrove-managed Homestay Program.



EXPERIENCE HOMESTAY

Scan to watch our Homestay video.



ACADEMIC & UNIVERSITY PREPARATION

Aspengrove combines strong academic programming with exceptional support for ambitious golfers pursuing their passion while preparing for their future. Students complete the IB Programme through Grade 10, followed by Advanced Placement course options in Grades 11 and 12, with personalized guidance from both the Director of Golf and University Counsellor to help balance academic and athletic goals.

- ✓ Full academic course load alongside golf training
- ✓ Training integrated within the regular school day
- ✓ Small classes and teachers who know their athletes
- ✓ Full BC Graduation requirements
- ✓ Personalized guidance from the Director of Golf and University Counsellor



College Recruiting Guidance: Golfers receive personalized support throughout the college recruiting process, including résumé preparation, tournament scheduling and highlight video development to help them showcase their skills and connect with post-secondary opportunities.

SAMPLE DAILY TIMETABLE

8:00 - 9:50	●	Golf Academy Block
10:30 - 11:50	●	Academic Block
11:50 - 13:10	●	Academic Block
13:10 - 14:00	●	Lunch
14:00 - 15:20	●	Academic Block
After School	●	Strength & Conditioning Workout



UNLEASH YOUR POTENTIAL



**ASPENGROVE
GOLF**



CAIS



Ministry of
Education

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