

KEVIN DICKEY

 GOLF ACADEMY
AT
CATARAQUI GOLF & C.C



KRISTEN MACLAREN-JAMIESON

Head Teaching & PGA of Canada Associate Golf Professional



Elevating your golf game through innovative coaching methods, tailored golf programs and dedicated PGA of Canada Professionals.





Welcome to

THE KEVIN DICKEY GOLF ACADEMY

Whether you're a beginner, junior, intermediate, or advanced golfer, the Kevin Dickey Golf Academy will help you develop a personalized game plan to achieve your goals.

With expert PGA of Canada instructors, cutting-edge Trackman technology, specialized golf fitness programs, and a top-tier practice facility, we provide everything you need to elevate your game and compete at your highest level in 2025. Let's build your path to success—start your journey with us today!

Join a community of passionate golfers and elevate your game. Whether you're refining your skills or starting fresh, our expert team is here to support you every step of the way. Let's make this your best season yet.

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Cataraqui's Team of *GOLF PROFESSIONALS*

Iain Reston *Head Professional*

PGA of Canada Member since 2008
TaylorMade Advisory Council Member
& Brand Ambassador

E. ireston@cataraqui.com
T. 613-546-5808

Kristen MacLaren-Jamieson *Associate & Teaching Professional*

PGA of Canada Member since 2004
Titleist Brand Ambassador
TPI Level 1 Certified
Ottawa PGA, Junior Coach of the Year, 2021

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T. 613-546-5808

Ben Shannon *Associate Professional*

PGA of Canada Member since 2007
Callaway Brand Ambassador

E. bshannon@cataraqui.com
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Kyle Shurrie *Assistant Professional*

PGA of Canada Member since 2019
Ping Brand Ambassador

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Cameron McCulloch *Assistant Professional*

PGA of Canada Member since 2024
Cobra Brand Ambassador

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Energetics Health and Fitness **COACHING PROFESSIONALS**

Amber Peck

Certified Titleist Performance Institute (TPI)

Level 1 & 2 Instructor

Certified Clinician with IART

(International Association of Resistance Training)

E. amber@energeticskingston.com

Mark Antione

Certified Titleist Performance Institute (TPI)

Level 1 & 2 Instructor/Golf Power Level 2 Instructor

Certified Clinician with IART

(International Association of Resistance Training)

E. mark@energeticskingston.com

Elevate Your Game with the Kevin Dickey Academy & Energetics Health and Fitness

The Kevin Dickey Academy and Energetics Health and Fitness have joined forces to offer group and individual Golf Performance Packages, combining expert instruction with cutting-edge golf fitness training. Energetics' Titleist Performance Institute (TPI) Golf Coaches provide Human Movement Screening and specialized golf-specific training, working alongside PGA of Canada Golf Professionals to optimize your swing, strength and mobility.

The Only Program of Its Kind in the City

Cataraqui Golf & Country Club is the only facility in Kingston where PGA Professionals collaborate with TPI Golf Fitness Coaches. This exclusive partnership delivers the ultimate coaching experience—designed to enhance your power, consistency, and overall performance on the course.

Titleist Performance Institute (TPI) Golf Assessments

Energetics TPI Golf Fitness Coaches are proud to bring TPI Golf Assessments to Cataraqui, providing players with a comprehensive evaluation to improve movement efficiency and maximize performance. Golf is an athletic sport, and if you're serious about elevating your game, you need a team. The combination of TPI-certified fitness coaching and expert PGA golf instruction is the key to unlocking your full potential.

Keep reading to explore our 2025 programs and take your game to the next level!

Session Fee: \$75.00 + HST





TPI GOLF ASSESSMENT: *How It Works*

An Energetics Golf Fitness Coach will conduct a one-on-one TPI Golf Swing Assessment to evaluate your movement patterns and physical capabilities. Based on these findings, you'll receive a personalized strength and flexibility program tailored to improve your mobility and efficiency.

Additionally, a detailed evaluation will be shared with the Golf Professional Team, who will then design a customized golf lesson program to match your physical capabilities and golf goals. Together, we'll help you develop the most efficient golf swing for your body!

What is a TPI Golf Swing Assessment?

A TPI Golf Swing Assessment is a physical screening that consists of a series of movement-based tests designed to:

- Analyze how your body moves in relation to your swing
- Identify physical limitations affecting your swing mechanics
- Determine whether swing issues stem from habits, lack of knowledge, or physical restrictions

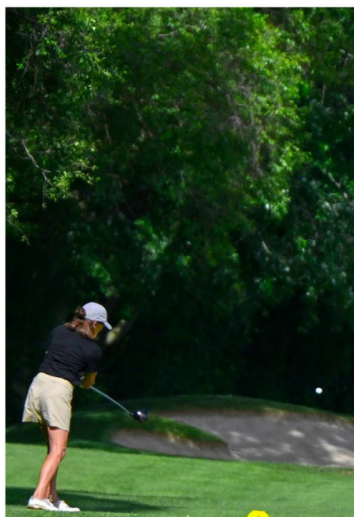
If you're experiencing loss of power or distance, inconsistent shots, or pain while playing, your body may be unable to move into the positions needed for an efficient golf swing. Understanding these limitations allows us to create a targeted improvement plan that helps you swing more efficiently and play pain-free.

Who Should Get a TPI Golf Assessment?

Anyone who plays golf regularly—or wants to improve their game—can benefit from a comprehensive physical assessment.

Top 3 Reasons to Sign Up for a TPI Swing Assessment & Golf Fitness Program

- Maximize your lessons: Work within your physical capabilities to develop an effective, personalized program with your Golf Pro.
- Address pain & limitations: Identify the root causes of pain or movement restrictions that may be affecting your swing.
- Gain strength & consistency: Improve rotational power, develop efficient motor patterns, and hit the ball farther—without pain.



Individual, Semi-Private & Coaching Programs

The Fundamentals of Golf, Taught One-on-One

At the Kevin Dickey Golf Academy, our PGA of Canada Golf Professionals are eager to help you elevate your game. Whether you're a beginner or an experienced player, our team is committed to providing a customized roadmap for both short and long-term success.

Our goal is to make golf more enjoyable for you by building confidence in your game and setting you on a path for continuous improvement. We integrate video analysis and other advanced technologies to accelerate your learning, paired with on-course training to reinforce your skills in a real-world setting.

Private Lesson Pricing (per person)

45 Minutes

- Head Professional, Iain Reston – \$85.00 + HST
- Teaching Professional, Kristen MacLaren – \$80.00 + HST
- Associate Professional, Ben Shannon – \$75.00 + HST
- Assistant Professional, Kyle Shurrie – \$65.00 + HST
- Assistant Professional, Cameron McCulloch – \$60.00 + HST

Quoted prices apply to Cataraqui Members.

CATARAQUI SEASON-LONG GOLF PROGRAMS

Coaching Program #1: Individual

- PGA of Canada Associate Professional/Teaching Professional, Kristen MacLaren-Jamieson
- Lesson Fee: \$225.00 + HST (Member Fee)
- Lesson Fee: \$240.00 + HST (Non-Member Fee)

Includes:

- 3 x 45-Minute Lessons

Coaching Program #2: Individual

- PGA of Canada Associate Professional/Teaching Professional, Kristen MacLaren-Jamieson
- Lesson Fee: \$450.00 + HST (Member Fee)
- Lesson Fee: \$480.00 + HST (Non-Member Fee)

Includes:

- 6 x 45-Minute Lessons

Coaching Program #3: Individual

- PGA of Canada Associate Professional/Teaching Professional, Kristen MacLaren-Jamieson
- Lesson Fee: \$600.00 + HST (Member Fee)
- Lesson Fee: \$675.00 + HST (Non-Member Fee)

Includes:

- 1 x On-Course Playing Lesson (1.5 Hours)
- 6 x 45-Minute Lessons

Coaching Program #4: Individual

- PGA of Canada Associate Professional/Teaching Professional, Kristen MacLaren-Jamieson

Playing Lesson:

- \$200.00 + HST (Member Fee)
- \$250.00 + HST (Non-Member Fee)
- Duration: 1.5

CATARAQUI SEMI-PRIVATE GOLF PROGRAMS

Semi-Private Golf Lessons are designed for couples, friends, or small groups of golf enthusiasts to improve their game in a relaxed, enjoyable setting. Our PGA of Canada Professionals will create a fun and informative environment where we'll cover all aspects of the golf game, including the swing, short game, and course strategy. These lessons will help refine your skills, build confidence, and inspire you to play more.

This is an excellent option for small groups of friends or family looking to develop their golf fundamentals in a familiar and friendly environment.

Semi-Private, 2 Students

- PGA of Canada Associate Professional/ Teaching Professional, Kristen MacLaren-Jamieson
- \$70.00 per person (Member Fee)
- \$75.00 per person (Non-Member Fee)

Package Pricing

Package of 3 x 60 Minutes:

- \$210.00 + HST per golfer (Member)
- \$225.00 + HST per golfer (Non-Member)

Package of 5 x 60 Minutes:

- \$350.00 + HST per golfer (Member)
- \$375.00 + HST per golfer (Non-Member)

Semi-Private, 3 Students

- PGA of Canada Associate Professional/ Teaching Professional, Kristen MacLaren-Jamieson
- \$60.00 per person (Member Fee)
- \$65.00 per person (Non-Member Fee)

Package Pricing

Package of 3 x 60 Minutes (based on 3 students):

- \$180.00 + HST per golfer (Member)
- \$195.00 + HST per golfer (Non-Member)

Package of 5 x 60 Minutes:

- \$300.00 + HST per golfer (Member)
- \$325.00 + HST per golfer (Non-Member)



Junior Programs



At the Kevin Dickey Golf Academy, we believe that today's juniors are the future of the game. Our entire team of PGA Professionals understands that Junior programs must be fun, exciting, and educational to truly engage young players.

Our Mission

The Kevin Dickey Junior Academy is dedicated to impacting the lives of our junior golfers by providing programs that help build character, instill values, and promote healthy choices through the game of golf. With a focus on TPI Junior Golf Fitness: "Build the Athlete, Not the Golfer", we strive to develop the athlete first, creating competitive golfers second, and fostering a lifelong love for the game.

Our Approach

We aim to maximize the physical abilities of our young players, using training methods specifically designed for all stages of athletic and golf development. These methods give juniors the physical edge needed to perform at an elite level.

The Academy's main priorities are:

- Improved positional awareness
- Movement efficiency
- Fundamental movement skill development

Each junior will learn how to move and control their body more effectively, develop better joint awareness, and increase their capacity to withstand the physical demands that the golf swing can place on the body. This is achieved, in part, through fundamental movement skills such as: **skipping, throwing, striking, sprinting and jumping.**



JUNIOR PROGRAMS: *How It Works*

Through customized Junior Golf Fitness programs for individual junior golfers as well as junior golf teams, we centre our approach around TPI's philosophy of Long Term Athlete Development (LTAD.) Our program encompasses the following Training Principles:

- Initial Functional Movement and Fitness Evaluation
- Long-term athletic development
- Mobilization and recovery techniques
- Stability training, strength and power production
- Swing speed development
- Pre-round/practice warm-up routines

What Is the Value?

Juniors who participate in our programs see the following results:

- Increased strength, mobility and power
- Greater distance off the tee and with irons
- Improved consistency in ball striking
- A better understanding of the importance of teamwork
- An overall fun and engaging experience that fosters a love for the game

Junior 'Birdie' Program

A great starting point for young golfers, the Junior 'Birdie' Program is designed for children aged 5-8. This program offers a fun, welcoming environment where juniors can begin their golfing journey. Through engaging clinics, children will learn the basics of golf, including safety, etiquette, the golf course layout and proper use of golf equipment.

The primary goal is to make golf enjoyable, while building essential fundamentals in the golf setup. We aim to inspire kids with the joy of the game and lay the groundwork for a future filled with fun and a lifelong love of golf.

VISION: “Our vision for the Birdie Program is to make golf an exciting adventure! By focusing on fun and positive learning experiences, we hope to set children on the path to a lifelong passion for the game, filled with enjoyment and growth.”

Prerequisite: Ages 5-8. Open to all children, grandchildren of members, and invited guests.

Session Details:

- Duration: 6-week program
- Class Size: 12 students (6:1 student-to-teacher ratio)
- Sessions Include: Six 60-minute golf-specific training sessions & TPI Junior Golf Fitness
- Price: \$295.00 + HST
- Includes: Kevin Dickey Academy Gift Package

Spring Birdie Program:

- Dates: Tuesdays, May 20th - June 24th, 2025
- Time: 4:30pm – 5:30pm
- Max Student-to-Teacher Ratio: 6:1
- Weather Rescheduling: Sessions cancelled due to unforeseen weather will be rescheduled for July 1st & July 8th.

Summer Birdie Program:

- Dates: Tuesdays, July 22nd – August 26th, 2025
- Time: 4:30pm – 5:30pm
- Max Student-to-Teacher Ratio: 6:1
- Weather Rescheduling: Sessions cancelled due to unforeseen weather will be rescheduled for August 26th & September 2nd.

To register, please email Kristen MacLaren-Jamieson at kmaclaren@cataraqui.com

Junior 'Eagle' Program

The Junior 'Eagle' Program is designed for students aged 8 to 13, offering a comprehensive and enjoyable introduction to all aspects of the game of golf. In a fun and friendly environment, students will learn the fundamentals of the golf swing, putting, chipping, and pitching, while developing an understanding of rules, etiquette, and golf course behavior. Emphasis is placed on having fun, while also building a strong foundation for future golfing success.

Prerequisite: Students must have completed all skill/performance benchmarks in the Level 1 'Birdie' Program to be eligible for the Level 2 'Eagle' Program. Open to all children, grandchildren of members, and invited guests.

Session Details:

- Duration: 6-week program
- Class Size: 12 students (6:1 student-to-teacher ratio)
- Sessions Include: Six 60-minute golf-specific training sessions & TPI Junior Golf Fitness
- Price: \$295.00 + HST
- Includes: Kevin Dickey Academy Gift Package

Spring Eagle Program:

- Dates: Tuesdays, May 20th - June 24th, 2025
- Time: 5:45pm – 6:45pm
- Max Student-to-Teacher Ratio: 6:1
- Weather Rescheduling: Sessions cancelled due to unforeseen weather will be rescheduled for July 1st & July 8th.

Summer Eagle Program:

- Dates: Tuesdays, July 22nd – August 26th, 2025
- Time: 5:45pm – 6:45pm
- Max Student-to-Teacher Ratio: 6:1
- Weather Rescheduling: Sessions cancelled due to unforeseen weather will be rescheduled for August 26th & September 2nd

To register, please email Kristen MacLaren-Jamieson at kmaclaren@cataraqui.com

Girls Only Program

The Girls' Only Program is specifically designed for girls aged 7 to 13. This program covers all aspects of the game in a fun, friendly environment. Emphasis is placed on making golf enjoyable, while teaching the fundamentals of the golf swing, putting, chipping, and pitching. Students will gain a basic understanding of the various facets of the game, including the rules and etiquette. The program will also include a special session on the golf course where participants will learn about course management, the rules of play, and how to play the game in a real-world setting.

VISION: "Our vision for the Girls' Only program is to make golf fun while providing the foundational skills and tools to develop well-rounded golfers with a lasting love and appreciation for this wonderful game."

Prerequisite: Students must have completed all skill/performance benchmarks in the Level 1 'Birdie' Program to be eligible for the Girls' Only Program. Open to all children, grandchildren of members, and invited guests.



Session Details:

- Dates: Saturdays: May 24th, June 7th, June 21st, July 12th, July 26th, August 16th & August 30th
- Time: 12:30pm – 1:30pm
- Class Size: 4 – 6 students
- Session Duration: 7-week program (Seven 1-hour lessons, with the option to play 9 holes)
- Price: \$300.00 + HST
- Includes: Kevin Dickey Academy Gift Package

To register, please email Kristen MacLaren-Jamieson at kmaclaren@cataraqui.com

Junior Golf Camps

Golfers will spend their day learning the basics, the fundamental movements of the golf swing, short game techniques (Chipping, Pitching, Bunker), as well as putting in a fun and friendly environment. Wednesday and Thursday will be dedicated to a “Learn to Play” element as a simulated golf course will be set up around the practice green. Golfers will be divided into foursomes. It is here where they will learn golf etiquette, the rules of golf and how to conduct themselves on and off the course, while playing golf in a fun and friendly atmosphere.

TPI Fitness will be at the Camp Monday and Tuesday

VISION: “Our Vision for the Camp Program is to make golf fun, but also to provide them with the basic fundamentals and tools that will further develop them into ‘well rounded’ golfers with a love and appreciation for this great game.”



Session Details:

- Time: Monday – Thursday, 8:30am – 12:30pm
- Class Size: Maximum 12 Students, 6:1 Student to Teacher Ratio
- Prerequisite: 7 – 13 years of age, Open to all Children and Grandchildren of Members

To register, please email Kristen MacLaren-Jamieson at kmaclaren@cataraqui.com



Summer Program: Session #1, July

- Monday, July 21st - July 24th, 2025
- Time: 8:30am – 12:30pm
- Class Size: Maximum 12 Students, 6:1 Student to Teacher Ratio
- Prerequisite: 7 – 13 Years of age. Open to all Children and Grandchildren of Members.
- Price: \$400.00 (Plus HST)
- Includes: Kevin Dickey Academy Gift Package, prizes, and end of Camp Party.

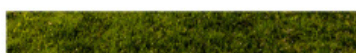
Summer Program: Session #2, August

- Monday, August 11th - August 14th, 2025
- Time: 8:30am – 12:30pm
- Class Size: Maximum 12 Students, 6:1 Student to Teacher Ratio
- Prerequisite: 7 – 13 years of age. Open to all Children and Grandchildren of Members.
- Price: \$400.00 (Plus HST)
- Includes: Kevin Dickey Academy Gift Package, prizes, and end of Camp Party.

To register, please email Kristen MacLaren-Jamieson at kmaclaren@cataraqui.com



Women's Program - Adult Academy



Short Game Made Easy (Women-Only Clinic)

Are you tired of skulling and chunking your wedges? Struggling to get out of bunkers with confidence? This Women-Only, 4-week program is designed to build a strong foundation for all aspects of your short game, including bunker play, bump and run, chipping, pitching, and putting. Whether you're frustrated with your short game, hitting the same inconsistent shots, or simply looking to brush up on fundamentals, this clinic is for you!

What You'll Learn

- When to use each shot effectively
- How to set yourself up for success
- Techniques to improve confidence and consistency around the greens

Program Breakdown

- Week 1 (Monday): Chipping Fundamentals/Bump and Run
- Week 2 (Monday): Pitching Fundamentals
- Week 3 (Monday): Bunker Play
- Week 4 (Monday): Putting

Session Details

- Dates: Mondays (see weekly topics above)
- Time: 10:00am – 11:00am

Max Students: 4

Price: \$180.00 + HST

To register, please email Kristen MacLaren-Jamieson at kmaclaren@cataraqui.com

Sips & Chips – Women's Short Game Clinic

Looking to sharpen your short game and have some fun? This 4-week Women-Only clinic is designed to help you build confidence and consistency in all aspects of your short game, including bunker play, bump and run, chipping, and pitching. Whether you're struggling with certain shots or just want to refresh your fundamentals, this clinic will help you level up your skills.

And the best part? After each session, unwind with an adult beverage on the patio!



What You'll Learn

- When to use each shot effectively
- How to set yourself up for success
- Techniques to improve consistency and performance around the green

Program Breakdown

- Week 1: Chipping Fundamentals/Bump and Run
- Week 2: Pitching Fundamentals
- Week 3: Bunker Play
- Week 4: Putting

Session Details

- Dates: Thursdays – May 8th, 15th, 22nd & 29th, 2025
- Clinic Time: 5:30pm – 6:30pm
- Beverage on Patio: 6:30pm onwards

Max Students: 4

Price: \$240.00 + HST (Cataraqui Members)

To register, please email Kristen MacLaren-Jamieson at kmaclaren@cataraqui.com

INDIVIDUAL, SEMI-PRIVATE & COACHING PROGRAMS

Ben Shannon, Associate Professional

PGA of Canada Member since 2007

Callaway Brand Ambassador

E. bshannon@cataraqui.com T. 613-546-5808

Single – 45 Minutes

One 45-Minute Lesson: \$75.00 + HST

Three 45-Minute Lessons: \$210.00+ HST

Five 45-Minute Lessons: \$335.00 + HST

Semi-Private, 2 Students

2 Students (50 Minutes): \$70.00 + HST per golfer

Package of 3 x 50 Minutes: \$195.00 + HST per golfer

Package of 5 x 50 Minutes: \$300.00 + HST per golfer

Semi-Private, 3 Students

3 Students (50 Minutes): \$60.00 + HST per golfer

Package of 3 x 50 Minutes: \$165.00 + HST per golfer

Package of 5 x 50 Minutes: \$250.00 + HST per golfer

Kyle Shurrie, Assistant Professional

PGA of Canada Member since 2019

Ping Brand Ambassador

E. kshurrie@cataraqui.com T. 613-546-5808

45-Minute Lesson

\$65.00 + HST

Playing Lesson (9 Holes)

Cataraqui Member: \$125.00 + HST

Cameron McCulloch, Assistant Professional

PGA of Canada Member since 2024

Cobra Brand Ambassador

E. cmcculloch@cataraqui.com T. 613-546-5808

45-Minute Lesson

\$60.00 + HST

Playing Lesson (9 Holes)

Cataraqui Member: \$125.00 + HST

