



GOLF ACADEMY

FAQ - Frequently Asked Questions

1. From what age can children and young people join the Academy?

The Academy is open to young people aged **4 to 24**, with programmes tailored to different age groups and levels of experience.

2. How does the free trial lesson work?

The Academy offers a **free trial lesson**, giving prospective players the opportunity to have their first experience of golf and get a feel for the Academy's coaching environment.

The trial lesson takes place alongside the **Beginners' group** and includes all the technical equipment required, such as golf clubs and balls.

We recommend **booking the trial lesson in advance** (E: academia@palheiroestate.com), as the usual schedule may occasionally change due to competitions or other Academy activities.

3. Do I need to bring my own equipment?

No. The Academy provides **all the technical equipment required** for the sessions, including golf clubs, balls, a golf bag and other necessary equipment.

Upon enrolment, each player also receives an **Academy polo shirt and cap**, which they can wear during lessons and Academy activities.

Players only need to bring **suitable sportswear and either golf shoes or sports shoes**, such as trousers, shorts or a suitable sports top.

For reasons of comfort, safety and suitability for sporting activities, **jeans, flip-flops and swimming shorts are not permitted**.

4. How long do the Saturday group sessions last?

The duration of the sessions varies according to the player's level:

- **Beginners:** 1 hour;
- **Pre-Competition and Competition:** 1 hour 30 minutes.

The group sessions follow a **structured coaching programme throughout the sporting season**, covering different areas of the game, including the long game, short game, putting, rules and on-course practice.

Throughout the season, **adapted game sessions** may also be included, particularly as preparation for competitions.

5. When do the coaching sessions take place during the week?

Coaching sessions take place from **Monday to Friday**, according to the availability of the coaches and each player's individual routine.

There is flexibility when choosing a suitable time, allowing players to fit their sessions around their school and personal commitments. However, **prior communication with the coach is essential** to confirm attendance and ensure that the sessions are properly organised.

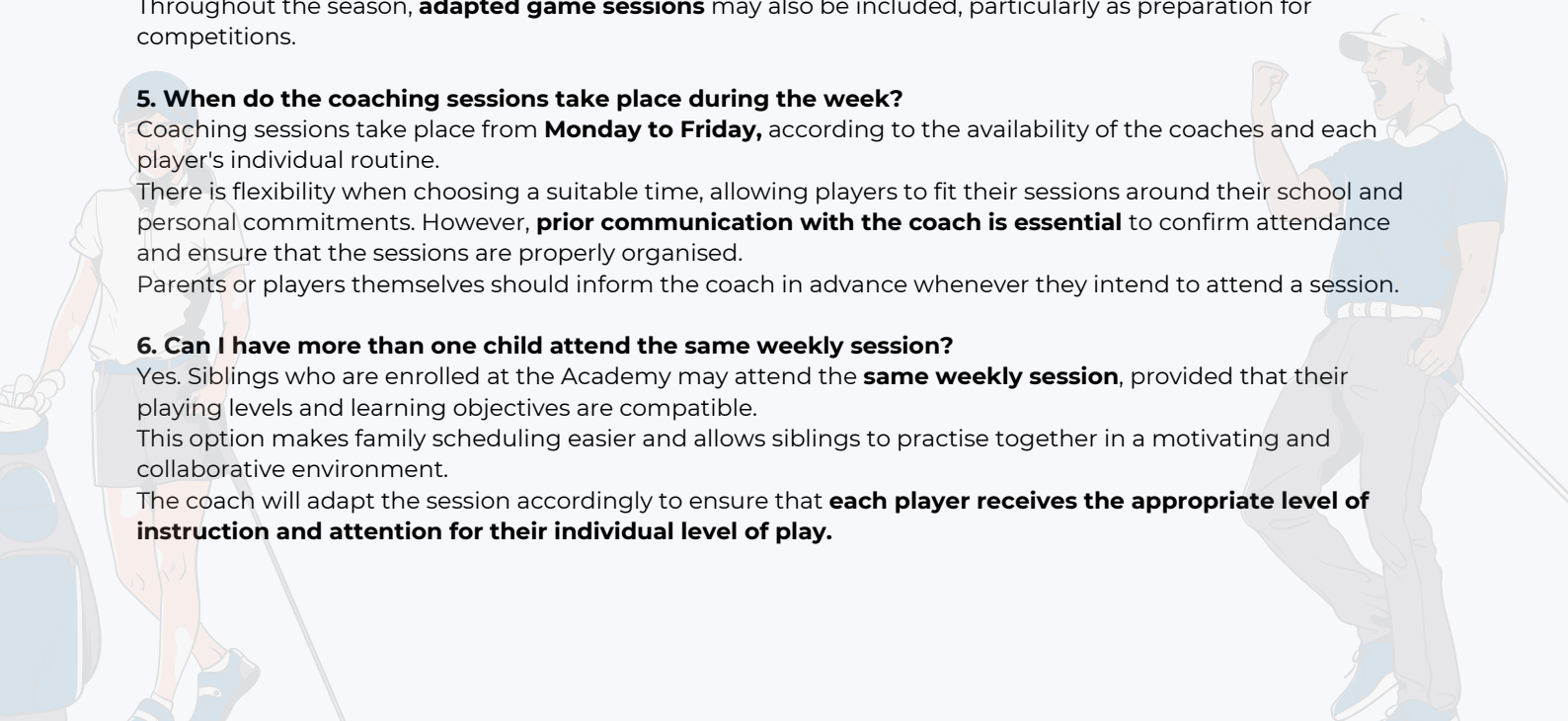
Parents or players themselves should inform the coach in advance whenever they intend to attend a session.

6. Can I have more than one child attend the same weekly session?

Yes. Siblings who are enrolled at the Academy may attend the **same weekly session**, provided that their playing levels and learning objectives are compatible.

This option makes family scheduling easier and allows siblings to practise together in a motivating and collaborative environment.

The coach will adapt the session accordingly to ensure that **each player receives the appropriate level of instruction and attention for their individual level of play**.





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7. What is the FPG membership fee and sports insurance?

The **Portuguese Golf Federation (FPG)** is the organisation responsible for regulating and overseeing golf in Portugal.

FPG membership is required for players who wish to participate in **official competitions** and is subject to the applicable federation and sports insurance conditions.

Sports insurance provides players with protection in the event of accidents arising from sporting activities, in accordance with the applicable terms, conditions and coverage.

8. How long does a round of golf take?

- **18 holes (competition):** approximately 4 hours 15 minutes to 5 hours;
- **9 holes (pre-competition):** approximately 2 to 2 hours 45 minutes;
- **Chip & Putt – 3 holes (Beginners):** up to 1 hour, depending on the player's pace of learning.

9. What is a Handicap (HCP)?

A **Handicap (HCP)** is a system used in golf to represent a player's level of ability and allows players of different abilities to compete on a more level playing field.

Simply put, **the lower the Handicap, the higher the player's level of play.**

Handicaps are calculated in accordance with the **World Handicap System (WHS)** and are updated based on the player's valid scores.

10. How long does it take to obtain a Handicap (HCP)?

There is **no fixed timeframe** for obtaining a Handicap. The process depends on several factors, including the player's **technical development, on-course experience, knowledge and application of the rules, and submission of valid scores.**

Every player progresses at their own pace. The coach supports and guides each player throughout the process, according to their individual development.

11. How much is the monthly fee and what does it include?

Monthly fees vary according to the player's level: **Beginners, Pre-Competition or Competition.**

The Academy provides **all the technical equipment required** for the coaching sessions.

12. How can I enrol in the Academy?

Enrolment can be completed directly through the [Academy's website](#) or the relevant [enrolment form](#).

Before completing the enrolment process, we recommend that the player attends a free trial lesson, giving them the opportunity to experience golf, meet the coaches and get to know the Academy's coaching environment.

13. How are the coaching sessions organised after enrolment?

Following enrolment, each player is placed in the group that best matches their **level of development and experience.**

The Academy monitors each player's progress throughout the season and may adjust their level or group whenever their technical and sporting development makes this appropriate.

Good communication between the Academy, coaches, players and parents is essential to ensure that sessions are well organised and that each young player's progress is closely monitored.

