

2011

ELKHORN ANTLER



Golf Manual and Rule Book

Team Website

www.leaguelineup.com/elkhornboysgolf

On-line Schedule

www.highschoolsports.net

2011 VARSITY GOLF SCHEDULE

- 3/29 Gretna Invite @ Tiburon**
- 3/31 Titan Cup @ Eagle Hills**
- 4/7 Ralston/Westside Invite @ Benson Golf Course**
- 4/11 Millard South Invite @ Platteview CC**
- 4/12 Tri (Fremont & Blair) @ River Wilds Golf Course**
- 4/14 Tri (ESHS & DC West) @ Indian Creek**
- 4/19 Blair Invite @ River Wilds Golf Course**
- 4/26 Skutt Invite @ TBA**
- 4/27 EHS Invite @ Indian Creek**
- 5/3 EMC Tourney @ Tiburon Golf Course**
- 5/5 Quad (Brownell, Gross, Skutt) @ Indian Creek**
- 5/10 Waverly Invite @ Crooked Creek Golf Course**
- 5/16 District Tournament @ Tiburon Golf Course**

2011 JV GOLF SCHEDULE

- 3/30 Millard West JV Invite @ Pacific Springs**
- 3/31 Platteview JV Invite @ Platteview CC**
- 4/4 Millard South JV Invite @ Platteview CC**
- 4/11 Ashland/Greenwood Invite @ Ashland CC**
- 4/12 Gross JV Invite @ Tara Hills**
- 4/12 Tri (Fremont & Blair) @ River Wilds Golf Course**
- 4/14 Tri (ESHS & DC West) @ Indian Creek**
- 4/25 Tri (Waverly & Ashland) @ Indian Creek**
- 4/27 EHS Invite @ Indian Creek**
- 5/10 Papillion/LaVista JV Invite @ Eagle Hills**

IMPORTANT INFORMATION

Coach Troy Schutte

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402-680-0201

Coach Dade McDonald

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Indian Creek Golf Club

402-289-0900 Patrick Kilbride – Head Pro

GOLF TEAM ELIGIBILITY

To be eligible for the Elkhorn High School Golf Team, a player must adhere to all the regulations of the NSAA and the Elkhorn School District as explained in the athletic handbook.

It is imperative that all members of the team maintain their grades in all classes. We will be missing school a number of times during the season, so it is crucial that each of you keep up with your school work. If the coaches feel that a player is falling behind in school (ie: failing grades), that player may be required not to participate in an event(s) or practice(s).

Players will be asked to qualify for membership on the team. Our host golf course restricts our use in some cases and we can have only a set number of players use their facilities. We are their guests so we must abide by their rules.

GOLF TEAM RULES

Members of the Elkhorn Golf Team are expected to comply with all athletic rules and regulations listed in the Elkhorn High School Athletic Handbook. Because we are golfers and are seen as representatives of Elkhorn High School by the public, we are held to higher standards than the rest of the high school athletes.

The following rules will be enforced:

1. Any player who is seen driving recklessly to and from the golf course can be removed from the team.

2. Any player seen throwing clubs, using profanity, participating in an unsafe manner or doing damage to the golf course or course equipment can be removed from the team.
3. All players shall abide by the dress rules of the golf courses on which we play and practice. Indian Creek allows no blue jeans, cut-offs, or tank tops. All shirts must have a collar. Earrings are prohibited. Caps will be worn forward. If anyone shows up for practice or an event in improper attire, they will receive an unexcused absence from that practice or event.
4. All players are expected to be at practice on each day that practice is held. Any player having two unexcused absences will be removed from the team. If you have appointments, the coach must know about them in **advance**. A note or a call from a parent is sufficient and is **necessary**. If you are not in school 1/2 day prior to an event, you will NOT be allowed to participate. *Prescheduled appointments are an exception, if cleared with school officials.*
5. Because our season is so short, anyone caught using drugs, alcohol, or tobacco products on the golf course may be removed from the team. You are representing the school, so this behavior is unacceptable.
6. No one can participate in any organized golf leagues or tournaments including father/son, or any other local club events during the NSAA golf season. The NSAA golf season runs from the first day of practice until the completion of the district or state tournament.

LETTERING CRITERIA

To letter in golf, the golfer must fit one of the following criteria:

1. Be a senior (in good standing) of the golf team for three consecutive years. To be “in good standing”, the member must be on a team for the entire season with no more than one (1) unexcused absence for each year.
2. Be a medal winner (top 10) in any varsity tournament in which we compete.
3. Be a member of a winning team in any varsity tournament in which we compete.
4. Be a member of a team that qualifies for the state tournament.
5. Be a medal winner (top 10 and ties) at the state tournament or a member of the team finishing in the top half of the field.

Golf Rules in Brief

The following is a summary of some principle rules of golf. In case of doubt, refer to the complete rules published by the United States Golf Association and the Royal and Ancient Golf Club of St. Andrews.

www.usga.org/rules

Match and Stroke Play

1. Put an identification mark on your ball. If you can't identify it as yours, it's lost. (27)
If your ball becomes unfit for play, you may replace it, without penalty, on the hole where it becomes unfit or between holes. (5-3)
2. Count your clubs. No more than 14. (4-4)
3. Don't use an artificial device or unusual equipment for gauging or measuring distance or conditions, or to give artificial aid in gripping. (14-3)
4. Don't ask for advice from anyone except your partner or your caddie. Don't give advice to anyone except your partner. (8-1)
5. During a hole you may practice your swing but not play a practice stroke.
Between holes you may practice chipping and putting on or near a putting green of the hole last played or the tee of the next hole but not from a hazard. (7-2)
6. Play without delay. (6-7)

Order of Play

1. On the first tee the honor is determined by the order of the draw or, in the absence of a draw, by lot. (10)
2. In match play, the ball farther from the hole is played first. The winner of a hole tees off first on the next hole. If a player plays out of turn anywhere on the course, his opponent may require him to replay. (10-1)
3. In stroke play, the ball farthest from the hole is played first. The competitor with the lowest score on a hole tees off first on the next hole. There is generally no penalty for playing out of turn. (10-2)
4. In four-ball competitions, partners may play in the order they consider best. (30-3c & 31-5)

Teeing Ground

1. Tee off within two club-lengths behind the front edges of the tee-markers.
2. If you tee off outside this area, in match play there is no penalty but your opponent may require you to replay the stroke. In stroke play you incur a two-stroke penalty and must then play from within the proper area. (11-4)

Playing the Ball

1. Play the ball as it lies. (13-1) Don't touch it unless a rule permits. (18-2)
2. Play the course as you find it. Don't improve your lie, the area of your intended swing or your line of play or a reasonable extension of that line beyond the hole by moving, bending or breaking anything fixed or growing except in fairly making your stance or making your swing. Don't press anything down. (13-2) Don't build a stance. (13-3)
3. If your ball lies in a bunker or water hazard, don't touch the ground in the bunker or the ground or water in the water hazard before the downswing. (13-4)
4. Strike at the ball with the clubhead. Don't push or scrape it. (14-1) If your club strikes the ball more than once in a single stroke, count the stroke and add a penalty stroke. (14-4)
5. If you play a wrong ball (except in a hazard), in match play, you lose the hole. In stroke play you incur a two-stroke penalty and must then play the correct ball. (15)

Putting Green

1. Don't touch the line of your putt unless a rule permits. (16-1a) You may repair ball marks and old hole plugs on the line but not spike marks. (16-1c)
2. You may lift, and if desired clean your ball on the putting green. Always replace it on the exact spot. (16-1b)
3. Don't test the surface by scraping it or rolling a ball. (16-1d)
4. If your ball played from the putting green strikes the flagstick, in match play you lose the hole or in stroke play you incur a two-stroke penalty. (17-3)
5. Always hole out unless in match play your opponent concedes your putt. (2-2, 3-2, 16-2)

Ball at Rest Moved

1. If your ball is moved by you, your partner or your caddie except as permitted by the rules or if it moves after you have addressed it, add a penalty stroke and replace your ball. (18-2)
2. If your ball is moved by someone else or another ball, replace it without penalty to you. (18)

Ball in Motion Deflected or Stopped

1. If your ball in motion is deflected or stopped by you, your partner or your caddie, in match play you lose the hole. In stroke play you incur a two-stroke penalty and the ball is played as it lies. (19-2)
2. If your ball in motion is deflected or stopped by someone else, play your ball as it lies without penalty, except (a) in match play, if an opponent or his caddie deflects your ball, you may play it as it lies or replay it or (b) in stroke play, if your ball is deflected after a stroke on the putting green, you must replay. (19)
3. If your ball in motion is deflected or stopped by another ball at rest, play your ball as it lies. In stroke play, you incur a two-stroke penalty if your ball and the other ball were on the green before your stroke. Otherwise, there is no penalty. (19-5)

Lifting, Dropping and Placing

1. If a ball to be lifted is to be replaced, its position must be marked. (20-1)
2. When dropping, stand erect, hold the ball at shoulder height and arm's length and drop it. A ball to be dropped in a hazard must be dropped, and stay, in the hazard. (20-2a)
3. If a dropped ball strikes the player or his partner, caddie or equipment, it must be re-dropped without penalty. (20-2a)
4. A dropped ball must be re-dropped if it rolls into a hazard, out of hazard, onto a putting green, out of bounds or to a position where there is interference by the condition from which relief is taken (in case of immovable obstructions, abnormal ground conditions and wrong putting green) or comes to rest more than two club-lengths from where it first struck a part of the course or nearer the hole than its original position or other

reference point. If the ball when re-dropped rolls into any position listed above, place it where it first struck a part of the course when re-dropped. (20-2c)

5. If the original lie of a ball to be replaced has been altered, place it in the nearest similar lie within one club-length not nearer the hole, except in a bunker recreate the original lie and place it in that lie. (20-3b)

Interference

1. You may lift your ball if it might assist any other player. (22-2)
2. You may have any other ball lifted if it might interfere with your play or assist any other player. (22)

Loose Impediments

1. Loose impediments are natural objects (such as stones and leaves) not fixed or growing, not solidly embedded and not adhering to the ball. (23)
2. You may move them unless the loose impediment and your ball lie in or touch a hazard. (23-1)

Obstructions

1. Obstructions are artificial (i.e., man-made) objects. Out of bounds fences and markers and immovable artificial objects out of bounds are not obstructions. (24)
2. Movable obstructions anywhere may be moved. If your ball moves, replace it without penalty.
3. If an immovable obstruction interferes with your stance or swing, you may, except when your ball is in a water hazard, drop within one club-length of the nearest point of relief not nearer the hole. In a bunker drop in the bunker, and on the putting green place in the nearest position which affords relief, not nearer the hole, there is not relief for intervention on your line of play unless your ball and the obstruction are on the green.
4. If your ball is lost in an immovable obstruction (except in a water hazard) take the same relief based on the point where the ball entered the obstruction. (24-2c)

Abnormal Ground Conditions

1. If your ball is in casual water, ground under repair or, except in a water hazard, a hole or cast made by a burrowing animal, you may drop without penalty within one club-length of the nearest point of relief not nearer the hole, except (a) in a hazard drop in the nearest position in the hazard which affords maximum relief and is not nearer the hole or, under penalty of one stroke, drop any distance behind the hazard or (b) on the putting green place in the nearest position which affords maximum relief and is not the hole. (25-1b)
2. If your ball is lost in such condition (except in a burrowing animal hole in a water hazard), take the same relief based on the point where the ball last crossed the margin of the area. (25-1c)

Lost or Out of Bounds

1. If your ball may be lost outside a water hazard or out of bounds, you may play a provisional ball before you go forward to look for the original, provided you announce your intention to do so. If your original ball turns out to be in a water hazard or is found outside a water hazard, you must abandon the provisional ball. (27-2)
2. If your ball is lost outside a water hazard or is out of bounds, add one penalty stroke and play the provisional or, if you did not play a provisional, replay the shot. (27-1)

Water Hazards

1. You may play the ball as it lies or, under penalty of one stroke, drop any distance behind the water hazard (keeping the point at which the original ball last crossed the margin of the water hazard directly between the hole and the spot on which the ball is dropped), or replay the shot. (26-1a, 26-1b)

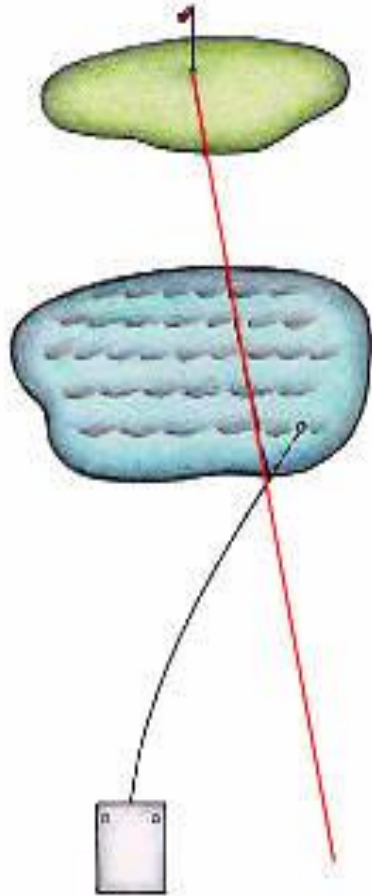
Water Hazards

If your ball is in a water hazard (marked with yellow stakes), you may not remove loose impediments. You may not touch the ground before you hit the ball. But you may probe with your club in the water when searching for it (Rule 12-1).

If you decide against playing your ball from the water hazard, you have the following options:

- Drop the ball behind the point where the ball last crossed the margin of the hazard, going as far back as you want (along red line in diagram). One-stroke penalty. Replay the shot at the spot from where you last hit it. One-stroke penalty (Rule 26).

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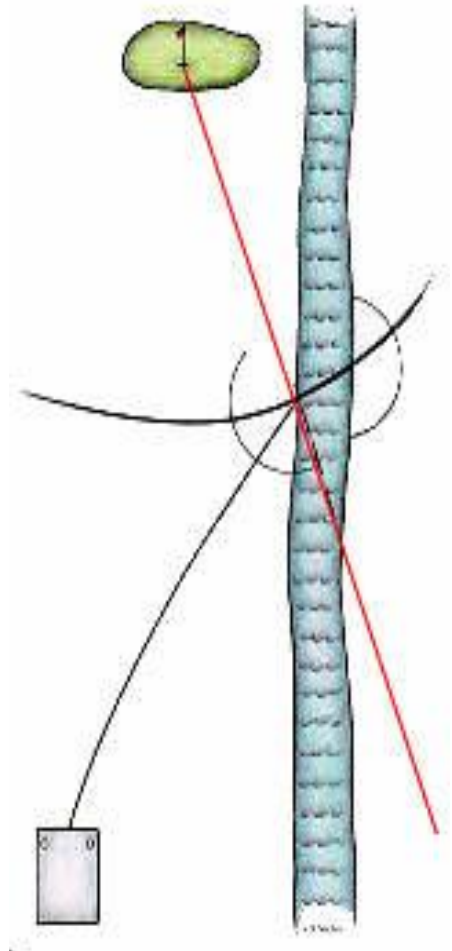


Lateral Water Hazards

2. In a lateral water hazard, you may also, under penalty of one stroke, drop within two club-lengths of (a) the point where the ball last crossed the hazard margin equidistant from the hole. (26-1c)

If your ball is in what is known as a *lateral water hazard* (usually marked with red stakes), you have two additional choices:

- Drop the ball within two club-lengths of the point where the ball last crossed the margin of the hazard, no closer to the hole.
- Drop the ball in the same way, but from the opposite margin of the hazard equidistant from the hole (Rule 26-1c).

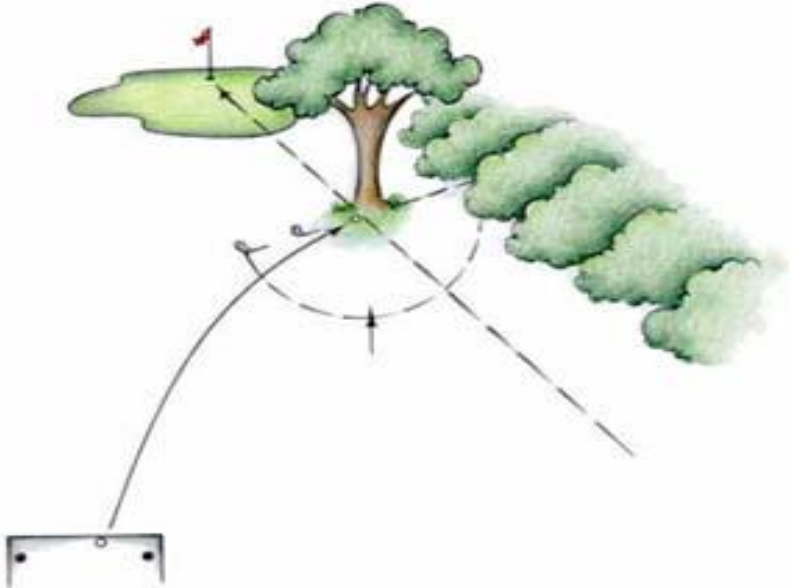


Unplayable

1. If you believe your ball is unplayable outside a water hazard, you may add one penalty stroke and (a) drop within two club-lengths of where the ball lies, not nearer the hole, (b) drop any distance behind the point where the ball lay (keeping that point directly between the hole and the spot on which the ball is dropped), or (c) replay the shot. If your ball is in a bunker you may proceed under (a), (b) or (c), however, if you elect to proceed under (a) or (b), you must drop in the bunker. (28)

If you decide that your ball is unplayable, and it's not in a water hazard, you have three choices, each with a penalty stroke added:

- Drop within two club-lengths of where the ball lies, not nearer the hole, and play on;
- Drop behind the point where the ball lies keeping that point between the hole and the spot on which the ball is to be dropped; or
- which the ball is to be dropped; or replay the shot from the spot where you hit it into the unplayable lie.



Etiquette

1. Don't move, talk or stand close to or directly behind a player making a stroke.
2. Don't play until the group in front is out of your way.
3. Always play without delay. Leave the putting green as soon as all players in your group have holed out.
4. Invite faster groups to play through.
5. Replace divots. Smooth out footprints in bunkers.
6. Don't step on the line of another's putt.
7. Don't drop clubs on a putting green.
8. Replace the flagstick carefully in an upright position.
9. Leave the course in the condition in which you'd like to find it.

NSAA RULES

Play

Play will be governed by the United States Golf Association Rules, combined with local course ground rules. Each school has the responsibility to instruct its players on the rules of golf and to see that these rules are followed during competition. NSAA rules and regulations will also govern all golf competitions.

Amateur Status

1. The NSAA does not make pro-amateur determinations. Anyone declared a pro (in violation of amateur codes) by the USGA cannot participate in high school golf. The Association encourages all schools to remind their golfers of the USGA amateur code. High school players should never receive cash instead of merchandise from any amateur events. To do so, even when other "amateur" players take the cash, is a violation of the code. They would risk having someone who knew report the matter to the USGA. A policy of accepting only merchandise (up to \$500 worth per tournament) is highly recommended.
2. To play high school golf, a student must have amateur status by United States Golf Association standards. The key sections of these standards are:
 - A. Professionalism makes a student ineligible:
 1. Receiving payment of compensation for serving as a professional golfer or identifying oneself as a professional golfer.

2. Taking any action for the purpose of becoming a professional golfer.

B. Prize Money:

Playing for prize money or its equivalent is not allowed in a match, tournament or exhibition. Note: A player may participate in an event in which prize money or its equivalent is offered, provided that prior to participation the player irrevocably waives the right to accept prize money in that event.

C. Merchandise Limit:

Acceptance of a prize or testimonial applies to total prizes received for any event or series of events in any one tournament or exhibition, including hole-in-one or other events in which golf skill is a factor is okay if merchandise does not exceed \$500. Prizes of only symbolic value (such as trophies) are acceptable.

Non-School Participation

1. To be eligible to compete for a high school team, a student shall not become involved in any golf competition other than that which is scheduled by her school from the time the season opens until the team's season ends.
2. Outside golf competition that is illegal during the high school season includes: open tournaments, local club tournaments, league play, exhibitions, parent-youth competition and any other competitive events.
3. It should be noted that this rule begins on the first allowed day of practice. Even if a team's official practice does not begin until August 21, for example, its students must avoid any outside competition beginning on the first allowed practice day, if they wish to be eligible for the high school team.
4. What about situations where students want to be involved in golf during the season in competition/participation not sponsored by the school?
 - a. The high school principal and the coach of the sport involved must prepare a request for a waiver of Article 3. Section 3.5.1. The school then may request a waiver from the Nebraska School Activities Association. If the student(s) has not qualified for the competition through actual competition in a meet or series of meets which were designated in advance by the sponsoring organization as qualifying meets, or the competition is

not a part of the United States Olympic Development Program, a waiver may be granted provided the student(s) does not represent her school in varsity competition of the sport involved for the same number of days in which she participated in the non-school competition.

- b. If a school has violations of this rule, the administration should contact the NSAA office immediately. The penalty, to be set by the NSAA Executive Director, can be from one match to the entire season.

Spectators and Coaches

1. Spectators may be on the course observing the golfers, but they must remain a distance from all golfers. Spectators must avoid being on greens and tee boxes. They should remain off the fairways.
2. Spectators can applaud a player or group of players and they may offer encouragement to one player, as long as it is not distracting to other players in the tournament.
3. Spectators may not walk side-by-side with participants. They may not sit with them during a waiting period on the course.
4. A distance of 50 feet would be an acceptable separation.
5. Violation of this section during a tournament or meet may result in a two-stroke penalty after a warning by tournament or meet officials. Failure to abide by the separation rule after a two-stroke penalty is applied could result in disqualification.
6. **Head Coaches may coach their golfers between greens and tees.**
7. Coaches, other than the Head Coach, may be out on the course during competition if not part of the work force. If so, they fall under the category of spectator and must follow the above rules.
8. The clubhouse area between the ninth green and tenth tee is a time when players and spectators would not be required to maintain the above mentioned distances. Coaches could, at this time, meet with their players and discuss any aspect of golf.
9. People carrying cell phones or pagers on the course must turn off the ringer. Those who do not will be asked to turn off the phone or pager and risk being removed from the course.
10. **No players, assistant coaches, parents or spectators shall be allowed to coach or give advice while out on**

the course, to any player who is competing during regular season matches or matches in the NSAA District or State Tournaments.

Smokeless Tobacco Ban

The NSAA Board of Control has approved the following regulation: During district or state competition in activities sponsored by the Nebraska School Activities Association, the use of smokeless tobacco by any participant is prohibited. If a participant or substitute is detected using smokeless tobacco during competition, that individual shall be disqualified from participation in further competition in that contest.

Caddies and Carts

Caddies are not allowed for any tournament and competitors may NOT use motor-driven golf carts. Pull carts are permitted.

Cell Phones & Electronic Devices

Golfers are not allowed to use a cell phone or any other type of electronic communication device during competition. The penalty for breach of this rule is **TWO STROKES**.

Distance Measuring Devices

The use of electronic Distance Measuring Devices will not be permitted during District and State Championship play.

For regular season competition, if the Local Committee elects to permit electronic Distance Measuring Devices, rules concerning such use must be included in pre-meet communications and be in compliance with USGA rules.

Tournament Golf "Amateur Style"

By: Stan Thomas of Golfopinions.com

So you've got a tournament coming up. Your tournament is probably not anything like what you watch on television, but the pressures and problems will be much the same. Maybe with a little thought and preparation, you can pick up the edge that you need to beat your opponent and score well.

First off, let's agree that you're probably not going to be swinging like Ernie Els when the big day arrives. Now is NOT the time to start messing with your swing and make any major changes. You know your tendencies better than anyone else and chances are you're going to have to find a way to play with them. Check your basics and get your posture, grip, alignment, and ball position in the best shape they can be for YOUR game. Hitting balls is fine but don't go overboard on making changes or you'll only end up feeling lost on game day. The most effective thing you can work on is probably your swing tempo, find it and keep it, and you'll probably strike the ball pretty well.

Second, you're probably not going to hit as many greens as Tiger does, or even as many as you would like to. Practice your short game till your sick of it, and then practice it some more. Practice going from green to green hitting multiple pitch shots from all the places you don't want to be, but will probably end up when you least want to be there. You know what shots are dependable for you and which ones are not, find a way to work with what you have. Learn the new stuff later, now is the time to "dance with who brung ya".

Third, spend most of your time on the practice green working on short putts. Anyone who can make most of the 4-6 footers they face is going to end up with a pretty decent score for the day. The difference between the bottom players in the tournament and the top players will probably be determined not by birdies, but by par saves. Good rounds are built on pars and if you can chip it to 5 feet and make the putt you are going to make some extra pars.

Fourth, look at your equipment. Are your grips in good shape or do they need replaced? If you don't replace them, scrub them vigorously with a stiff brush and a solution of warm water and dishwashing soap. Choose a detergent that contains a degreaser, it will

help remove the oil and dirt buildup that accumulates from your hands over a period of time. Rinse them well and pat dry with a bath towel.

Clean your irons with a brass bristled brush and detergent in warm water, the brass bristles are softer than the chrome or cast finish of your irons and won't harm them. Toothpicks are for cleaning teeth, golf clubs are made to hit through dirt and sand, forget the sissy stuff and get a brass bristled brush like you use on your barbecue grill, it's faster and more efficient. Cleaning woods is a little different; some of them have polyurethane finishes, use a stiff nylon brush and a mild solution of detergent and water.

Clean your shoes, give them a shine, and replace the cleats. Don't overload your bag if you're walking, but make sure you have rain gear if there is a chance you'll need it, a couple of extra gloves, some Band-Aids, tape, towels, and all the normal stuff you should have anyway. Throw a fresh Sharpie in your bag to mark your golf balls and have plenty of your favorite brand ready to go. Clean the shag balls out and get rid of the nine wadded up worn out gloves that you'll never use anyway.

Game day, it's time to go through your normal warm up without any changes, take your time and try to make sure your tempo is smooth before you leave the range. Hit a few pitches, and make sure before you leave the practice green you make about five two footers in a row. Seeing and hearing the ball go in the hole is a great way to leave the green.

Take your time over that first tee shot, pick a club that will get you into the fairway. Breathe deeply and make that first takeaway slow and deliberate. You're supposed to be nervous the first few holes, the secret is to not panic and start making mistakes. Now is not the time to be a hero, play the odds and work on getting settled down. If trouble arises, **DON'T** get in a hurry, take your time and **THINK** about what you are doing. Most people who make big numbers get in a big hurry after a bad shot and compound it with several more. Be conservative with your long shots and aggressive with short ones, fairways and greens yield good scores.

Patience is your friend, most people who fall apart in golf tournaments run out of it early. Be prepared, play smart, be patient, and it just might be your lucky day.

Tournament Preparation for High School Golfers

By: Jim Rollins - Golf Coach, Bethel-Tate High School, Bethel, Ohio

Golf at any level of competition requires much work and preparation that must begin well in advance of the competition date. The advance preparation must place emphasis on all practice sessions, practice rounds, matches and all other golf related activities in order for the high school golfer to be successful in tournament play.

The final measure of success will sometimes depend on the post-season tournament. These post-season tournaments are an important criteria for the college coach looking for low numbers. The high school golfer should strive for consistency throughout the season. Advance preparation, hard work and dedication will help deliver the consistency necessary to help the young golfer through a below-average day as far as striking the ball is concerned. Work hard on all phases of the game and be prepared for all challenges. The following ideas will not make the player an instant winner but they will be very important to the dedicated individual who will find time to prepare himself properly. We all want to do our best at tournament time but we must realize that there will be another day if we play up to our capabilities.

GENERAL PREPARATIONS

- Know local and USGA rules. Keep a rule book in your golf bag.
- Clean your equipment.
- Dress like a winner.
- Get plenty of rest leading up to the event (2-3 days in advance).
- Watch your diet – you need to feel light.
- Work hard during the lead-up schedule.
- Learn from each individual during the season.
- Work to make your short game sharp.
- Prepare yourself by competing in club, local, state and national tournaments.
- Know and stay with the fundamentals.
- Don't change your game just prior to a tournament.
- Read and know all tournament procedures.
- Think tournament time.
- Play the course at least once.
- Visualize playing the course.
- Be physically and mentally fit.

- Stay overnight only when necessary.
- Players should understand that these trips are not pleasure trips.
- Equipment change prior to a tournament is not recommended. You must have confidence in your equipment.

TOURNAMENT DAY PROCEDURES

- Awake early enough to avoid rushing.
- Never rush anything on tournament day.
- Develop a routine and stay organized.
- Don't alter your routine.
- Relax and stay positive.
- Worrying won't help the outcome.
- Eat light.
- Check your equipment (remember the 14 club limit).
- Read registration material.
- Find time for mother nature.
- In checking you equipment, be sure you have the following: 1) driver, 2) wedge, and 3) putter.

WARM UP

- Plan your warm-up.
- Use warm-up exercises that will loosen all parts of the body, especially the fingers and hands, arms and shoulders, and the hips and legs.
- Choose the exercises that relax you the most.
- Think positive – warm up the mind.
- Warming up does not solve problems. Make it a loosening-up procedure.
- Don't wear yourself out during warm-up. 15-30 minutes is usually enough.
- On the range, start with the wedge and finish with the driver. Finish with the club that you will use in teeing up.
- 25 balls will develop timing through good rhythm.
- Get the feel on the range.
- It is very important to find and realize a good rhythm and tempo since these will differ from day to day, round to round.
- Go to the practice green last.
- Check your equipment before going to the first tee.
- Are you prepared mentally and physically?
- Think tournament time.

FIRST TEE PREPARATION

- Relax and pace yourself on the first tee.
- Report at least five minutes early.
- Think positive.
- Don't alter your routine.
- Identify your ball (mark it).
- Number one is the first hole, not the final. Play each shot and each hole one at a time.
- There will be no driving champion recognized. Position is the name of the game.
- Meet your opponent – the course.
- Be comfortable. If not, start over. Don't rush – you have earned the right to play. Hit it toward a target.
- Expect to be somewhat nervous. If you are not, go back home because you aren't ready to play.

STRATEGY AND THE ROUND

- Use proper etiquette at all times.
- Think positive. Fundamentally sound players are good players.
- Hard work and dedication bring luck.
- Soundness will outweigh luck.
- Your enthusiasm and positive thinking are important regardless of the odds.
- Always keep your composure. The following suffer if you don't: 1) you, 2) the course, 3) your playing partner, 4) your team, 5) your school, 6) your coach and 7) your parents. Think about it!
- Concentration is a must.
- Know your distances for each shot.
- Play for position.
- Stay below the cup in most situations.
- Hit to the middle when the pin is tucked.
- The most important shots of the short game are the up and downs and the 3 to 4 foot putts.
- Think out every shot. Study all situations.
- Believe in yourself.
- Realize your shot capabilities.
- Your mental outlook will determine your success after you have mastered the fundamentals.
- Forget the bad shots.

- Plan your recovery well when in trouble.
- Practice recovery shots.
- Play for position on your drives. Always consider your approach to the green.
- One bad shot sometimes leads to another. This is caused by an improper attitude.
- Curb frustration after a bad shot.
- Getting out of trouble is sometimes more mental than physical.
- Don't let pride or stubbornness stand in the way of a good shot.
- Your toughest opponent is the course.
- Your biggest obstacle is your mental attitude.
- Your first thoughts are usually correct.
- Never give up.
- Think tournament time!
- Don't load yourself down between 9's with food.

PRESSURE

- Try not to tense up in fear of error. You will make mistakes during your round so accept this fact. Be determined to shrug these off.
- Keep a "thick skin".
- Realize that you will only hit so many shots as planned.
- Keep fingers extended between shots. Tight muscles build tension.
- Release tension by talking.
- Make your decision and then make your shot. Don't freeze over the ball.

POST-ROUND

- Show maturity and class at all times.
- Check and sign your card. (Go directly to the scoreboard after your round.) - No excuses, your score tells it all.
- Discuss your round with your coach if asked.
- When analyzing you round, consider your average, the course and conditions.
- Ask yourself these questions:
 - Did I prepare?
 - Did I give my best effort?
 - Did I lose my composure at any time?
 - Did I play every shot as though it were for the win?
 - Did I use proper golf etiquette at all times?

- Did I represent myself, my school and my coach in a class manner?
- You can still walk, talk, and play golf. All is not lost.
- The coach and your teammates still have confidence in you if you answered yes to the preceding questions.

CONCLUSION

No approach to preparation will benefit the young player if the desire to succeed at tournament time is absent. Strategy and course management can be forgotten if no effort has been made to improve fundamentally. All can be forgotten without a proper mental attitude since so much of the game of golf involves this attitude.
