

CHANTILLY VARSITY COED AND GIRLS GOLF

Program Tryout Guidelines

2018

It is expected that all Chantilly High School students desiring to represent Chantilly HS on the CoEd Varsity and Girls Golf Team adhere to the following guidelines and requirements.

Tryout Period –

- 3 full tryout periods; more than 1 tryout period can occur in a day.
- Tryouts are closed to players only.
- Inclement weather may delay or postpone play to finish the tryout period; be prepared for all weather
- Coaches will adhere to all safety guidelines concerning play in inclement weather and will rely on the golf facility to determine if play can continue; Coaches will be conscious of other commitments and family obligations when additional time to complete tryout periods are required due to inclement weather.
- Times and locations of tryouts will be announced and posted on the golf website (www.chantillysports.org)
- Candidates unavailable for any 1 or more tryout periods must notify coaches in advance and provide an acceptable excuse to the coach for review and approval. Approval will be done on a case by case basis.
- Make-up opportunities for missed tryouts will be provided at the coach's discretion.

Tryout Procedure

- Tryouts and evaluation of candidates can include, but not limited to, a
 - short game evaluation
 - full swing evaluation
 - USGA Rules Quiz
 - 9-hole round
 - 18-hole round of golf
 - USGA Rules of Golf
 - 9 – hole scoring average
 - 18 – hole scoring average
 - Attitude and Etiquette
 - Ability to commit to the team
- Golfer's should report to the designated location with enough time to adequately warm-up and prepare themselves for the activities planned for the day.
- All equipment is the responsibility of the candidate. Chantilly HS does not provide any equipment to the candidates for the purpose of trying out for the team.
- All range balls and rounds of golf during tryouts responsibility of the candidate and may be associated with a cost. Rates or cost associated with the range balls are available by contacting the various locations of tryouts by phone or through the internet.
- All golfers will be required to check in with the coaches a minimum of 15 minutes prior to the start of tryouts. A schedule of the day's events will be available at check in.
- All candidates must turn in or have on record the following COMPLETED paperwork. Absence of any or all paperwork will disqualify the candidate from trying out for that period and all subsequent periods until all paperwork requirements are met.
 - VHSL Physical Form
 - Emergency Care Card
 - Extra Curricular Participation Policy
 - Student AND Parent Concussion Education Certificate – (on-line)
 - Golf Field Trip Form
- Proper attire is required for tryouts. Candidates should wear a collared shirt (no T-shirts or Mocks please), pleated golf shorts or pants (no cargo shorts), soft spike golf shoes, and appropriate hat or

visor (optional). All are encouraged to wear clothing that represents Chantilly High School spirit. Deviation from Proper Attire may result in disqualification for the tryout activity and subsequent activities until the error is resolved. Make-up sessions will not be provided for candidates violating proper attire.

- Upon completion of each activity, golfers must report all scores and progress to the appropriate coach. No candidate should leave the facility prior to the coach dismissing and/or ending the day's practice.
- At the conclusion of the 3rd tryout period and all subsequent tryout periods, coaches will meet the candidates to review their current status as to qualifying for the team.

Conditioning Evaluations

- All potential team members may be required to complete a conditioning evaluation. The following tests could be performed with the minimal results shown in parenthesis.
 - Cardio-vascular conditioning – COOPER TEST – 12 minute run. (Boys – 5.75 laps, Girls – 5 laps)
 - Upper Body Strength – PUSH-UP TEST – Max # (Boys – 33, Girls – 21)
 - Core Strength – PULL-UP TEST – Max # (Boys – 3, Girls – 1)
 - Core Strength – SIT-UP TEST – Timed 1 minute (Boys – 48, Girls – 41)
 - Flexibility – SIT-REACH TEST – Max # (Boys – 36, Girls 43)

Tryout Expectations

- It is expected that all candidates compete as gentlemen and ladies on the golf course. It is expected that they are punctual, responsible, courteous, and represent Chantilly High School, the team, their teammates and their coaches with class and dignity. Expression of frustration, anger, disgust, joy, or elation in a manner that draws unnecessary attention to oneself is prohibited. It is expected that all candidates put forth their best effort in completing all aspects of the tryout sessions with energy and enthusiasm and with the intent to compete at the highest level of their ability.
- The Chantilly High School CoEd Varsity will consist of male and/or female golfers. Both males and females may complete the CoEd Varsity Golf team and female golfers will complete the Girl's Golf team. The coaching staff will have the final say to the number of golfers for this year's team and which golfers will compete with which team.
- It is expected that the Chantilly Golf Coaches will coach as gentlemen and ladies both on and off the golf course. It is expected that they will communicate clearly and succinctly the instructions for each of the tryout activities and will answer all questions within reason to assist the candidates to a complete understanding. The Chantilly Golf Coaches will evaluate fairly the skills, abilities and knowledge of all candidates based upon the information required and requested by them and displayed by the golfer during the tryout period. The decision of the coaches is final. Coaches will be available to all candidates at the completion of tryouts.