

Post Falls High School Golf Team Handbook

Golf is a lifelong game. My goal is for each golfer at PFHS to learn to love golf, grow both mentally and physically in regards to the game, and be the most successful student-athletes in the area. I want a focus on academics without neglecting performance on the course. We will demonstrate this every day in school, practice, and at tournaments.

High school golf allows golfers to compete as individuals and as a team. Since it is a competitive sport, the expectation is every player will practice to improve skills, mental game, and course management. Because we are a team, teamwork and unity will be of utmost importance. We will encourage one another and assist each other to improve our games and perform at the highest possible level.

Golf may be one of the most interesting sports to exist. Although it may be frustrating at times it is by far one of the most rewarding things you can do. "Golf is deceptively simple and endlessly complicated; it satisfies the soul and frustrates the intellect. It is at the same time rewarding and maddening – and it is without a doubt the greatest game mankind has ever invented."-Arnold Palmer

All students will be respectful to employees and others when visiting golf courses. We are guests at their facilities. They have the right to refuse our access at any time. PFHS golfers will be the best-behaved and most responsible students to use the courses and facilities.

I believe that golf creates a great mental battle within oneself that can lead to self-learning/improvement. "Do your best, one shot at a time and then move on. Remember that golf is just a game." – Nancy Lopez

My Goals for Post Falls High School golf:

1. Have the team be top 3 school-wide academically
2. Get every member of the team to the skill level in which they can play without any pace or etiquette issues in regards to future play
3. Educate all players on the rules so all will know core rules for any tournament play
4. Build a program with a strong culture centered around teamwork, leadership, and relationships
5. Place in the top 4 in 3/4ths of the tournaments
6. Make it to state
7. Educated all players so they can self-correct themselves on the course through mental and swing instruction

Individual goals will be of importance as well, but I will address those goals I will have for each and every one of you as we get further along in the season.

I look forward to working with all of you.

Jess Wingett

Practices

Every golfer will be expected to attend all team practices. Practices will be held every day after school at The Highlands GC. If we are unable to practice there for any reason, I will contact the team ahead of time and communicate the changes to the practices. *Practices are subject to change due to weather.

Private lessons will supersede a regular practice, but not qualifying rounds. Players must let me know in advance of private lessons they have scheduled. Otherwise it will be considered an unexcused absence. Golfers must also let me know in advance of any practice they will be unable to attend. My cell number is 509-994-421 and my email is jess@thehighlandsgc.com.

Unexcused absences will not be tolerated. Students must be willing to commit to practice to be considered for the golf teams. Practice attendance will be a factor in determining teams and playing time. An unexcused absence will result in loss of playing privileges for the next tournament. Three unexcused absences from practice will result in being dropped from the team.

Dress

1. All golfers will be required to purchase a team shirt (\$20-30 price range) to be eligible for tournament play; however, it is recommended to purchase others as well.
2. For practices at courses: all golfers must meet the dress code of the golf course (The Highlands GC allows sleeved t-shirts and jeans). No sleeveless t-shirts or jean shorts will be allowed.
3. For tournaments: all golfers will be required to wear the team shirt and slacks/shorts.
4. All golfers need either tennis shoes or golf shoes.

Teams/Tournaments

Qualifying for the varsity rosters will be open to all. The rosters will be dictated off of qualifying scores, past tournament scores, and academics. Some factors such as attitude, attendance, coach-ability, and work ethic will impact crucial team selection decisions as well. We will take the top 5 boys and 5 girls to each tournament. To be considered for the tournament teams, a golfer must be able to keep their own score accurately, shoot a competitive score, and have a basic understanding of the rules and etiquette of golf. Any varsity golfer that shoots under a set score in a tournament (this will vary depending on the slope/rating of the course, but will most likely be 74-76 for men and 80-82 for women) will automatically qualify for the next tournament. This means that any remaining spots for the varsity team will be up for grabs in qualifying. Due to the area we live in, time restrictions, and the weather-dependent high school golf season, some tournaments will have to be decided by the coaching staff. This will be a last resort as I want to give everyone an equal opportunity to qualify for the team.

Tournament Expectations

1. All golfers will wear the team shirt and slacks/shorts. No jeans will be permitted for tournaments. Girls may wear skorts. In cold/wet weather, wind/rain pants may be worn. All clothing must meet the school dress code.
2. Golfers will be expected to have plenty of golf balls, tees, and a ball marker/coin for tournament play. Optional equipment suggestions include: rain gear, umbrella, sunscreen, lip balm, glove, Band-Aids, water bottle, rule book, high protein snacks and divot repair tool.
3. All players will be expected to remain at the tournament site until all of their teammates have finished and scores are posted.

4. Each golfer will play with honor and integrity. All players will abide by the USGA Rules of Golf. Cheating will not be tolerated.

Parental Involvement

Parents are encouraged to take an active part in their child's golf career. Since golf is ultimately an individual sport, your student's development will ultimately be his/her responsibility. Anything you can provide, from lessons and equipment to emotional support and gentle nudges to practice will help your child become a better golfer. During a tournament, though, parents should consider themselves spectators and fans.

Here are some things spectators are not allowed to do (USGA Rule 8):

1. Take and/or give any equipment from any golfer at anytime
2. Make any rulings or give advice on a rule
3. Assist in players keeping score (players are responsible for keeping their own scores)
4. Give food or drink to any player
5. Never touch a player's ball while it is in play

Here are some things parents are allowed to do:

1. Encourage all players
2. Help all players find lost balls

Golf Etiquette

For the game to be enjoyed, each player participates in accordance with a code of decent and friendly conduct, which includes safe and fast play, proper care of the golf course, and basic courtesy. Use this as a guideline:

Care of the course:

1. Rake all bunkers. Replace all divots. Don't make divots with practice swings.
2. On greens, repair all ball marks. Repair spike marks on the greens.
3. Leave the course, particularly the greens, in better condition than before you arrived at the green (please fix at least two ball marks every green)

Safety:

1. Be careful when you swing a club, whether in practice or in play. Always be aware of those around you.

Courtesy:

1. Don't move, talk, or stand close to or directly behind a player making a stroke.
2. Observe all rules of golf including who has the honor (however play ready golf when able to).
3. Play without delay (READY GOLF). Slow play is a huge aggravation. Leave the putting green as soon as all players in your group have holed out. Write scores on the next tee box.
4. Invite faster groups to play through except in tournaments (this is for practice/general etiquette of golf).
5. Don't step on the line of another player's putt.
6. Replace the flagstick carefully in an upright position if the flagstick was taken out while putting. First person to hole out should grab the flagstick.
7. Never place your bag on the putting surface. Keep bag in the direction of the next hole to maintain fast play.

Post Falls High School Golf Team Expectations

1. I am a student-athlete whereas being a student comes first. I will maintain and exceed the acceptable grade standards installed by the school and the team requirements. **(My team requirement is that no player can travel if there is an F in any class even if they meet the school's GPA requirement)**
2. I will play by the rules of golf, be honest and never cheat. Golf is ultimately an individual sport where the rules are regulated by oneself. I will accept any breach of the rules and learn from it.
3. I will never give up and compete on every shot. I will respect myself in giving the utmost effort I can give during practices and competitions.
4. I will represent Post Falls High School and myself with class, honor, and respect at practice, in tournaments, and wherever I go. I am a representative of PFHS, my team, my family, my community, and ultimately myself.
5. I commit to giving the best effort every practice and tournament. I will not disrespect my competition, my teammates, or the sport in any way.
6. I will strive to be a leader in the classroom, on the course, and in the community, through my behavior and class work. Behavior and conduct are more important than ability.
7. I will be courteous and gracious of my opportunity to play and practice at different golf courses. I will leave the course in better condition than when I arrived.

At PFHS, we will strive to be the most respectful and classiest team. Whenever you are at a golf course, whether a coach is present or not, you represent PFHS, the community, and the golf team. In addition to the team expectations, PFHS code of conduct and expectations adhere as well.

I have read and agree to the previous expectations:

_____	Print Name	_____	Date
_____	Student Signature		
_____	Parent Signature	_____	Date