



2020 Handbook

Deliberate Practice

Deliberate practice is about improving by pushing yourself and your practice beyond your comfort zone. It does not mean mindlessly pounding balls in order to build muscle memory. Instead, you need to be practicing with a purpose to expand your abilities.

THE 4 LAWS OF PERFECT PRACTICE

1. DELIBERATE PRACTICE IS HIGHLY PERSONALIZED
2. DELIBERATE PRACTICE SHOULD PUSH YOU JUST BEYOND YOUR ABILITIES
3. DELIBERATE PRACTICE MUST BE REPEATED OFTEN
4. DELIBERATE PRACTICE REQUIRES CONTINUAL, SPECIFIC FEEDBACK

Practice

Practice will take place at The Ridges Golf Course. Practice will start at 3:20. The length of practice will vary. A normal skills based practice will typically end around 5:00. A qualifying practice round will go past 5:00 as you will be asked to complete 9 holes. If you are unable to attend practice please let a coach know ahead of time. Each unexcused practice and consistent absences (three or more in a week not due to an illness) will result in players having to miss that weeks meet.

Indoor Practice: With living in Minnesota practice will often start indoors. Indoor practice is not as exciting as being outdoors, but it is as important. Golfers need to take this preparation just as serious as outdoor practice as it is possible we will go from indoor practice to our first meet.

Qualifying

Each member of the golf team will complete three 9 hole qualifying rounds. Depending on the weather, qualifying rounds may be eliminated if there is not enough time to complete all three before the first match of the season. The top two qualifying rounds along with previous season results will determine the varsity roster and the lineup used at the varsity meets. Varsity roster and lineups may be changed at the coaches discretion.

Academics

As a program it is important that we represent Jordan as Student-Athletes. This is even more important when you are participating in the Jordan Golf Program. Many of our tournaments will take place during the day. As a participant in golf you will be missing class time. It is important that you stay on top of your academics. You will need to be organized and talk to your teachers **prior** to the time you will miss to complete any assignments or tests. If issues arise, you will miss golf events in order to stay up to date with your academics.

General Rules

The Jordan Girls Golf Program will follow and refer to the Jordan School/Activity Handbook.

Jordan Girls Golf Rules

1. Always take care of the golf courses (repair divots, ball marks, etc.)
2. Conduct yourself properly on the golf course/practice facilities/clubhouse (proper etiquette, no swearing, club throwing, etc.)
3. Be accountable (understanding the rules or who how to proceed if you do not, keep the correct score for yourself and your group members, be on time, etc.)
4. Everything you do is aimed at improving yourself as a golfer and a person
5. Enjoy Yourself

Contact Information

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Joe Perkel Activities Director: jperkel@isd717.org

Ridges at Sand Creek Clubhouse: 952-492-2644 Address: 21775 Ridges Drive Jordan, MN 55352

Communication

To communicate more effectively we will be using the Remind App. This will be the first line of communication if there is any change to the schedule or practice times. I will also be using this if there is a message that I would like to send to the group as a whole. To join this group ENTER this number: 81010 and TEXT this message: @jordangirl.

Please follow us on Twitter as well: @jordangolf717. This is a great way for parents and players to see updates, get results, and see pictures from all things Jordan golf.

Program Philosophy & Goals

Golf Philosophy

Team members at Jordan High School will be expected to play the game of golf according to the USGA's The Rules of Golf. "Unlike many sports, golf is played, for the most part, without the supervision of a referee or umpire." The game relies on the integrity of the individual to show consideration for the other players and to abide by the Rules. All players should conduct themselves in disciplined manner, demonstrating courtesy and sportsmanship at all times, irrespective of how competitive they may be. This is the spirit of the game of golf.

Team Philosophy

The program will follow guidelines provided by the Jordan School District and Jordan Golf Program. Team success will take priority over individual success. All athletes will strive to achieve victory at the varsity level as a team. The best individual players will be placed in order from #1 on down, with the top 6 players composing the varsity squad in tournaments. Junior Varsity players will compete in the same manner at smaller tournaments with the intention of moving up to the varsity level at some time in their high school career. Minnesota weather can be unpredictable and consistent attendance is a must for the team to succeed.

Team Goals

The program hopes to provide a positive experience with a lifelong sport to as many athletes as facilities provide for. Individuals will strive to post the lowest score possible at tournaments and these victories will provide a base for confidence needed to compete at the top level in the state of Minnesota. Team members will strive towards winning conference, section and the state championships. More importantly the program will strive to create well rounded individuals that have gained skills which allow them to be successful today and in the future.

Coach, Athlete, & Parent Expectations

Expectations of the Coach

The coaches will provide a safe and positive experience for athletes to learn and play the game of golf. Techniques and strategy will be explained to each team member as much as possible. Coaches will model proper etiquette and behavior throughout practice and tournament situations. They will be honest and up front with each player about their abilities and provide suggestions for possible improvements. During tournament play, the coaches will provide feedback and encouragement at appropriate times. Coaches will give 100% effort in fulfilling their duties.

Expectations of the Athlete

Athletes will follow team policies and instructions provided by coaches to the best of their ability. 100% Physical and mental effort will be expected in all aspects of practice and play. Individual behavior will consist of maturity and a positive attitude daily. All team members will show respect for themselves, teammates, coaches, and opponents at all times. Athletes must understand that they are representing JordanHigh School, its coaches, their teammates and themselves when participating in the golf program. Athletes will be expected to follow the rules of golf during practice and tournament play. Sportsmanship will be demanded from each athlete.

Expectations of the Parent

Parents are an integral part of any program. The support and opportunities they provide for the children allow for the development of an athlete. Parents will be expected to positively encourage and support their own children as well as teammates of their children. Team policies and coaching decisions should be respected and supported. Questions are welcomed, but please discuss them with one's children first. Then have the athlete discuss them with the coach. If the answer is still not satisfying, then contact the coach. Following this sequence will be very positive for everyone.

**Parents are always welcomed at the Golf Meets. As a reminder parents are not allowed to coach their child. Also, please be courteous to the other golfers by staying out of the fairway and be aware of your surroundings.*

Summer Golf

Playing in the summer is the best way to improve as a golfer. The golf season is short and often only allows for quick preparation for conference and section play. To become the best golfer you can you must play in the summer. The following are some opportunities for you to improve as a golfer in the summer.

Short Game

One of the best ways to shave strokes off your score as a golfer is to improve your short game. Most courses have a putting and chipping green. Even better it does not cost you any money to use these facilities.

Youth on Course

Youth on Course offers golfers ages 6-18 the opportunity to play golf for \$5 or less at participating YOC courses. The annual membership for Youth on Course is \$15 and includes a junior membership to the MGA.

Website: <https://www.mngolf.org/YouthOnCourse>

Junior Tour

Website: <http://www.minnesotajuniorgolf.com/>

The Junior Tour is designed for 13-19 year-olds and all events are 18-hole stroke play competitions. The Junior Tour consists of two different age divisions, 13-15 and 16-19, for both boys and girls. This is for players who are looking to play competitive golf in a recreational environment—similar to other club-level sports. It is also a great option for those looking to play competitively in high school or may already be on a high school team. The Junior Tour is the primary pre-requisite to earn status on the Players Tour. Juniors who have reached their 19th birthday prior to September 1, 2019 are eligible **only** if they have immediately finished their senior year of high school. Annual membership fee of \$100.00. Each 18 hole event has a cost of \$29.00.

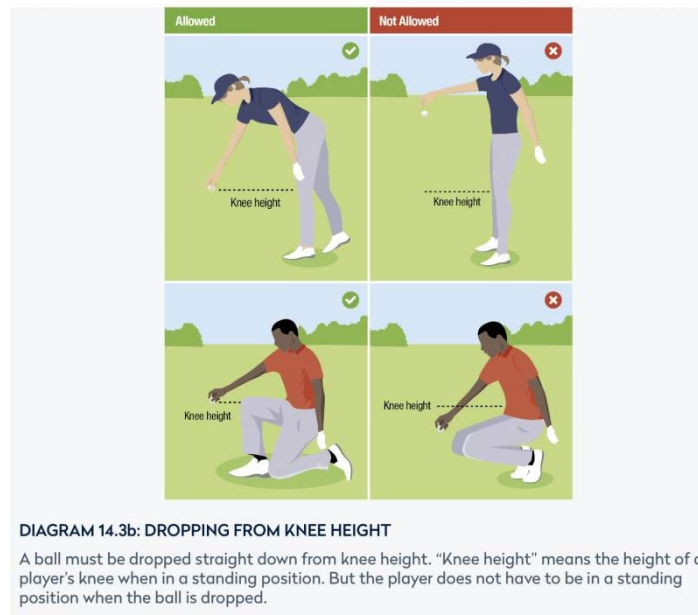
2020 Junior Golf Program (Ridges at Sand Creek)

TBD as there is a new golf pro. Please check the Ridges at Sand Creek website for updates.

Rules

Rule 14 (Dropping the Ball)

- Must drop the ball in the Right Way
- Drop from Knee Height
- Must not hit player or equipment on the way down (before it hits the ground)
 - May hit player or equipment after it hits the ground



Rule 16 (Embedded Ball)

- Embedded Ball now applies to the "General Area"
 - Ball embedded anywhere (fairway, rough) is entitled to relief EXCEPT in sand (not a bunker) unless the area is cut to fairway height or less.
- Taking Free Relief Steps
 - Reference Point: The nearest point of complete relief (right behind the ball when embedded).
 - Size of Relief Area: One club-length from the reference point.
 - Limits on Relief Area: Must not be closer to the hole. Must be in the general area.

Taking Relief from a Bunker

- Free Relief may be taken inside the bunker.
- There is also a second option to take relief out of the bunker with a one stroke penalty.
 - Steps
 - Reference point: A point on the course outside the bunker chosen by the player that is on the reference line and is farther from the hole than the original spot (no limit on how far back).

- Size of Relief Area: One club-length from the reference point.
- Limits on Relief Area: Must not be closer to the hole. May be in any area of the course.

USGA Link: <https://www.usga.org/content/usga/home-page/rules/rules-2019/players-edition/rule-16.html>

Rule 13 (Putting Green and Flagstick)

- You are allowed to repair any damage on the putting green.
 - Cannot improve your play behind that of fixing the green.
- There is no penalty for accidentally moving the ball or ball-marker on the putting green. *The ball must be replaced!*
- If the ball has been lifted and then replaced, it now owns that spot. If the ball subsequently were to move, even by natural forces, *the ball must be replaced!*
- The flagstick may be left in the hole for all strokes. There is no penalty if the ball in motion strikes it, even from the putting green.
 - However, if the flagstick is being attended when the stroke is made, it must be removed. If the ball hits the player that player would incur the penalty.

Rule 15 (Loose Impediments)

- May be removed from BUNKERS and PENALTY AREAS without penalty
- There is no penalty as long as the ball doesn't move in the process of removing.
- If the ball moves when moving the loose impediment, the player will incur a one-stroke penalty and THE BALL MUST BE REPLACED!
- You still CANNOT touch the sand with your club at anytime.
- In hazards you CAN make a practice swing and ground your club before making your stroke.

Rule 17 (Taking relief from penalty areas)

- Penalty Areas may be
 - Traditional 'water hazards' (no longer valid term)
 - Areas with thick trees, heavy underbrush
 - Defaults to RED
 - Committee may mark areas Yellow
- Yellow: Two plus playing the ball as it lies
 - Stroke and Distance
 - Back on the Line (straight line from where you ball entered the penalty area as far back as you would like to go and a one club length box.)
- Red: Same as about plus these two additional options:
 - Drop within 2 club lengths of point where ball last crossed the edge of the penalty area.
 - The MSHSL has adopted the local rule permitting relief on the opposite margin.

Rule 18 (Ball lost, out of bounds, stroke and distance and provisional ball)

- Ball is OB when all of it lies OB
- Search time is 3 minutes
- Relief area = one club-length for stroke and distance

- May play a provisional ball at anytime (including going back after beginning search)
- Must continue to announce the Provisional Ball. If original ball is in place you must play it.

Rule 19 (Unplayable Ball)

- Ball may be declared unplayable anyplace on the course EXCEPT in Penalty Areas.
- Three relief options for one penalty stroke
 - Stroke and Distance
 - Back on the line
 - Lateral (drop within two club-lengths of the ball.
- When taking unplayable relief and the ball is in a bunker, the ball MUST be dropped in the bunker under options 2 & 3 above.
- New for 2019, there is a fourth option that allows “Back on the Line” relief behind the bunker for TWO PENALTY STROKES.

General Rules to Know

- Maximum number of clubs in the golf bag is 14.
- It is your job to declare what ball you are using and to know what ball your playing partners are using.
- No electronic devices are allowed to be used during competition.
- No Longer “Hazards”: now “Penalty Areas”
- Anytime a ball is in the teeing area, including after the first stroke, it may be moved and even re-teed. (Rule 6)
- Search Time reduced to THREE MINUTES (Rule 6)
- No Penalty if improve conditions affecting stroke by bending or breaking grass, branches, etc. if done using “reasonable actions” while “fairly searching” for the ball. (Rule 7)
- No Penalty if move ball during search; must replace! (Rule 6)
- Person may substitute a ball when taking free or penalty relief (Rule 6)
- A ball is treated as moved by the player only if it is known or virtually certain that the player caused the ball to move; if not, then it is treated as moved by natural forces. (Rule 9).
- During competition a golfer may not carry a ball on them while the other ball is in play. (2 stroke penalty)
- There is NO PENALTY if ball in motion after a stroke accidentally hits the player or equipment, including a double it. The ball is played as it lies (Rule 11)
- If a ball at rest is moved, it MUST be replaced by hand.
- The Rules have a specific focus on Pace of Play and will allow for, and encourage, “Ready Golf”. (Rules 1 & 5)

Goal setting allows you to practice with purpose. As a member of the Jordan golf team you are going to create three different types of goals. The first will be a Process Goal. A process goal is what you will actually have to do to achieve a larger goal—process goals focus on the process of achieving your goals.. Secondly, you will create a performance goal. Performance goals are what you are trying to achieve. Lastly, you will create an outcome goal. An outcome goal is the singular goal that you are working towards.

Process Goal:

Beginning of the Season: _____

April: _____

May: _____

Post Season: _____

Performance Goal: _____

Individual Outcome Goal: _____

Team Goal: _____