

## PARK GIRLS GOLF POLICIES/EXPECTATIONS 2025

|        |             |              |  |
|--------|-------------|--------------|--|
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### FIRST DAY OF PRACTICE MONDAY MARCH 17

**Introduction**-The purpose of this information is to make sure everyone is on the same page during the golf season. We have included expectations, policies and procedures for the Park Girls Golf team. Our philosophy is that each student athlete is unique and will be treated fairly as a member of the team.

**\*THINGS ARE ALWAYS SUBJECT TO CHANGE AND HOPEFULLY WE WILL GET SOME NOTICE**

**Vision Statement**-A member of the Park girl's golf team works hard every practice, is a respectful student at school and is a quality member of the team/community. A member of the team will work to get better every practice and take pride in their effort.

### **Park Golf and PHS Mission Statement/Parent Video-**

<https://youtu.be/V6CFWC7kqX4>

A member of the Park High School Girls Golf Team:

1. Is coachable, shows character, pride and honesty on and off the golf course
2. Goes above and beyond in academics, dedication and sportsmanship
3. Represents their school and team with pride
4. Works to their full potential in golf, academics and life in general
5. Enjoys coming to the golf course and is a good teammate

### **Team Goals**

1. Student athletes will strive to achieve high academic standards
2. Take care of River Oaks Golf Course and any other golf courses we play at
3. We demonstrate good sportsmanship by shaking hands with our opponents at the conclusion of playing and thanking the host coach and course pro if they're available
4. Each golfer works hard and gets better as an all-around golfer every practice/meet

**COMMUNICATION**-Coaches will be communicating mostly through Team Snap app , text, and email. If you need to contact the coaches you can either call, email or text us and then we can set something up.

### **INJURIES AND WELLNESS**

If you have an injury you should see the athletic trainer at Park. If you need to see a doctor and they tell you that you have to sit out, you will need a doctor's clearance note to be able to start practicing again. Please eat at school and drink plenty of water. Also bring a water and some type of snack for practices/meets and throw garbage away.

## **HONESTY and INTEGRITY**

Golf is a game of honesty and integrity. There are usually not any officials on the course like they have in other sports. You are expected to be honest and show good character when scoring during practice rounds or golf meets, 1 stroke can mean a lot. Coaches hear about golfers shaving strokes/cheating, Don't be one of the golfers they talk about. **\*Remember, If you sign an incorrect scorecard everyone in the group is disqualified.**

## **CHARACTER**

As a coaching staff we do not want any distractions during the season. We follow the MSHSL policies on the use of social media, tobacco, alcohol and other drugs. Violations of any of the policies during the season will also lead to not lettering. We also do not need any drama during the season. If there is any drama we will ask you to not come to the course until it gets taken care of. Remember when you are in the public's eye you are representing your family, Park High School and the Park Girls Golf team.

## **SCORE CARDS**

All scorecards in practice rounds or during a meet must be signed by everyone in the group and given to a coach. When you sign a scorecard it means **ALL** of the scores are correct. If there are any questions about a score **DO NOT** sign the card until you get the question answered by a coach or pro in the golf shop.

## **RULES OF GOLF**

All golfers should know the rules of golf to be able to play in a meet, if you have a question, ask. There has been some changes that need to be addressed. High school golf matches follow USGA rules.

## **GOLF COURSE**

We are guests at River Oaks and any other course we practice or play at. We have to be on our best behavior, be mature and have a great work ethic. Repair all damage to the golf course including-raking bunkers, fix ball marks and repair divots. You also need to keep up with the pace of play. If following these expectations is a problem we will have to ask you to leave the course and if it is a frequent problem we will ask you to not come back.

**PRACTICES**-Golfers should get to the course as soon as they safely can. There is no transportation to the course for practices. 7<sup>th</sup> and 8<sup>th</sup> graders typically work out a carpool. We would like them to be there by 3:00 or so. High school players work out the rides to the course, we would like you there by 3:30. Practice will consist of hitting at the range, chipping/putting and sometimes playing the course. Plan on practice being at least an hour and a half. A lot of playing on the course will be to practice for meets and competition for spots. It is expected when you are at the course to turn your phone off, put it in your bag and leave it in your bag until practice is over. Please be physically and mentally ready for practice. Meaning you get enough sleep at night and have eaten/snacked and have had plenty of water. Excuses like being tired or hungry are poor planning and plain old **EXCUSES**. You may use your phone when you need to call for a ride home. While you are practicing you are expected to be focused on whatever skills you and the team are working on. If you are socializing and not practicing you are not getting better and are wasting time. You may be asked to leave the course if not following these expectations. We do realize you are in other sports during the golf season. If you need to leave early to get to an important practice or game let a coach know ASAP. We would like you to get at least an hours practice in that day. Also if you work, schedule work around golf. **Since this is a spring Park High School JV/Varsity sport we still need you at meets if you are scheduled to play. You also need to let the coaches of your other sports know the expectations of you being at a JV or V golf meet.**

### **OUTSIDE OF PRACTICE TIME**

You are more than welcome to practice and or play outside of the high school team at River Oaks or any other course, but you will have to pay the regular course fees.

### **MISSING PRACTICE/EARLY RELEASE**

If you are going to miss please contact a coach prior to the practice. Valid reasons are family commitment/emergencies, church, illness, school work (that can't be done before, during, or after). If these reasons get to be too frequent we may ask you to attend to them and not golf. We follow the District 833 attendance policy. You must be in school for 50% of the day to be able to practice or play in a meet that day & have no unexcused absences during the day to participate in practice or a meet. Coaches will take care of contacting the schools about early release for meets.

### **DRESS FOR PRACTICE**

You need to be dressed appropriately for practice. We would prefer nice pants, skorts or shorts. If you wear jeans or sweats they need to be neat, clean and with no holes in them. Shirts and sweatshirts must also be neat, clean and appropriate.

### **GOLF MEETS AND COMPETITION**

Top scores from meets, practice rounds and coaches' decision based on practice habits, attitude and overall ability will play in Varsity and JV meets. Your age/grade or previous position on the team doesn't determine where you play. **You are responsible for any work, tests and projects you miss if you are**

**leaving school early to go to meets. If this is a problem you may be asked to not play in matches until you can get caught up. EMOTIONS-please be prepared to have a good shot/bad shot or a good score or bad scores, we need to keep our emotions in check to stay focused.**

If you don't feel comfortable playing in a match please let the coaches know. We will not put any golfers into a match if they aren't comfortable or if they will not be able to reasonably compete in them. \*There will be a minimum score you will need to get to be able to play JVB meets. This will be determined by whoever is running the meet. You are expected to ride to and from the meets.

## **DRESS AND NEEDS FOR MEETS**

Golfers will wear black shorts/skorts or black joggers and their team shirt for meets, we can get Nike shorts/skorts for about half of what you'd pay at a store (other apparel is optional). Our conference, the SEC has a rule that shorts/skorts can't be any higher than 3 inches above the knee. Golf courses have the option of not letting people play if your skort isn't long enough. If you're not sure ask the coaches. Also we have Nike rainsuits/jackets if needed for meets. No sweatpants or sweatshirts for meets. Plan ahead according to the weather, have under armour type shirts and pants to wear underneath and have a stocking hat in your golf bag. Make sure you have plenty of golf balls, tees, ball marker and a sharpie to keep score. **Phones are not allowed on the course during a meet, you cannot even check what time it is on your phone. If your phone comes out you are immediately disqualified from the meet.**

## **DRESS FOR WEATHER**

The weather is often bad and unpredictable in the spring. Please take the time and check the weather forecast (weather.com) the night before a practice or meet and be prepared from there. It is a good idea to have jackets, raingear, under armor type under shirt/pant and umbrella. We also found all weather golf gloves to work great during inclement weather.

## **LETTERING POLICY**

A Park golfer can earn a letter if:

1. Competes in at least 3 Varsity matches during the season, must finish the season with the team
2. Has been a participant in the Park high school golf program for grades 9-12
3. Participates in the Section golf tournament
4. Coach's discretion

\*Remember a MSHSL violation during the season does not allow you to letter, make good choices

## **ALL CONFERENCE**

Sixteen girls in our Conference with the lowest stroke average will be named All-Conference. Honorable Mention will be the next 12 girls with the lowest stroke average.

## **PARENT/SPECTATOR EXPECTATIONS**

Please give your golfers space when they are practicing with the team. If a parent/guardian is practicing or playing with their daughter outside of our team time feel free to give advice/tips. We would like you to come and watch your daughter play at golf meets but there are a couple rules when doing so. You must have phones shut off, be courteous and quiet at all times and you cannot talk to them or give her any advice/tips. You must be at least 30 feet away from your player. Most courses don't allow carts for spectators during meets. If you need a cart make sure to call the course before the meet to check

## **GOLF LESSONS**

Golf Galaxy has great Jr. lessons. A lot of the girls take a couple at the beginning of the season to review the grip and a few other basics. They are \$50, it is totally optional

## **Expected Costs**

There is a \$35 team fee. The team fee help pays for JVB meets, Team Snap, senior gifts, items needed for meets/practices, buying equipment, defer cost of end of the year banquet and anything else that may come up. The girls will need the team shirt and black skorts/shorts for meets, pictures and community events. Optional items are team pullovers and hats.

**\*If there is any situations that come up that are not mentioned in this document, the coaches and school administration will have the final decision.**

**Lastly, there are some in and out of season golf opportunities, River Oaks has \$5 Twilight golf, there is MN Jr. PGA and Youth on the Course**

**DON'T GET FRUSTRATED, HAVE FUN! PLAY SMART!**

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**Please read and return this form after reviewing these policies and expectations, if you have any questions please contact the coaches.**

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**(Parent/Guardian signature)**

**(cell# and email)**

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**(Team members signature)**

