

Rosemount Irish Girls' Golf

2018 Information Packet



Thank you for your interest in girls' golf. Golf is a great sport, and each spring we want to create a team that competes well, improves a lot, and has a lot of fun being together.

Team Mission- Our mission is to develop a team of girl golfers who consistently perform at a championship level in Minnesota State High School League competitions. To accomplish this, we want girls on this team who are willing to:

- be chemically free,
- work hard,
- be prepared (have everything at school that you'll need for practice/matches), and
- contribute to creating a positive team culture.

Coaches- Varsity Head Girls' Golf Coach Barry Wallin, (Barry.Wallin@district196.org)
Assistant Varsity/JV Coach Girls' Golf Jackie Regalado, (Jacqueline.Regalado@district196.org)
Club Team Coach Ann Marei Kline (AnnMarie.Kline@district196.org)

Varsity and Junior Varsity – The top six girls as determined by MSHSL scoring averages (and by qualifying if within 1 stroke of one another) will play Varsity, with players #7 and #8 ready as alternates. If any of the #1-#6 girls cannot play a match or tournament, the next girls will be asked in rank order starting with #7, the first alternate. The Varsity team will always be made up of the best available players on a given day, as determined by scoring averages and qualifying. Players #1-#8 must always be available to play in all practice rounds, matches, and tournaments.

The next six girls as determined by MSHSL scoring averages (and by qualifying if within 1 stroke of one another) will play Junior Varsity. If any of the #7-#12 girls cannot play a match or tournament, the next girls will be asked in rank order. If players #7, #8, and #9 have been playing a lot of Varsity matches, they may elect not to play in a JV event. A total of 18 girls will comprise the Varsity/JV team. The Varsity and JV teams practice five days each week.

The Club Team- The Club team is an in-house squad of eight to ten mostly first year golfers designed to prepare them for competitive golf on the Junior Varsity team. The Club team practices five days a week indoors, and four days a week when we get outdoors. Club team members are interested in improving over the summer as well.

To join:

Membership on the team is open to all girls in grades 9-12. Younger girls' in grades 7 and 8 may participate through the gifted athlete program of their respective middle school.

To become eligible to practice, you must register online through FeePay using your SchoolView account.

Girls Golf Start Date: March 19 ALL PARTICIPANTS MUST HAVE COMPLETED REGISTRATION ON-LINE BEFORE THE DATE OF THE FIRST PRACTICE. Fees: \$160 (9th grade student-athletes pay \$135.00 per sport.)

Please note:

1. A cap of \$350 will be set per individual student.
2. Fees will be waived for students qualifying for free & reduced meals and foreign exchange students.
3. After the first week, refunds will be given using athletic director's discretion. (Injury, relocation of family, etc.)
4. Physical exams are required every three years. Please be sure a current physical is on file in the office. Contact your doctor's office if necessary.

Attendance:

The coaches want every girl to be at every scheduled practice.

- **Ask** us about potential conflicts well ahead of time and get all absences excused by the coaches in person. Statements that you begin with "I am going to..." or "I have to..." are not welcome. Always ask.
- If you are not at practice, and we do not know where you are, you are unexcused.
- Do not miss practice for reasons like work, other sports teams, or appointments. These are unexcused.
- Do not send a friend to deliver an "I can't come to practice today" message. These are unexcused.

We are paying the golf courses a lot of money for our practice privileges. We are going to use them.

If you are sick, notify us that day by calling 651-423-7506 or emailing us.

- Anyone who misses three practices for unexcused reasons without making them up will be cut with no refund of the athletic fee, and another girl will be asked to move up to take her place.
- Girls will be allowed to practice Saturday mornings and afternoons at Emerald Greens GC to make up practices missed during the week.

Behavior Expectations:

Each team member (both coaches and players) will help create a positive team culture by being prepared, dedicated, positive, safe, and by communicating well. (See our Team Covenants for more details.)

Preseason Practice: "Preparing You for Tryouts"

Weeks 1 to 4

Practices are Monday-Friday. Attendance will be kept. 2:30 PM sharp, team meeting, room N35 or Student Center. Practice will then follow with a variety of the following sessions:

- Technique development (short game and full swing)
- "Rules of Golf" sessions
- Strength-training or cardio work
- Course strategy
- Team-bonding activities
- Goal-setting discussions

All of these practices are required.

Outdoor Preseason Practice: "Preparing You for Tryouts"

Weeks 3 to 5

This outdoor practice time will focus on preparing golfers to compete in golf. Practices at Emerald Greens will start at 3:15 PM for all players. A shuttle bus to the golf course will be provided this year. Players may drive themselves, or ride with a teammate, and are to use great care when driving their own vehicles, and will not drive carelessly or recklessly.

Tryouts: "Deciding Who Makes Which Team"

Week 4 or 5

The first round of qualifying will be a single 9 hole round. The top 18 to 22 golfers will be asked back for the second round of qualifying, which will consist of 2 more 9 hole rounds. New foursomes will be assigned each day. Your qualifying score will be the total of your best 2 out of 3 rounds. The top six girls will be considered Varsity and the next ten to twelve girls will be considered JV. The next eight to ten first year ninth or tenth graders will make the Club team. All players after this will miss the cut and will receive a refund of their athletic fee. Once the initial selections have been made, a player may be moved from one level to another in the best interests of the team at the discretion of the coaching staff. (Some girls have already tried out. Those girls who have posted a 9-hole competitive score under 50 in a Varsity match, JV match, PGA Junior Tour, or AAU Junior Tour event are automatically on the team. These girls will play with the girls qualifying, and will help keep score for the group.)

The Season: "Representing Rosemount High School"

Weeks 6 through 10

Our competitive season is short but busy. Varsity players have an 18 hole out-of-school tournament every week, plus at least another 9-hole match. Stay ahead of your studies. Girls who have played 27 competitive holes in a week may use a scheduled practice to get caught up with school/life. If you are scheduled to play in a match and are absent from school, immediately notify your coach personally. Ask the secretary to patch you through to your coach's room. We must know early in the day in order to find a replacement for you. All players will be required to ride school transportation to and from all away matches. Rare exceptions may be granted.

Lettering:

Golfers who play in 5 varsity matches, who shoot 3 varsity match rounds with an adjusted score of 50 or better for a 9 hole regulation course, who play in 3 varsity conference matches, or whose score counts for us at the region tournament will be considered by the coaching staff for a varsity letter. When we win sections and advance to State, all players on Varsity and Junior Varsity will letter. Good citizenship at RHS is always a factor in awarding a letter. Any students with a MSHSL suspension will not be considered for a letter for a period of one year. Any girl who gets a MSHSL violation in her junior or senior year forfeits any possibility of ever being named a captain for the RHS Girls' Golf team.

Fees and Equipment:

- For 10th, 11th and 12th graders, the golf registration fee is \$160.
- For 9th graders, the cost is \$135.
- The Club team is a separate and self-supporting program. All players on the Club team (grades 9-10) will have the same fees as Varsity/JV (\$160 and \$135).
- The Varsity and JV will also need to buy team shirts to be worn at matches. (\$30 per shirt).

Every Varsity and JV player needs a 54° to 56° sand wedge, a 5 or a 7 wood, and a quality putter. NO EXCEPTIONS. If you need clubs to use, the Coach Wallin does have some to lend. If you already have clubs, please check the grips. If they are worn and slippery, have them replaced them at a local golf shop (\$5 a club on average). If you want to buy a set of clubs, **please** check with me first. I have information on low priced used or custom fit new clubs.

Dress:

Dress appropriately. Practices: Nice pants or appropriate-length shorts and a nice shirt. Matches: Khakis and a collared shirt. No tight clothes. Avoid low cut or wide-necked blouses. No bare midriffs, low rise jeans, spaghetti straps, or bras that show. Wear tennis shoes in the gym. Wear flat-bottomed shoes when we go to the course. Have warm, waterproof clothing, a warm hat, and a good pair of waterproof, spikeless golf shoes. Please see our handout on "What to Wear..."

Contact Coach Wallin at:

Barry.Wallin@district196.org
651-245-5899

Rosemount Irish Girls' Golf

"What to Wear..."

Please wear appropriate clothes:

• In order to swing the club, the golfer must be able to turn comfortably. This means that some clothes are not permitted. Short or tight skirts/shorts/pants, tank tops, wide-necked blouses or sweaters, T-shirts, torn jeans, bib overalls, and heeled shoes are not acceptable at any time throughout the season. Please be aware that it is incredibly awkward trying to coach someone who is not appropriately dressed for golf.

Our rule for practice: If it has a collar, it doesn't need sleeves. If it has sleeves, it doesn't need a collar.

- Be careful with watches or jewelry. Watches can cause tendonitis. Repeated impact loosens stones in rings. Please put these valuables in your golf bag for protection.
- For indoor practices, wear tennis shoes in the gym, and have a "scrunchie" for your hair. If the weather turns fair, be prepared for outdoor practices.
- For outdoor practices, wear warm clothes, and be prepared for rainy, cold weather. Keep a warm hat, a pair of gloves, and a waterproof rain jacket in your locker just in case. The weather changes frequently at this time of year so be prepared. When we go to the course, you must wear flat-bottomed shoes. No Doc Martens or cleated shoes will be allowed on the greens. Please do not wear cheap sunglasses. They distort your vision. Please wear waterproof, spikeless golf shoes. Have a golf hat with brim with you at all times.
- For matches, wear khakis and collared shirts. When you look good, you play better. Keep those warm, waterproof clothes handy just in case.
- Always have a waterproof windbreaker that you can put on in case of rain.

To be best prepared against rain and cold (listed in order of importance), make sure you have:

1. A great attitude!
2. Waterproof, spikeless golf shoes (look for a two-year warranty)
3. Waterproof rain suit (Gore-Tex is best but treated nylon works fine) with hood
4. Warm hat (stocking cap or beanie) or golf hat with visor
5. Cart gloves or other warm gloves
6. Polypropylene or polypropylene/wool blend socks
7. 85% polyester/15% spandex Lycra long-sleeve top, made for warmth not compression (brand names UnderArmour or Cuddluds)
8. 85% polyester/15% spandex bottoms, made for warmth not compression (brand names UnderArmour or Cuddluds)
9. Polarfleece® or brushed fleece top
10. Umbrella

What to put in your golf bag:

Items that should be in your golf bag include:

___ up to 14 of your golf clubs ___ extra golf balls ___ tees ___ rulebook ___ golf glove
___ ball markers ___ golf towel ___ umbrella ___ hat/visor ___ extra shoe laces
___ rain suit (a waterproof rain jacket at a minimum) ___ kleenex ___ golf pencils
___ a "scrunchie" to tie back your hair ___ bandaids ___ carmex/chapstick
___ a small notebook to help you remember your progress

Depending on the season, you will also want:

___ a stocking cap ___ mittens ___ bug spray ___ sun screen lotion (no oils) ___ a water bottle

Rosemount Irish Girls' Golf Team Covenants

Be prepared.....Be dedicated.....Be positive.....Be safe.....Communicate well.

If you agree, please sign and date both copies. Return one copy with your eligibility card.

I will be prepared.

Wear appropriate clothes (see the "What to Wear..." sheet). Have everything that you need to play golf with you at school. Know the schedule. Set your priorities. Do your best in school. Use your time wisely. Know the rules of golf. Know how to compete. Know the strategies for playing golf well. Know how far you hit each club. Have the recommended items in your golf bag (also on the "What to Wear..." sheet). Play golf with an uncluttered mind. Know when the bus leaves and always be on it. Check in with your coach each day. Have enough golf balls.

I will be dedicated.

Attend every practice. Be on time. Work hard. Be chemically free. Focus on golf at practice. Be loyal to your teammates and coaches. Keep your commitments. Do your best in school. Keep track of your score. Follow the rules of golf, even if it means calling a penalty on yourself. Give your best effort. Stay at practice for the duration. Keep track of your fellow competitors' score.

I will be a positive role model.

Have fun. Get along with your teammates. Smile a lot. Say hello and good-bye to your teammates and coaches. Be coachable. Build trust. Enjoy each other's company. Keep your perspective. Use appropriate language. Behave on the course and in the clubhouse. Be polite and courteous to employees of the school, the golf course, and the public in general. Pick up a few more golf balls than you hit. Help set up and take down the practice area. Show your commitment to improve. Leave all distractions outside of practice. Take good care of our practice facilities, especially the course. Respect your teammates and your coaches, and insist that everyone else does.

I will be safe.

LOOK all around you before you swing. **Never** walk near swinging clubs. **Never** walk out into the range to get golf balls while others are hitting. Swing clubs only in designated areas. Be careful not to accidentally hit stones, dirt, etc. at others with your practice swings. If a coach yells STOP, it means "stop immediately." Do not hit even one more ball. Left-handed golfers will hit on the right end of the driving range.

I will communicate well.

Stay informed. Practice times change occasionally. Stop by room N35 to get the daily practice plan. Check in with the coach at the golf course prior to starting any round. Inform the coaches of all injuries. If you've had a bad day, let us know, let's deal with it, and then let's move on. Please express gripes/dissatisfactions to the coaches or the captains immediately. Don't let hurt feelings sit inside you, they turn into bitterness too quickly. TALK to the coaches. TALK to the people involved. Leave uninvolved girls out of it. If you are going to miss practice, leave a message on your coach's voice mail. Call Coach Wallin or Coach Regalado. If you are going to miss a match, you MUST contact the coach personally. If you are calling in about missing a match, tell the office it is an emergency and have them patch you through to Coach Wallin's room directly.

Consequences:

Abuses or violations of these rules have consequences: verbal warning, forfeiture of practice time, forfeiture of match participation, forfeiture of letter, forfeiture of captaincy, and/or dismissal from the team.

Any girl who gets a violation for alcohol, drug, or tobacco use will serve the MSHSL suspension, as well as forfeit any season awards earned for that year such as her Varsity letter, any all-Conference or all-State awards, and captaincy of this team. First violation=2 weeks or 2 contests, whichever is longer. Second violation=6 weeks or 6 contests, whichever is longer. Third violation=12 weeks or 12 contests, whichever is longer. She will also be required to do additional reconciliation tasks as directed by the coach before being allowed to rejoin the team.

Any girl who gets a violation for alcohol, drug, or tobacco use *after her sophomore season* will be ineligible for captaincy of this team.

Girl Golfer _____ Date _____

Parent _____ Date _____