

WHS Player Handbook

WOODBURY



GOLF

Program Priorities – “Why we play”

- We use Team Golf to create a positive competitive environment that supports learning, challenges each player, fosters commitment to a common purpose, and promotes personal integrity.
- To create a rewarding and fun experience for all the players **and** their families.
- We do this because pursuing golf with a competitive purpose provides endless opportunities for building self-esteem, personal growth and positive habits.

Expectations- “How we do it”

- We “practice with a purpose”
- We embrace and learn from mistakes in a “no fail zone”
- We hold each other accountable to improving every day by “having a plan” and working that plan
- We find the “fun” in fundamentals
- We ask question- lots of them and listen to each other’s answers
- Golf can be a frustrating sport, so we strive to treat ourselves and each other with a positive and compassionate voice
- We focus on “controlling the controllables”
- No matter the result, we always “walk tall”

Coach(s) Commitment

- To provide all players with a challenging and rewarding experience. Remember that golf is a technical game; one where practice does not always guarantee a smooth path to improvement. It’s our job as coaches to provide the road map, fill some of the potholes and set-up the guard rails.
- To help every player, no matter their current skills, grow as a player and person; physically, mentally and emotionally

- To provide strategies to players so that they can develop their own “have a plan” approach for preparation and execution.
- To inspire and reinforce self-motivation, perseverance and a love for the game
- To communicate openly, honestly and effectively with all players and their support team.

Player Responsibilities

- Bring your best effort and positive attitude to all practices and matches
- Treat your teammates, coaches, competitors, golf course, staff and supporters with respect
- Communicate positively, directly and honestly with teammates and coaches
- Commit to your stated goals throughout the season, as an individual and team.
- Listen to feedback and instruction from coaches with an open mind
- Maintain good time management strategies by setting priorities, being organized and coming prepared
- Know how your golf, academic schedule and other commitments may impact each other and proactively share with coach concerns and conflicts one week in advance.
- If you are working with an outside instructor, communicate that to the coaches so we can work as a team
- Be on time for practice and when we are leaving for matches
- Report concerns to coach/s immediately.

TEAM Rules

- The Student-Athlete must attend ALL practices, meetings, and Team events as designated by the Coaching Staff. Excused absences require advance notice and approval from a member of the Coaching Staff. The Student- Athlete is responsible for communicating this information to the Coaching Staff as soon as possible. This must be done via text, phone call, or e-mail. Unexcused absences can affect participation in matches. It is the Student-Athlete’s responsibility to contact the Coaching Staff when unable to make a practice or match due to an illness, etc.
- The Student-Athlete must meet all requirements for eligibility in terms of enrollment and academic standing.
- The Student-Athlete must NOT violate any team or school rule, regulation or policy. As a member of the Woodbury Girls’ Golf Program, it is expected that all Student-Athletes will respect herself, her teammates, and all coaches.
- The Student-Athlete must NOT violate any rules of alcohol, non- prescription drugs or tobacco product use. Use of these substances may result in dismissal from the team.

- Any Student-Athlete involved with hazing of any kind, as outlined by the Woodbury High School Athletic Department and MN State High School League, will be removed from the Girls' Golf Program for the remainder of the year with no refund given.
- "Code of Responsibility" as outlined in the Eligibility Form will be enforced.
- The Varsity player roster will be determined by quality of play, effort, attitude and relevant experience
- Respectful attitude and behavior are expected for all team members. Causing damage to the course, outbursts of anger, club throwing, or foul language will not be tolerated and could lead to dismissal from the team without warning.
- We will not tolerate cheating or actions that compromise the integrity of the game or the team.
- All Student-Athletes are leaders at Woodbury High School and should expect excellence in all facets of their everyday life, team and program.

Team Selection Process

- All registered players will spend the first 2-3 weeks participating in our practice and evaluation process. They will be expected to attend their designated time slots and get out on the golf course for 1-2, 9-hole rounds (if weather permits).
- Tryouts will be held in early April to determine the players who will be competing in the first 2 Varsity and JV matches. Tryout will consist of 18 holes total. Returning Varsity players may be exempt from tryouts if tee-times need to be allocated to others. We will carry 6-8 players on Varsity, 8-10 players on JV and the remainder of players will be on the B Team.
- B Team will practice 3-4 days a week. The B team will play a couple of friendly matches the second half of the season as well as the Applewood Invite.
- Players will have a number of opportunities during the season to move into competitive roles as they develop and improve scoring.

Varsity Lettering Guidelines

- Our guideline will be competing in a minimum of 50% of the Varsity matches.
- All Student-Athletes must abide by and follow the rules outlined by the Woodbury High School Athletic Department with regards to Academics, Attendance, MN State High School League Chemical Violations and Code of Conduct.
- A Student-Athlete may receive a Varsity letter through the Coaches' discretion if the Coaching Staff believes a Student-Athlete who did not meet the 50% rules was an integral part of the team.

- All Student-Athlete lettering decisions are ultimately up to the Coaching Staff discretion. All Student-Athletes will be reviewed for lettering qualifications at the end of the season.
- If a Student-Athlete quits the team, at any time before the season is complete, it disqualifies her from lettering even if she has fulfilled all of the above policies.

Captains

- Captains will be named through a process that includes both coach and player input.
- Captains will be involved in practice organization, match day traditions and preparations, team apparel and on course leadership
- The captains will work with the coaches in establishing a positive team culture for all participants.

Program Communication

- Team calendars will be updated on the WHS Activities website under Girls Golf. We will provide a weekly game plan and review of the previous week - usually on Sunday night.
- An availability form will be sent out at the end of each week for the following weeks matches, practice slots and EV tee-times. Players will be expected to return them by end of day Saturday. The schedule and assignments for the week will then be communicated on Sunday nights.
- The golf season has weather challenges - sometimes on a daily basis. Practice updates will be sent through email and/or an agreed upon text message method.
- Players will communicate to the coach in advance of any academic concerns as it relates to missing schools for golf matches.

Woodbury Golf Attire and practice rules

- All girls will wear a polo and shorts, skirt or pants at matches
- We will determine practice attire rules during our first team meeting
- **No cell phone use during practices**
- **No personal music used during team practice.**

Important Links

USGA Rules Info- <https://www.usga.org/content/usga/home-page/rules-hub/rules-modernization/major-changes/major-changes.html>