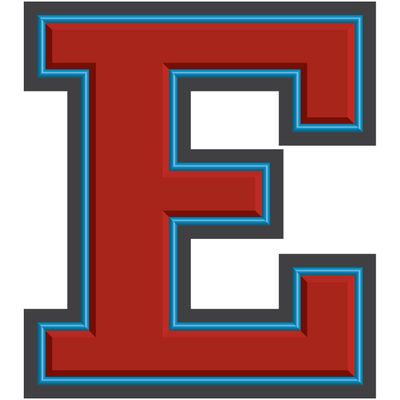
**2017 Eastmont High School Boys Golf**

**Team Handbook**



**Coach: Spencer Ellis - 509-630-0982 - Elliss@eastmont206.org**

**Parents and players, please read, sign and return the form below**

**Team Expectations:**

Golf is a fantastic sport. It requires a tremendous amount of discipline. Golf is competitive at the individual level and the team level. Both can provide players with a sense of accomplishment and comradery. The team competes for the Big 9 Division Title and individuals compete for Big 9 Player of the Year, and attempt to qualify for the WIAA State Tournament. Students can only advance to this level of competition if they dedicate themselves during practices to improve their golf game. This will require a great deal of self-discipline. Golf can be as much of a mental game as it is physical. Staying positive and focused is important to both individual and team success. Players are expected to stay focused throughout the duration of practice and work to develop a strong mental game. Short-term memory is important to maintaining one’s composure. Everyone will have bad shots, it is how you react to these bad shots that determines your score. A pre-shot routine will be taught to each player based on their current skill level. Developing a consistent pre-shot routine is vital to becoming a consistent golfer. Our team philosophy is that through golf, players develop athletic skills that give lifelong benefits and enjoyment. In addition, golf enhances emotional development of young people, which enables them to maturely handle stressful life situations.

Players are expected to support and encourage each other to do their very best. This will help create a positive team culture. Golf is a tremendous game at the individual level, but to be able to play at golf at the team level is truly once in a lifetime. Each shot is equally important and if everyone maintains this mindset, it can be the difference between winning and losing.

**Objectives:**

* Teach participants self-control and self-discipline.
* Teach participants honesty and fair play.
* Teach participants that hard work is necessary in order to improve.
* Develop a competitive team through practice and competition.
* Teach participants respect and appreciation of golf courses and their facilities.

**Eligibility:**  Before a golfer is eligible to participate, they must be cleared by the athletic office. To be cleared they must show proof of:

1. Current physical examination

2. Activities contract signed by themselves and their parents

3. Medical insurance that covers them in case of injury

4. Academic eligibility

**Team Composition:** The team will consist of freshman, sophomores, juniors, and seniors that show ability and/or promise.

1. All golfers must show their desire to learn and improve.

2. They must demonstrate their willingness to work hard, cooperate with coaches and/or instructors.

3. They must interact in an acceptable way with teammates and opponents.

**Practices:** Practice sessions begin at 3:00 p.m. at Wenatchee Golf and Country

Club, Highlander (3:00) and Rock Island will start at 3:15. We have use of the facilities on Tuesday and Thursdays at the Wenatchee Golf & C.C. Highlander, is Monday and Wednesday and on some of those days we might go to Rock Island. Golfers are responsible for their own rides to each Practice. Each golfer is expected to be on time for practice. Practice ends at 5:00pm every day.

1) Each practice will have a specific practice plan to follow.

2) **Skipping a practice without prior approval will result in missing the next match.**

3) **Challenging** -

a) Happens after a match (Usually Wednesdays, depends on schedule)

b) Top 4 players from each match are exempt from challenges for the next match.

c) The five and six player may be challenged (6-9 holes depending on weather, according to team ladder. (7 has first opportunity, 8, next, 9, etc.)

**Qualifying Procedure**:

**First match qualifying** - If due to weather the course opens late, I will choose the team for this match.

**Early season qualifying procedure** - Qualifying for varsity matches will be based on the 3 most recent 9-hole scores. Later, 18-hole scores from league and non-league matches will be used.

**District and state qualifying** – Teams for districts will be determined on the league point system. Top 24 players and ties are entered into the tournament.

**Dress Code**:

1. **Match Dress** – Collared shirt and nice slacks or cotton pants must be worn at the clubs where we play. During warm weather shorts may be worn, but they must be golf style shorts. Cut-offs or running shorts are not permitted. No Jeans.

2. **Practice apparel** - Collared shirts, pants, and golf style shorts are permitted. Blue jeans, sweats, running shorts, cut-offs, etc. are not permitted.

3. Dress code does not apply to Rock Island, except for Match Days.

4. **Team Shirts-** A team shirt will be purchased during the first few weeks of the season. The School will pay for ½ and you the student will be responsible for the other ½ of the cost. You get to keep this shirt after the season ends. Example: $60 shirt- School pays $30, Students pays $30.

**Behavior:**

Wenatchee Golf and Country Club, Highlander, and Rock Island Board of Directors have granted us the privilege of using their facilities free of charge. We have an obligation to treat their property with care and respect. The following are guidelines for proper behavior.

a) No loud talking or use of profanity

b) Follow club rules and rules of golf etiquette

c) Club throwing WILL NOT be tolerated

**Off course behavior** - Drive carefully and legally to and from practice.

**Travel behavior** - While passengers in the team vehicle, there will be no yelling, waving or signaling to passing motorists or pedestrians. Seat belts are required at ALL times.

**Safety Procedures:**

1. Make sure no one is close to you when you are taking practice swings or warming up.

2. Never hit into a group in front of you.

3. Watch where you’re walking. Do not walk in front of players in your group or across other fairways without checking first.

4. Always yell ***“Fore”*** if your shot goes astray and might hit someone.

5. During wet weather, use of wet weather glove. It will keep the club from slipping out of your hands.

6. Never throw a club or ball.

**Travel Procedures:**

**Dismissal Time** - The time will be announced in the bulletin. All golfers are expected to remain in class until that time.

**Team transportation** - The school vehicle will load in the front parking lot. Being on time is essential, late arrivals stand the chance of being left. Our schedule is tight so we have little time to waste. Some Tournaments we will split a Mini-Charter with Wenatchee High School. We will still be picked up in the front parking lot of EHS. Excellent behavior is expected and required during all trips. We will typically stop for food at a store or restaurant, but each golfer can also bring food if they do not want to spend any extra money.

**Equipment** - When traveling to matches it is of utmost importance to pack all equipment and clothing carefully. Be certain you have all clubs, shoes, umbrella and rain gear.

We travel long distances and weather can be quite different at our destination from what it is in East Wenatchee.

**Independent travel** - No independent travel is permitted with-out prior approval from the Athletic Director. We are a team and should travel to and from matches together.

**Lettering Criteria:**

1. Play in 3 Varsity matches or be a scorer (top 4 on the team) in 2 Varsity matches.

2. Have a great attitude for the game, opponents, team mates and coach.

3. 100% practice attendance

**Team Communication:**

Students and parents are encouraged to join the “Eastmont High School Boys Golf Team” Remind page. The purpose of this page to clarify dates/times/locations of practices or events. Students and Parents can also ask questions online.

Ways to join:

Smart Phone- **rmd.at/eastmonth (directly into internet address bar)**

Non-Smart Phone- **text “@eastmont” to 81010 (Text msg.)**

Online- **remind.com/join/eastmonth (directly into internet address bar)**

I will include a “how to join” page also. If you or your parents are having difficulty joining, let me know your name and either e-mail or phone number and I can manually add you to the group.

**----------------------------------Cut here and return to Coach Ellis ASAP-----------------------------**

**I have read and understand the information in the letter above that pertains to the 2017 Eastmont Boys Golf Team**

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**(Parent Signature) (Date)**

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**(Student Signature) (Date)**