



Wendell Pittenger Golf Operations

**WP Golf Institute**



*OAK MARSH*

## **2010 Junior Program**

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## Parent's Guide To Junior Golf

### ***Fun***

The first bit of advice is simple: no matter what age your child is when they get started, make sure that having fun is number 1. There are many things you can do to ensure your child enjoys the game, such as having contests with him/her, video taping and showing them on your computer or television & taking them to different golf courses.

### ***Etiquette & Rules***

Golf is unique in that it remains a gentleman's & ladies' game. Respect for the golf course and one's playing partners must be taught to junior golfers. Our golf program will emphasize honesty, integrity and correct behavior on the golf course. Parents can continue these efforts by keeping the handouts we will provide at each session of the junior program.

We will introduce various rules during "Play Days." A handout will be provided on the rules we cover so ask your junior golfer when they get home to give you that day's handout.

### ***Safety***

At Oak Marsh we strongly emphasize safety to our junior golfers. We provide them a type-written list of the safety rules at the beginning of the program and each session we will verbally go over those rules and ask the junior golfers to answer questions pertaining to those rules.

### ***Golf Clubs***

There are a number of golf club manufacturers that provide junior golf sets. As in many categories of golf, this can be confusing to the consumer. The staff in our pro shop will be glad to provide information to guide you in obtaining the proper equipment for your junior golfer.

Historically, many parents cut down old clubs and gave them to their junior golfer. This is not a good practice as cut down clubs remain heavy which creates bad swing habits & stiffens the shaft so it's hard to get the ball airborne which is very discouraging to the junior golfer.

Also, we have a "Junior Club Lease Program." The pro shop staff can answer any questions you may have or you can visit this link: <http://wpgolf.com/oakmarsh/juniorgolf-clubprogram.asp>

Sincerely,  
Oak Marsh Junior Golf Staff

Welcome to the 2010 Oak Marsh Junior Golf Program. As you know, Mondays will be Play Days and Thursdays will be Clinic Days.

As always, we will prioritize safety so we ask that you read the following pages on safety rules and guidelines. And at the beginning of every session we will go over these rules with the participants.

### **FUNdamental Golf**

The Oak Marsh Junior Golf Program is designed to introduce young people to the game of golf and instill values the game provides. Our program encourages young people to develop into polite, respectful, confident, productive and contributing members of society.

It also protects the integrity of the game and emphasizes the third sentence in the official Rules of Golf Book:

“The overriding principle is that consideration should be shown to others on the course at all times.”

Thursday sessions are dedicated to four areas of development:

- \*Full Swing
- \*Putting
- \*Short Game
- \*Rules & Sportsmanship (Safety)

FUNdamental golf is exactly that: fundamentals on setup, swing, behavior & playing. And the emphasis will always be on having fun.

### **PLAY DAYS**

Monday sessions are “Play Days.” Junior golfers play from 7:00 am to 8:30 am. Parents or other adults are encouraged to walk along with their junior golfer. We will have adult instructors on the course teaching rules & sportsmanship & how to play. One area we will address is “Pace-Of-Play.” Our instructors will show the young golfer how to prepare for their shots and the proper amount of time to hit the shots.

At the conclusion of each Play Day we will conduct a 15 minute clinic on the practice tee or practice green. We will cover a variety of topics in these clinics.

### **CLINIC DAYS**

There will be four stations: practice putting green, chipping green, pitching area (with sand trap) and practice tee. Each week, participants will rotate to all the stations and receive instruction touching on all major areas of the game.

### **CONTACT ME**

If you have any questions please feel free to contact me.

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## Reasons to Play Golf

Golf is a great game. You can play it all your life. With practice, you can also develop the necessary skills to play it well. You don't have to be big, strong, fast or even part of a team to enjoy golf. And, the more you play, the more fun it is. People who play golf, no matter what their age, find that the game enhances their personal development. The game requires discipline if you are going to improve. The discipline to practice and to realize the importance of practicing to make yourself better is an important lesson taught on the course. The social interaction you find on the golf course between different groups of people also helps you to understand how important that discipline is and how it can contribute to stronger personal relationships. Plus you also discover that physical and mental fitness are very important aspects of the game. The physical activity may look undemanding, but swinging a golf club through a round of golf does require upper body strength. The walking that you do through a round of golf provides an aerobic benefit. Being physically fit can only help improve your game. The concentration over the length of a round will help develop focus on the task. The choosing of the options when playing a shot will develop decision making skills as well. There are nine core values that the First Tee has associated with golf. 1. Honesty. 2. Integrity. 3. Sportsmanship. 4. Respect. 5. Confidence. 6. Responsibility. 7. Perseverance. 8. Courtesy. 9. Judgment.

A few more items listed below as well:

1. Exercise – it is a great way when you walk to get your daily exercise in.
2. Outdoors – Great way to enjoy being outside.
3. Game of a Life Time – you can golf at any age – many people when they retire, retire to golf communities in the south.
4. Opportunity to meet people – golf presents itself as a way to meet new people, if you are by yourself and get invited to join a group – you never know who you could meet
5. Business Golf – a lot of business deals are done on the golf course – it is a way of networking with other individuals. There are a lot of company golf outings that the business leaders put on for their employees.
6. Fundraisers - There are getting to be more golf outings / tournaments that are being used as a way of raising money for organizations and charities – so golf is way of being involved with that.
7. Family Golf - It is a nice way for the family to spend time together on the course, they are outside and getting exercise at the same time. Father / Son, Father / Daughter, Mother / Son, Mother / Daughter time spent together just one on one. Grandparents also involved with grand kids playing golf. There is probably nothing that makes a grandparent smile more than when they see their grandchild hit a great golf shot and the grandchild is excited.
8. Travel – There are many resort destinations that have great golf courses – business conventions are held at these resorts and golf is part of the itinerary. A lot of people escape the winter of the Midwest by doing golf trips with their friends or family to warmer climate.

## Golf Terminology & Slang

- Address** – your body position relative to the golf ball before you start your swing, also the position of the club in relation to the ball and **target line**
- Arc (swing)** - the circular shape of your swing around your body in relation to the ground
- Backswing** - the part of the swing that moves the club away from the ball and to a point above the head and shoulders
- Ball-mark** - a small depression made in the putting surface, caused by the downward force of a golf ball landing on the green
- Birdie** - a score of one under **par** on a hole
- Bogey** - a score of one over **par** on a hole
- Bunker** - a depression on the golf course filled with deep grass or sand, if sand you are not allowed to touch the sand before you hit the ball, a form of **hazard**
- Chunk** - a golf shot that brings up more grass and sod than normal, see **fat shot**

- Clubface** - the side of the club that makes contact with the ball and sends it toward the target
- Cut** - a ball flight that moves slightly from left to right for a right-handed golfer
- Divot** - a piece of grass and sod that is brought up during the action of hitting a golf ball, must be replaced grass side up
- Eagle** - a score of two under **par** on a hole
- Fat(shot)** - a golf shot that brings up a larger than normal **divot**, resulting in a much shorter ball flight than normal
- FORE!** - this exclamation is yelled out loud when you hit your golf ball and it looks like it might hit someone, that person should react by ducking and covering the head
- Forward swing** - the part of the swing that returns the club from above the shoulders to and through the ball leading to the **follow-through and finish**
- Finish** - the position that your body and club form at the end of the golf swing; your chest and hips should be pointed at the target, the club and hands near the left ear, and the right foot up on the toes for the right-handed golfer
- Flat** - a golf swing with a **swing arc** that is more rounded around the shoulder than normal, instead of above the shoulders and bottom of neck line
- Grip** - the way in which you place your hands on the golf club, also the rubber or leather handle on the golf club
- Handicap** - a scoring system by which golfers of all skill levels are able to compete against one another, strokes are subtracted from the higher handicap player on each hole or total score
- Holed out** - the ball is in the cup, that hole is done
- Honors** - the player having the lowest score from the previous hole tees off first
- Hook** - or draw, a ball flight that moves right to left for the right-handed player
- Par** - the average score an accomplished player would get on a hole
- Posture** - the positioning of the body in preparation to hit the golf ball, imagine sitting on the edge of a high chair or bar-stool, spine is at a 45 degree angle, knees slightly bent
- Release** - refers to the cocking of the wrists immediately after contact with the ball  
also allows the club and body to **release** or move to the **finish** position
- Slice** - a ball flight that moves left to right for the right-handed player
- Stance** - the positioning of the body in preparation to hit the golf ball, most commonly referring to the feet in particular
- Sweet spot** - the spot on the **clubface** that reacts best with the golf ball, producing the best ball flight
- Target line** - an imaginary line extending from your golf ball to the target, this is the line to which you want your clubface to form a right angle (aiming)
- Upright (swing)** - a golf swing with a **swing arc** that is too much above the neck line, needs to be rounded more

### What To Do When You Want To Play Golf

- Call the golf course to set up a **tee time**. This is the time you want to play. You may have a maximum of four people in a group and as few as just yourself. You should anticipate a round of nine holes to take you approximately 2 hrs. 10 min. to complete.
- Once you get to the golf course you should locate the golf shop. This is where you pay for your **greens fee** . Once you are checked in and paid you may or may not have time to practice a bit before you tee off. If time allows you may hit practice balls on the range or practice chipping and putting on the practice green. Anyone may use the practice green free of charge at any time. However, for the driving range you need to purchase golf balls to hit.

**One of the great traditions of golf is to show courtesy and respect to the golf course and fellow players.**

## **Safety**

Players should ensure that no one is standing close by or in a position to be hit by the club, the ball or any stones, pebbles, twigs or the like when they make a stroke or practice swing.

If a player plays a ball in a direction where there is a danger of hitting some, he should immediately shout a warning. Traditionally the word of warning is "FORE!"

***Golf is a Ladies and Gentleman's Game***

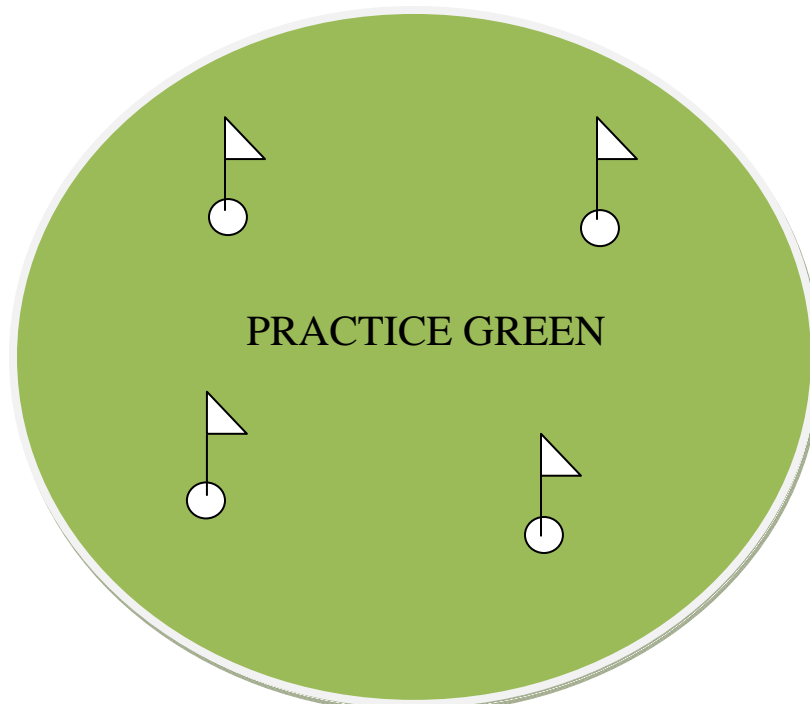
***Respect the game, respect the course and respect your fellow competitors!***

## **Practice Green Safety Rules**

- No full swings
- Do not hit putts hard

When practicing chip shots:

- Short chips with a low lofted club (Sand Wedge, Pitching Wedge, 9 Iron)
- Do not hit in the direction of other players
- No high lofted chips and pitches

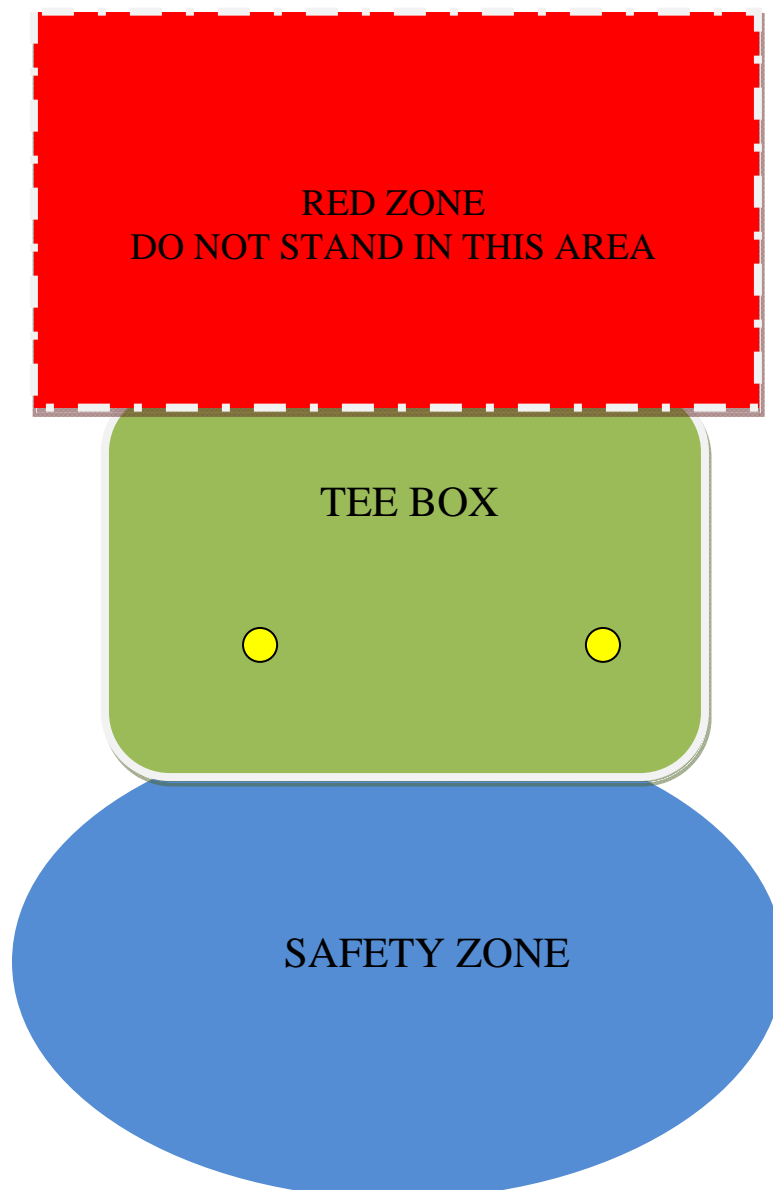


***NO FULL  
SWINGS  
ON OR  
NEXT TO  
PUTTING  
GREEN.***

- Practice chip shots from 10 feet and closer.
- When retrieving your golf balls, look where other players are hitting their shots.
- When practicing putting and chipping do not crowd other players. Look for ample space to stroke your club.
- When using the practice green and chipping areas be observant of your surroundings.

## Tee Box Safety Rules

- The safety zone is shown in blue. One player on the tee box at a time. While you are waiting your turn to play stand behind the tee markers! Never enter the red zone.
- While you are waiting your turn to play do not take practice swings. If you have your club out of your bag hole the club head in your hands.

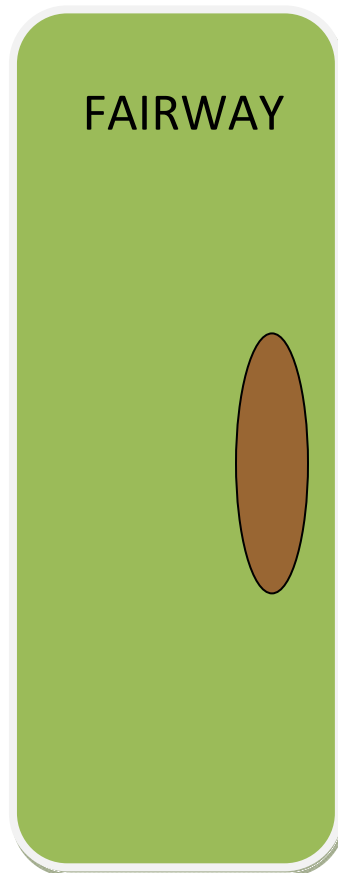


## Fairway Safety Rules

- **Never be ahead of someone playing a shot. Stand off to one side and behind their ball!**
- Do not get within 10 feet of someone taking a practice swing or playing a shot!
- No practice swings when someone else is playing their shot. Practice swings only when it is your turn to play!
- When walking down the fairway keep all of your clubs in your bag.

### Sand Traps

- Only one player at a time when two or more players have their golf balls in a sand trap.
- When you are done with the sand trap, rake gently and lay it down. Do not throw the rake. Throwing a rake could damage the ground and you may accidentally hit another player.



## Lightning Safety

When you hear thunder, **get off the golf course!**

# WHAT TO DO WHEN LIGHTNING IS NEAR

### AVOID

- Solitary trees
- Small rain and sun shelters
- Large, open areas
- Wet areas
- Elevated areas
- All metal objects including: golf clubs, golf cars, fences, electrical and maintenance machinery, and powerlines

### SEEK

- Large, permanent building
- Fully-enclosed metal vehicle (car, van or pickup truck)
- Lowest elevation area
- Dense area of trees or bushes

If sudden, close-in lightning does not permit evacuation to a safer place, crouch in a baseball catcher's position with feet together and hands on knees.

### DISCONTINUING PLAY IN COMPETITIONS

The USGA emphasizes that players in a competition have the right to stop play if they think lightning threatens them, even though the committee may not have authorized it specifically by signal (Rules 6-8 and 33-2d).

Lightning safety tips courtesy of:  
**National Lightning Safety Institute**  
891 Hoover Ave., Louisville, CO 80027  
[www.lightningsafety.com](http://www.lightningsafety.com)

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