

PRE-PAR PLAYER

PRE-PAR PLAYERS are new to LPGA-USGA Girls Golf and/or have no golf experience.

Pre-Par Players benefit from:

1. fundamental golf skills clinics
2. playing off-course golf games

You advance to the *Par* level when you accumulate 40 points from the following list of activities:

| <u>CHECK</u> | <u>DESCRIPTION</u> | <u>POINT VALUE</u> | <u>POINTS</u> |
|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------------|
| | Fill out registration form with a parent signature | 1 | |
| | Receive your LPGA-USGA Girls Golf card from LPGA | 1 | |
| | Complete your bag: clubs, balls, tees, ball markers, ball mark repair tool, towel, pencil | 2 | |
| | Write a thank you note [to head pro, or instructor, etc.] | 3 | |
| | Participate in at least 2 Pre-Par Player clinics Dates: _____ | 8 | |
| | Able to consistently strike the ball with a 7 iron. | 15 | |
| | Able to 3-putt or better from 20 feet 1/2 of the time. | 8 | |
| | Practice at least 15 minutes at least once a week for 4 weeks Dates: _____, _____, _____, _____ (Practice on event day does not qualify.) | 4 | |
| | Describe "level 5 commitment" | 1 | |
| | Successfully pass Pre-Par oral test: <ul style="list-style-type: none"> • Pre-Par "Rules & Etiquette" | 7 | |
| | Miss a commitment without notice and/or follow-up | -3 | |
| | Safety warning | -3 | |
| | | TOTAL: | |

ADVANCE TO PAR LEVEL: _____ DATE: _____
Golf Instructor

ADVANCE TO PAR LEVEL: _____ DATE: _____
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PAR PLAYER

PAR PLAYERS have had basic instruction in full swing, short game, and putting but have had little to no on-course playing experience; may consistently strike the ball but still have difficulty getting the ball into the air from the ground.

Par Players benefit from: fundamental golf skills clinics and re-enforcing off-course golf games and exercises

You advance to the *Birdie* (on-course) level when you demonstrate that you are course-ready and accumulate 40 points from the following list of activities:

| <u>CHECK</u> | <u>DESCRIPTION</u> | <u>POINT VALUE</u> | <u>POINTS</u> |
|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------------|
| | Practice "level 5 commitment" | 3 | |
| | Participate in at least 4 Par Player clinics Dates: _____, _____, _____, _____ | 8 | |
| | Practice at least 15 minutes at least once a week for 4 weeks Dates: _____, _____, _____, _____ (Practice on event day does not qualify.) | 5 | |
| | Practice safety measures: ✓ swing in safe areas never swing in the direction of people (Practice on event day does not qualify.) | 3 | |
| | Able to advance the ball 50 yards $\frac{1}{2}$ the time with a 7 iron. | 7 | |
| | Able to chip from preferred lie 20 feet to inside 5 foot circle $\frac{1}{2}$ the time. | 5 | |
| | Able to 3-putt or better from 30 feet $\frac{1}{2}$ the time. | 5 | |
| | Able to walk speedily carrying your golf bag 3 regulation holes or 9 executive holes. | 1 | |
| | Demonstrate the "ready golf" rule - attentive and ready to hit your ball when it's your turn. | 3 | |
| | Successfully pass Par oral test: • Par "Rules & Etiquette" | 10 | |
| | Miss a commitment without notice and/or follow-up | -3 | |
| | Safety warning | -3 | |
| | | TOTAL: | |

ADVANCE TO BIRDIE LEVEL: _____ DATE: _____

Golf Instructor

ADVANCE TO BIRDIE LEVEL: _____ DATE: _____

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BIRDIE PLAYER

BIRDIE PLAYERS:

- have a grasp of basic skills in full swing, short game, and putting
- have demonstrated an ability to consistently strike the ball and get the ball airborne
- have demonstrated that they are course-ready

Birdie Players benefit from:

- advanced clinics in short game techniques: chipping, pitching, bunker play, and putting
- on-course play

You may advance to the *Eagle* level when you accumulate 40 points from the following list of activities:

| <u>CHECK</u> | <u>DESCRIPTION</u> | <u>POINT VALUE</u> | <u>POINTS</u> |
|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------------|
| | Participate in at least 4 On-Course events Dates: _____, _____, _____, _____ | 10 | |
| | Practice at least 15 minutes at least once a week for 4 weeks Dates: _____, _____, _____, _____ (Practice on event day does not qualify.) | 5 | |
| | Have the stamina to play 9 holes on a regulation course and average a score of between 55-69 | 5 | |
| | Able to advance the ball 75 yards $\frac{3}{4}$ of the time with a 7 iron | 5 | |
| | Able to advance the ball 100 yards $\frac{3}{4}$ of the time with a wood | 10 | |
| | Able to chip from preferred lie 20 feet to inside 5 foot circle $\frac{3}{4}$ of the time | 5 | |
| | Able to 2-putt or better from 25 feet $\frac{3}{4}$ of the time | 5 | |
| | Demonstrate an advanced understanding of the golf game | 2 | |
| | Successfully pass Birdie oral test: <ul style="list-style-type: none"> • Birdie "Rules & Etiquette" | 10 | |
| | Miss a commitment without notice and/or follow-up | -3 | |
| | Safety warning | -3 | |
| | | TOTAL: | |

ADVANCE TO EAGLE LEVEL: _____ DATE: _____

Golf Instructor

ADVANCE TO EAGLE LEVEL: _____ DATE: _____

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EAGLE PLAYER PROGRESSION CHECKLIST

EAGLE PLAYERS:

- have developed a practice routine
- possess an advanced understanding of the golf game
- have the stamina to play 9 holes on a regulation course and average a score of between 55-69

EAGLE PLAYERS benefit from:

- advanced clinics in short game techniques: chipping, pitching, bunker play, and putting
- on-course play

Your goal (prior to turning 14) is to:

- have the stamina to play 18 holes on a regulation course
- work on full game and understand course management

You will be invited to advance to Future Stars after the age of 14 if you accumulate 40 points (while in the eight grade) from the following list of activities:

| <u>CHECK</u> | <u>DESCRIPTION</u> | <u>POINT VALUE</u> | <u>POINTS</u> |
|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------------|
| | Participate in at least 6 on-course events Dates: _____, _____, _____ _____, _____, _____ | 12 | |
| | Practice at least 15 minutes at least once a week for 4 weeks Dates: _____, _____, _____, _____ (Practice on event day does not qualify.) | 4 | |
| | Post at least 5 18-hole rounds of golf on a regulation course | 10 | |
| | Demonstrate a proficiency in the use of the USGA Rules Golf book (know how to look up rules and the various possible rule infractions for match and stroke play) | 5 | |
| | Successfully pass Eagle oral test: Eagle "Rules & Etiquette" | 10 | |
| | Help run an event | 5 | |
| | Play on the middle school team | 10 | |
| | Participate in 2 regional events | 4 | |
| | Finish in the top 10 in a regional event | 5 | |
| | Establish a USGA handicap of 20 or less | 15 | |
| | | TOTAL: | |

ADVANCE TO FUTURE STAR LEVEL: _____ DATE: _____

FUTURE STARS

FUTURE STARS:

- have the stamina to play 18 holes of golf on a regulation course and average a score of 110 or better on a regulation course.
- carry a USGA Rules of Golf book and demonstrate the ability to look up a rule

Members experience many benefits, including:

- achieve "Red Cap" status
- are eligible to be junior members of the CWGC
- attain an official USGA handicap (through the CWGC)
- focus on competitive skills
- receive scholarship counseling

You will be invited to maintain your status as a Future Star by continuing your participation in Girls Golf. Examples of how to do this are:

- Join the Coronado Women's Golf Club.
- Play golf with the members of the CWGC.
- Help mentor at least 4 Girls Golf events.
- Practice at least 15 minutes at least once a week for 4 weeks.
- Post at least 5 18-hole rounds of golf on a regulation course to establish a USGA handicap.
- Demonstrate a proficiency in the use of the USGA Rules Golf book (know how to look up rules and the various possible rule infractions for match and stroke play).
- Help run an event.
- Play on the high school team.
- Participate in regional events.