



THOMAS JEFFERSON HIGH SCHOOL

for Science & Technology

2009-10 Golf Team Schedule & Information

2009-10

Thomas Jefferson High School Golf

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TEAM INFORMATION

Welcome to the Team

Welcome to a new season of golf and to a new year at Thomas Jefferson High School for Science & Technology. This year the team will be coached by John Myers, formerly the coach at Woodson High School, and Luke Frels who is returning after taking last season off.

This season our focus will be on understanding the rules and etiquette of the game of golf and preparing ourselves physically and mentally for each round. This means that some off-the-course studying will need to accompany our on-the-course preparation. We will view a number of videos dealing with the golf rules, short game, power game and golf IQ.

Off the course, you will be asked to eat well, get plenty of rest, and maintain a high level of athleticism. In preparing for matches you will be expected to develop a plan for each round of competitive golf you play. Being physically and mentally prepared for the game will help you make the right decisions on the course and give you confidence in your ability to win (management game & mental game).

On the course, your priority is to make the shots that give you the best opportunity to score. Identify the shots you need to be able to make and prioritize those shots in your practice sessions (power game, short game & putting game)

Have a great season

F O C U S A R E A S

* Rules & Etiquette

* Power Game

* Short Game

* Golf IQ

* Preparation

Team Philosophy

Our team philosophy is this: The team will be successful to the extent that individuals prepare to compete and carry a positive and competitive attitude onto the golf course.



Keep It Simple

Understand that your priorities on the golf course are to maintain your confidence, manage your game, and execute shots that will allow you to score well. Being attentive to these priorities will simplify your decision making process and keep you focused throughout the round.

Set Goals

Know what you intend to accomplish each time you step outside to practice or play. This means coming up with a game plan before each session. Set a scoring goal, a putting goal, a power game goal, and a short game goal before the start of the season. Work toward accomplishing your goals for the next two months.

Improve Yourself

The best way for you to contribute to the golf team is to become a better player. This may mean going to a swing coach or doing a better job of preparing for matches. Whatever the case may be, identify the things that you have the best chance of improving in the shortest amount of time, and spend your time correcting those things.

Be Supportive

Being a good teammate means helping those on your team achieve their goals as well. Congratulate your teammates when they hit a good shot, demonstrate proper etiquette on the course, and be a reliable player. You should want your teammates to have confidence in you and respect you; you must demonstrate confidence and respect for them as well.

The Role of the Coach

The job of the coach is to put the players on the course that give the team the best chance to be successful. Players are accountable to the coach with respect to showing up for practice on time and following team policies. There may be disagreements during the season. Any time a dispute arises or disciplinary action needs to be taken, it is the job of the coach to do whatever is necessary. Allow the coach to make the decisions he needs to make and have confidence in those decisions.

Team Rules

- 1) Read and understand The Rules of Golf.
- 2) Arrive promptly for each scheduled practice or match.
- 3) Maintain proper appearance at each practice or match.
- 4) Maintain clean equipment for each practice or match.
- 5) Abuse of equipment is grounds for dismissal from the team.
- 6) Abusive language is grounds for dismissal from the team.

- 7) Use of drugs, tobacco, or alcohol at any time during the season is prohibited.
- 8) Maintain good academic standing.
- 9) Show respect for team members and coaches at all times.
- 10) Show respect for competitors at all times.
- 11) Show respect for golf course at all times.
- 12) Show respect for course facilities and employees at all times.
- 13) Spectators are to remain clear of the playing area.
- 14) Spectators may not give advice.
- 15) Conflicts must be communicated to the coach at the beginning of the season.



Fees

Shirts: A fee of \$40 for shirts is due after the team has been picked (checks payable to TJHSST). This covers the cost of two new golf shirts.

Practice Rounds: There may be a fee of \$15 for some of our practice rounds. Private courses charge these fees to cover their maintenance costs.

Practice & Match Locations

Pinecrest Golf Course (Public): 6600 Little River Turnpike, Alexandria, VA 22312, 703/941-1061

Four Seasons Golf Practice Facility, 11501 Braddock Rd., Fairfax, VA 22030, (703)278-0350

Cannon Ridge (Private): 475 Greenbank Road, Fredericksburg, VA 22406, 866/857-4343

Riverbend Country Club (Private): 9901 Beach Mill Road, Great Falls, VA 22066, 703/759-2640

Westwood Country Club (Private): 800 Maple Avenue East, Vienna, VA 22180, 703/938-2593

Penderbrook Golf Course (Public): 3700 Golf Trail Lane, Fairfax, VA, 22033, 703/385-3700

Fairfax National Golf Club (Private): 16850 Sudley Road, Centreville, VA 20120, 703/631-9226

Schedule

August

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		Wednesday, July 29 th ., parent meeting, @7:30 in IJ Auditorium		
3 tryouts@ Pinecrest, tee time 11:50	4tryouts @ Pinecrest , 10:30	4 tryouts, @Pinecrest, 11:50	5 tryouts, @ Pinecrest, 10 a.m.	6
10 Cougar Invitational @Int. T.C.C., 10a.m.	11	12 Bruin Invitational, @Twin Lakes, 10a.m.	13Bruin Invitational, Twin Lakes, 10a.m.	14
17Practice, Pinecrest, 11:50	18	19	20Practice Pinecrest 10a.m.	21
24	25 @BelmontC.C. v. StoneBridge, Bus from IJ, 2p.m..	26 @ Pinecrest, v. McLean, tee time, 3p.m.	27 practice @Pinecrest, 10a.m.	28

Schedule Continued...

September

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Aug. 31 st -v. Marshall, @ Pinecrest, 3p.m. tee time.	1	2 v. South Lakes, at Reston Nat., 4p.m.	3 @ Pinecrest, practice, 4:30	4
7 Labor Day	8 First day of school @ Pinecrest, v. Madison, 4:30	9 @ Pinecrest, practice, 4:30	10 @ Pinecrest, practice, 4:30	11
Senior Night 14 @ Pinecrest, practice, 4:30		16 @ Pinecrest, practice, 4:30		18
21 Dist. Golf TBA	22 Dist. Golf, TBA	23	24	25
28	29	30		

Contact Information

Tryout Guidelines

Tryouts will be held August 1st, 4th, and 5th. During the tryouts, the coaches will assess the skill level of each player and determine whether or not each player is prepared to play at a competitive level. The assessment breakdown is as follows:

- Putting Ability from 3 feet, 6 feet, 9 feet, and 12 feet
- Accuracy from 25 yards
- Accuracy from 50 yards
- Accuracy from 90 yards
- Accuracy from 125 yards
- Accuracy from 150 yards
- Accuracy from 190 yards
- One verified 9-hole round at Pinecrest (we will play two and your best score will count)

Players will be ranked at the conclusion of tryouts and the team will be selected according to player rank during tryouts. At the coach's discretion 10-12 players will be selected.

Players will be notified by e-mail on Tuesday, August 5th as to team selection.

Tryout Information Sheet (Coach's Assessment Sheet)

Name: _____

E-mail address: _____

Accuracy (good, fair, poor)

- 25 yards
- 50 yards
- 90 yards
- 125 yards
- 150 yards
- 190 yards

Putting (good, fair, poor)

- 3 feet
- 6 feet
- 9 feet
- 12 feet

Pinecrest Best Score: _____

Date: _____

Notes: _____