

Wildcat Golf

2011 Pre-season Checklist

- ❑ Get your physical completed. You can't tryout unless it's completed.
- ❑ Complete the on-line concussion education. This applies to both athletes & parents! More information on this will be coming soon.
- ❑ Start playing. As soon as possible. We'll be keeping 10 players on the Varsity squad, so get ready.
- ❑ Keep in touch. Check the website – www.cvhsgolf.org – on a regular basis for news & updates. E-mail will also be sent out, so get into the habit of checking your inbox. Make sure coach has your cell phone #, so you don't miss any important texts that may need to be sent out.
- ❑ Establish a handicap. Do this at your "home" course (such as Westfields or Twin Lakes) or on-line at www.ghin.com (a USGA service). In addition to your 18-hole scores, you can now post 9-hole scores. This is easy to do & there's no excuse to not having a handicap established. Once you're all signed up, make sure you post every score (even the bad ones).
- ❑ Play in some tournaments. Get some competitive play in before tryouts & the season begins. You cannot wait until the season starts to get competitive experience playing 18- & 36-hole tournaments. Visit the team website for links to some of the junior tours that offer such opportunities. E-mails will also be sent with updates about local tournaments. It's also a good idea to find some 2- & 4-person scramble events & play with your teammates. This will establish team cohesion & allow you to learn from your teammates.
- ❑ Sign-up for a junior camp. As information on local camps roll-in, we'll get the information posted on the team website & forwarded via e-mail. Check with Westfields as they will have some summer camps/clinics scheduled.
- ❑ Be ready to fundraise. We're going to need to start making some money before the season begins, as well as during the early part of the season. If you don't fulfill your fundraising obligations, you will not be eligible for any invitational tournaments we enter.
- ❑ Get new equipment now, not later. If you're planning on getting any new clubs, do it weeks before the season begins. There's no excuse on this one. Don't blame the club! You're the one who bought it!
- ❑ Get fitted. If you're looking to get new irons or clubs, make sure you : (1) get fitted by a professional club-fitter & (2) demo the club on the course or an outside driving range before you buy it. Hitting into a net at a local store isn't the way to go. You need to SEE the flight of the ball.
- ❑ Read a few books. Make sure to keep it simple. Most of these books are an easy read & address the basics such as shot selection, routine, confidence, & focus. If you're looking to improve your swing, please go to a junior camp or see a professional instructor. As far as book go, we highly recommend the following:
 - ✪ *Golf is Not a Game of Perfect (Dr. Bob Rotella)*
 - ✪ *Putting Out of Your Mind (Dr. Bob Rotella)*
 - ✪ *Harvey Penick's Little Red Book (Harvey Penick)*
 - ✪ *Every Shot Must have a Purpose: How GOLF54 Can Make You a Better Player (Nilsson & Marriot)*
 - ✪ *The Game Before the Game: The Perfect 30-minute Practice (Nilsson & Marriot)*
- ❑ Important dates:
 - ✪ *Thursday, July 28 – Mandatory team meeting @ 9:00am in trailer 18*
 - ✪ *Monday, August 1st – Tryouts begin (conclude Wednesday, August 3rd)*
 - ✪ *More to come...*