

# Barbers Hill Golf Team General Procedures

## A. Academic Work

- a. You are expected to maintain passing grades and handle your studies in a first class manner. If you loaf in the classroom, there is a very good possibility you will loaf at our practices. There is no place in our program – or in society – for a loafer!
- b. It is your responsibility to communicate with your teachers regarding days we will miss and the make-up work. Tutorials are available **before school** and Wednesday afternoon and should be utilized.
- c. Budget and plan your time wisely – there is an opportunity cost for playing golf!

## B. Practice

- a. Be prompt! Get dressed and be ready to go to work. When you are here, be all here! No cell phones until 5:00pm.
- b. Players are expected to be at ALL practices. Make outside appointments around practices. If there is an emergency and you must miss practice, call or text Coach Miles on his cell at 817-975-9877 as soon as you are aware that you must miss.
- c. Get all injuries looked at by our trainers BEFORE you go see your doctor! They are professionals and specialists at treating athletic type injuries. This could save you money, and more importantly TIME!
- d. Eat healthy and take care of your body. Your body runs best when you feed it the right kinds of food. Your health and your wellness are directly proportional to your performance, so eat healthy meals.
- e. Take the drills as important opportunities to improve your game and help your teammates. Consistent repetition is paramount for building muscle memory, so understand the goal is improvement through **purposeful practice**.
- f. Keep your opinions to yourself unless you want to voice them to the coach. Then a private conversation after practice would be appropriate.

- g. No profanity! Be a positive influence and encourager.
- h. Practice self-discipline. Don't let your bad day have an adverse effect on your teammates. Control your emotions!
- i. When instruction is being given everyone's complete attention is required. No talking. Eyes on the speaker.
- j. You are expected to work on skills you will be using during a round of golf...trick shots or hitting balls at the picker are a waste of your time.
- k. Be your best because you care about your teammates and expect the same from them. Hold each other accountable to the highest standards of character and integrity.
- l. Dress in proper golf attire while we are at the golf course. Boys with collared shirts tucked in and a belt, and ladies with proper length shorts or skirts. Remember who you represent.
- m. Work on your weaknesses until they become your strengths. Your ability to remain calm and committed to every shot during a round is dependent upon your having worked on all aspects of your game. Uneasiness and indecision usually creep in when there is a lack of preparation.

### **C. Tournaments**

- a. Advance written notice of at least two weeks are required if you must miss a tournament for anything other than illness.
- b. Players will travel with the team to and from all tournaments unless arrangements have been made with the coach.
- c. Show up ready to compete! The time leading up to a tournament should be in preparation to PLAY YOUR BEST! Practices, day-before meals, breakfast, and mental rehearsals all play a part in your performance.
- d. Your conduct on the course and off must be such that your parents, your school, and your teammates would be proud.

### **D. Loyalty**

- a. Eagle Golf takes priority over other outside extra-curricular activities. If you do not feel this way you should not be part of this team!

- b. Don't spread yourself too thin during the season... there is life outside golf – and your academics always come first. God and family should go at the top of your list.
- c. We will play winning golf. We owe it to ourselves and our school.

#### **E. Sacrifice**

- a. In order to play at a top-flight level sacrifice is necessary. You, as an athlete, should understand that a willingness to sacrifice is a must. I will expect you to make those sacrifices in a mature, cheerful manner.
- b. "All cannot be pleasure. Pleasure gains value when pain is lurking nearby. Athletics (and golf) cannot always be fun. The road to victory is strewn with pain and work. Only after hard work and pain do players appreciate the fruits of victory."

#### **F. Attitude**

- a. Quarreling, Bickering, and Jealousies will not be tolerated. We must work, sacrifice, and WIN TOGETHER!
- b. Trash talk, cut downs (joking or serious), and horseplay will not be tolerated. Playing golf should be FUN! Making teammates feel bad will not be fun for anyone. Positive support is mandatory.