

Spring Lake Park High School Panther Golf

Parent/Player Meeting

Wednesday, March 1st 2023



2023 Coaching Staff

Head Varsity Coach: Tom Benson

Asst. Coach: Eric Vanbrocklin

Captains: Addy Lier

Hailey Bradley



First week of practice

First day of practice: [Wednesday, March 22nd](#)

Week 1 March 22, 23 & 24

Wednesday:	Westwood Middle School	3:30-5:00
Thursday:	Westwood Middle School	3:30-5:00
Friday:	Westwood Middle School	3:30-5:00

Team Communication:

TeamSnap: We use Teamsnap as the tool to communicate as a team throughout the golf season. It is an app athletes and their parents can download on their cell phone and receive updates and announcements throughout the season in real time.

To Sign-Up: email your cell number, along with your preferred email address to me and I will send you a request to join the group. My email address is:

tbenso@district16.org

Levels of Competition

Players **CAN NOT** participate in practice until they are registered through the SLPHS Athletic Office

The Panther Golf team will consist of a Varsity, Junior Varsity and “B” Squad teams.

Varsity Team

- The varsity golf team will consist of 6 girls for each match. These will be the athletes who score the lowest rounds in both practice, as well as official matches. Although there will be some girls who play in every varsity match, we typically have up to 10 to 12 girls participate in a match on any given year.
- To letter in golf, a player must play in at least 1 varsity match

Junior Varsity

- The Junior Varsity team will focus primarily on learning the game of golf, developing the many skills associated with golf and preparing athletes for varsity competition. Players from all grades will play JV, including seniors.

“B” Squad

- If numbers allow for a 3rd level team, we will offer a “B” squad. The “B” squad will participate against other local schools who have athletes with little or no experience playing in a competitive round of golf.

Golf Match

NorthWest Suburban Conference:

- The Varsity and JV teams compete in the NWSC and all matches can be found in the NWSC calendar found on the SLPHS website. Both teams typically play dual matches on the same day and at the same site. Varsity also has a mid-season tournament as well as an End of the season tournament. JV only has an end of the season tournament.
- During a match, we have 6 players playing in the varsity match and 6 in the JV match. On occasion we can bring extra players or a second team of 6 for our JV matches.

Invitational Tournaments Varsity will play 4 or 5 invites throughout the season and JV with play 2 or 3 invites.

Academics are the Priority: Golf matches are at all different times of the day and students-athletes have the potential of missing part of their school day. Academics are the priority and if there is any concern of a student jeopardizing their academic standards, school attendance will take priority over participating in the golf match.

Practice

Indoor Practice: While the weather is poor, we will practice at Westwood Middle School on the balcony, above the weight room. We will hit balls in the batting cage, along with putting in the hallway. Kids will need a driver, a couple irons, a wedge or 9 iron and their putter. Girls will be able to store their golf clubs at the middle school while we are practicing inside. There is **no shuttle** this year from the high school to the middle school, kids will have to find their own way over to the middle school. Students will also need to find their own way home after practice. Indoor practice will run from 3:30 to 5:15.

Outdoor Practice: As soon as either Majestic Oaks or Victory Links is open, we will practice at one of those golf courses, we usually practice from 3:30 to 5:30. These times may vary depending on weather and availability of the golf course. On the days we play 9-hole practice rounds, we will end the day closer to 5:30/ 5:45. A calendar with specific times and location will be handed out the first day of practice.

Transportation Options

1. Independent Transportation

Students have the following options to get to their after school activity:

- If the student drives, they can transport themselves to practices that are off site.
- A parent/guardian can provide transportation.

2. School Provided Activity Bus/Shuttle

Spring Lake Park School District will be providing a daily activity bus service from the middle school to the high school. There will also be a daily bus service from the high school to either Majestic Oaks or Victory links golf course this season.

- Route 2 (Bus #140) – Spring Lake Park High School to National Sports Center, 3:10-3:30 PM for Girls Lacrosse and Golf- Boys and Girls.

Attendance at: School, Practice & Games

School:

- A student must be in attendance the entire day of school to be eligible to participate in a high school activity. To be eligible to participate for excused absences, a parent must contact Will Wackman at 763-600-5150 at least one day prior to the day the student will be absent.

Practice & Matches:

- All players will be required to attend every practices unless they are excused from school that day or have communicated with a coach at least 1 day prior to being absent. If a player is scheduled to play in a match and for whatever reason ends up not being able to play that day, please contact a coach as soon as possible so that another player can take that spot.

Equipment Needs

- All players will need a golf bag, a set of irons, a couple woods and a putter. If you do not have clubs but would like to try golf before making that purchase, we do have some available for the kids to us, but they are not the greatest.
- The school will provide a golf bag for all varsity and JV golfers. Also, all players will be given a set of rain gear to use for the golf season. Both the golf bags and rain gear will need to be turned in at the conclusion of our season.
- Players will be responsible for balls used during practice rounds. The school will provide at least 1 or 2 balls/player for each match
- Golf attire will be available to purchase and typically consists of a golf shirt, skirt/skort and some type of jacket or sweatshirt. It is not required to purchase any of these items, but we encourage all players to try and make the commitment to purchase a golf to wear during golf matches.

Injuries

- If a player gets hurt, please see one of the coaches immediately. Also, there is a trainer on staff at the high school that will evaluate and treat any minor injuries an athlete may have.
- SLP Trainer: Sarah Bowers, 763-600-5991

Parent Participation

- Parents are welcome and encouraged to attend any golf match and follow their daughter on the course.
- While on the course during a match, any spectator, including parents, have to stay a minimum of 25 yards from all golfers and can not give any advice, coaching or feedback to any of the golfers.
- Support your daughter through good and bad.
- Enjoy the experience, it will be over faster than you know it!