



Dublin Grizzell Golf

Integrity ● Teamwork ● Personal Growth

Aspirations

These are goals to strive for as you begin and continue your middle school interscholastic competitive golf journey.

Skills

- **Putting**
 - 1-5 ft: Ability to make 5 putts in a row, starting at 1 ft and moving back in 1 ft increments sequentially in a row.
 - 6-10 ft: Ability to make 5 of 10 putts
 - 15-20 ft: Ability to place 7 of 10 putts within 2 ft circle
 - When Playing: 2 putts or less on every green (18 putts or less per 9 hole round)
- **Around the Green**
 - Shot Selection: Understand how to hit different shots (chip, flop, bump & run, etc.)
 - Up and Down: Able to get up and down 25% of the time
- **Irons**
 - Distance: Know how far you hit each club to within +/- 5yds
 - Control & Aim: Able to hit 5 Greens in Regulation (GIR) in 9 holes
- **Driver**
 - Distance/Swing Speed: Know your Driver distance. Know your ball and/or swing speed.
 - Control & Aim: Able to hit 70% of the fairways in 9 holes (~5 of 7 fairways)
- **Score** (9 holes)
 - Good: Consistently breaking 50, near the mid 40's often, and occasionally in the lower 40's
 - Better: Consistently around 40; under 40 often
 - Best: Consistently near par; under par occasionally

Fitness

- **Cardio**
 - Run: 1 mile in less than 10 minutes
 - Run: 5K (3.1 miles) without walking
- **Strength**
 - Push-ups: 20 or more in one minute
 - Plank: Hold for 60 seconds
 - Side Plank: Hold for 60 seconds (both sides)
 - Lunges: 2 reps of 10 for each leg
 - Squats: 2 reps of 10 each
- **Yoga & Pilates**
 - Time to start!

