



2026 SEASON INFORMATION

Golf is a Spring Sport running from March 2 - May 19



TEAM STRUCTURE

- Mountainside Women's Golf operates as one cohesive team. Everyone practices all together as one unit regardless of grade level, experience and skill.
- An Athlete Assessment process at the start of the season gauges each athlete's readiness to compete in high school golf and serves as an objective basis for making final team decisions.
- Space and resources also factor into how many athletes are selected to the team each year. Our goal is to make sure we can give all team members a high quality experience.
- Selection to team will be decided after assessments. Athletes will be notified of their status by no later than Wed, Mar 5
- Assignments to play in Varsity and JV tournaments are determined weekly based on skill level, experience, readiness, availability and athlete-coach discussion. Many athletes often play at both levels during the season.

PRACTICES

- Practices are held after school, Mon-Fri from 4:15pm to 6:30pm
- After the first 2 weeks, Fridays will become optional days and are dedicated to on-course practice rounds
- Typically, practices will take place at our home course, Forest Hills Golf Course in Hillsboro. Occasionally, practices are held in other locations.
- All athletes should have their own clubs and a bag to use at practice. Good footwear and rain gear are also helpful. Practice balls and other training aids are provided.
- Athletes must arrange for their own transportation to and from all team activities (no school transportation is provided). Carpooling is encouraged.
- All athletes are expected to be at practice EVERY day. Athletes with jobs must plan their work schedule accordingly.
- No required team activities during Spring Break
- A post-season roster will be determined in early May. Only athletes selected for post-season will continue to practice after that date.

COMPETITIONS

- Varsity tournaments: 18 holes, include 5 players from each school.
- JV tournaments: 9 holes, can include up to 7-10 players from each school
- Competition is stroke play with the 4 best individual scores counting to the team score
- Metro League season includes 7 Varsity tournaments and 5-6 JV tournaments, typically 1 each per week
- Tournament dates, locations and start times vary each week. Typically, events happen on Mon, Tue or Wed, starting midday and lasting for several hours. Metro League is fortunate to play our tournaments at some of Portland's best golf facilities. 2026 Metro League schedule will be finalized in February.
- Post-season events (regional qualifier and State Championship) are varsity level only and the team or individuals must qualify to participate
- Regional Tournament will be in early May (date TBD) at Stonecreek Golf Course in Oregon City
- State Tournament is May 18-19 at the OGA Course in Woodburn
- IMPORTANT: Golf athletes WILL miss school for competition throughout the season. Each athlete is responsible for planning ahead and working with teachers to make up any missed classes, assignments or tests.

INTERESTED IN JOINING THE TEAM?

We welcome students with a willingness to learn, improve their skills and be an enthusiastic, engaged and encouraging teammate to try out.

While prior experience is not required, it is helpful and may be a factor during the Athlete Assessment process and final team selection decisions.

NEXT STEPS: 1. Send an e-mail to Coach Merritt to let her know you are interested

2. Attend the Spring Sports Information Assembly at school in February (date and time TBD)

3. Register through In-touch in order to participate in team and tryout activities (see <https://mountainside.beaverton.k12.or.us/athletics/athletic-registration>) for more info

4. Consider attending the preseason open hitting session in February (date TBD) to meet Coach and warm up your skills for the upcoming season (registration must be cleared in advance)

5. Prepare for athlete assessments which will take place on March 2-3. You will go through some basic drills covering the major golf skill areas of full swing, chipping and putting. Additionally, you will take a short written quiz to gauge your level of understanding of the sport. Topics will include general terminology, basic rules and etiquette.

6. Follow us on Instagram @mountainsidewomensgolf to stay up-to-date

7. Contact Coach Merritt Richardson at any time by phone (call or text) at 503-816-6267 or email at merritt.richardson@gmail.com to get additional information or to ask questions