



Head Coach  
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## Golf Information

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### Golf Season

Girls High School Golf is a fall sport at MND. Varsity and JV athletes compete **August through October**. Competition begins the week just following tryouts (fyi - schedule family vacations and other travel before August 1 as tryouts, practices, and matches are mandatory after August 1).

### Season Schedule


**The schedule for both teams will be published on the MND website when finalized.** Most matches are 9 holes played during the week after school. Some 18 hole tournament rounds are played. Six players from MND compete against six players from the opponent and the top four scores are used for the team's total score. Athletes walk the course while carrying their clubs or can use pull-carts.

### Tryouts

**Tryouts will be held August 1, August 2, and tentatively August 3.** Tentatively, the first day of tryouts will take place at Meadow Links & Golf Academy or Tri-County Golf Ranch (9 hole Par 3 course). The second day of tryouts will take place at Glenview Golf Course, Sharon Woods, or Blue Ash Golf Course (18-holes). This is all subject to change pending weather conditions and course availability.

### Summer Practice Information

**The summer practice schedule has been posted on the MND Athletics website.** Playing and practicing on your own is expected. Playing in the local regional tournaments (GCGA 1905 Tour, SOPGA, or others) is strongly encouraged if you are an experienced golfer. If you are new to golf, attending a week-long golf clinic as early as possible in the spring or summer is recommended to familiarize yourself with how to play golf,



etiquette, establish your swing, and learn short game skills. All golfers should be working with a USGA Pro regularly on their swing. Contact the coach if you need more information on golf clinics in the area or looking for a golf pro.

### Strength Training & Conditioning

Fitness programs for the Summer of 2020 will be provided by Game On! Fitness Instructors. 3 weeks of instruction costs \$125 for our group participating. The cost is shared by all participants and workouts will be completed at home during the 2020 Summer. Game On! will provide 2 workouts per week for the team to do on their own or virtually. Contact the coach for access to the program.

### Equipment

Everyone practicing or playing golf during the summer will provide and **use their own clubs and golf equipment** (golf shoes, golf bag, tees, golf balls, etc.). If practicing at a golf practice facility, athletes need to bring money with them to pay for the space rental or practice balls when they arrive for practice. If playing a round of golf at a local course, greens fees will be collected ahead of time by the Coach to secure the tee time in advance. Standard ladies golf attire (golf shorts, skorts, pants, polo shirts, etc.) is expected at local golf courses. After tryouts, MND provides a golf bag and uniform shirt for each team member.

### Important Dates

**2020 Physicals due: TBD**

**Tryouts: August 1, 2, 3**

**Season Schedule:** <https://www.mndhs.org/athletics/fall-sports/#1565572801302-5d78589c-ffa2>

**Fall Sports Meet the Teams Night: TBD**

