

Willow Park

2011 Willow Park Golf & Country Club

Junior Program Booklet

A Comprehensive Manual for Willow Park Players and Parents



Mission

MISSION STATEMENT

To impact the lives of young people through an active junior golf development program that promotes character development and life-enhancing values through the game of golf.

Values

10 CORE VALUES

Honesty • Integrity • Sportsmanship • Respect • Fellowship
Confidence • Responsibility • Perseverance
Courtesy • Judgement

Players and Parents - note new and updated information:

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Revised April 2011

Willow Junior Code of Conduct

Willow Park takes great pride in all of its members and its facilities. The Junior Committee is especially proud of the junior members. In order to enable everyone to enjoy him or herself and to ensure that members know what is expected of them, this Code of Conduct was established. Golf is a game of honour in which respect for your fellow competitor and the rules are integral to the game.

This Code identifies the minimum standard the junior members are expected to meet as members of Willow Park, whether at the Club or while representing the Club. The Junior Committee believes that the WP Juniors are capable of meeting these standards.

■ ATTIRE

Proper golf attire – in the Clubhouse and on the course – must be worn at all times:

- All clothing must be worn in a neat and respectable way.
- Collared shirts for boys and for girls tailored blouses or golf shirts (which require either a collar or sleeves).
- Tailored slacks, capri pants, shorts or skirts for the girls. Shorts must fall between mid-thigh and bottom of knees.
- Boys shirts must be tucked in. Shirts or blouses that are designed and stitched to be worn outside of pants may be worn as long as the shirt is long enough that no skin is showing when the player extends their arms straight above their head.
- Clothing or equipment may not display objectionable or offensive language.
- Advertising or corporate logoed golf wear must be tastefully displayed.
- Hats are to be worn properly (peaks forward) and are to be removed in the Clubhouse.

Unacceptable clothing items include:

- Blue jeans, rugby pants, cargo pants and cargo shorts (more than four outside pockets), cut offs, short shorts, tank tops, belly shirts, t-shirts, sweat pants, stretch athletic and exercise wear (ie. Lulu Lemon and other yoga wear).

■ ALCOHOL, TOBACCO AND DRUGS

- Use of drugs will not be tolerated. Use of alcohol and tobacco is not permitted anywhere on the golf course. For Juniors who are 18 years of age, use of these products is not permitted in and around Junior events.

■ ELECTRONIC DEVICES

- Use of headphones, I-pods or other electronic music equipment – for safety reasons – is not permitted while on the course or practice areas but can be used **only** on the driving range.
- Cell phones or messaging devices are to be kept on vibration mode when on the course and may only be used in an emergency.

■ BEHAVIOUR AT OTHER CLUBS

- You are a guest when visiting other clubs and you represent yourself as well as Willow Park. This Code of Conduct applies. It is important to respect the values and standards of other clubs and adhere to their policies should a stricter code exist.

■ GOLF COURSE AND CLUB HOUSE BEHAVIOR

- The golf club is an adult environment and Juniors are expected to act accordingly in a respectful and courteous manner, demonstrating their understanding of the privilege it is to be a WP Junior Member.
- Abusive or inappropriate conduct or language, including temperamental outbursts, throwing or breaking clubs, any form of cheating or abuse of the golf course in any way is unacceptable and will not be tolerated.

■ VIOLATIONS OF THE CODE OF CONDUCT

If a minor violation occurs, the individual will be prohibited from further participation until he/she complies with the above code. The individual must do so without delay and then maintain the standard. Any such actions that are considered serious may result in the individual being removed or excluded from any Junior Programs or activities until the incident is considered by management.

Willow Junior

General Information

■ LOCKERS

Junior members may rent their own locker or use their parents'.

■ BICYCLES

Junior members may lock their bikes to the metal railing bordering the Clubhouse, located to the east of the front entrance of the Clubhouse.

■ WILLOW PARK WEB SITE & ROSTER

Important information and regulations can be found on the Willow Park Web site – www.willowparkgolf.com – and in the Member Roster mailed to your parent(s) each year. Included is information on booking tee times, guest policy, hours of operation as well as contact information for all Willow Park members. The web site is kept current and has information of interest and reference including a section devoted to the Junior membership and program. Check it out under the “Golf” tab on the member home page. Tournament results and photos are posted on the site.

■ DONATIONS

Last year, over \$3,000 in goods and gift certificates was donated to the Junior program, which significantly enriched the Program. We seek any support you or your company can provide. Please contact one of the Junior Committee members or the Pro Shop. Thanks for your support!

■ CLUB STORAGE

Club storage is available by obtaining a bag number from the backshop staff. Clubs are to be dropped off at the backshop for storage.

■ PARENTS AND SPECTATORS ON COURSE GUIDELINES

The Junior Committee encourages the players to develop their own game.

- During tournament play, parents and spectators are required to keep a distance of 30 paces from the players.
- Parents and spectators may not instruct or advise participants during competition.
- If parents and spectators choose to cheer, respect must be shown equally for all players.
- Violators of these regulations will be asked to cease the inappropriate conduct or to leave the course during play.

■ PLAY RESTRICTIONS

- No playing privileges before 3 pm on Saturday, Sunday and holidays, nor on Tuesdays (League Day for Men and Ladies).
- Playing privileges may also be restricted due to tournament play.

■ PRACTICE AREAS

- Always be conscious of the safety of other players.
- Realize your shots don't always go as planned and position yourself accordingly.
- Be considerate when others are waiting by limiting your time on the range.
- When adult competitors are warming up prior to tournaments (ie. Tuesday Men's League), please refrain from using the driving range or stalls.

Willow Junior Parent Support and Involvement

The Junior Program is for **your children**. It is developed, organized and conducted entirely through volunteer efforts. Just like any other activity your child is involved in, the parents have an important role to play in the junior golf program not merely to make the program run successfully, but to make it an enjoyable and meaningful experience for your child and for you, the parent.

In 2011 the committee will be providing ideas and means by which the parents can be actively involved in facilitating the growth and development of their child in not only their own golf game, but in all the life skills that are a part of playing the game. This information is designed to encourage parents to get involved and to stay involved as their child progresses through their junior golf years. New resource material will be posted on the WP website in April or May. The Junior section of the website can be accessed at: www.willowparkgolf.com/Members/Golf.asp

In addition to supporting your child in their golfing activity, the program depends on the volunteer time of the parents to operate all the program events.

When your child signs up for an event either through e-mail or on the Junior Board, parents, please sign up to volunteer at the same time. Whether you are familiar with the game or not, we can find a number of areas for you to help out with. If you are new to the game, we can pair you with another parent to learn more about the game and how to make it enjoyable for your junior.

Specifically, a commitment is required from every family whose child participates in the Club Championship. One parent volunteer day per child as a walking scorer is needed. Please check your calendar and advise the Junior Committee which day fits your work schedule. Play starts around 11am. If a parent is not able to volunteer, they may call upon a relative or friend with golf "know-how" to volunteer on their behalf.

Parents of inter-club players are expected to assist as a walker/scorer when Willow Park hosts Girls and boys Interclub.

Parents

Please contact one of the Junior Committee members for more information.

Volunteers do not necessarily have the time; they just have the heart.
— Elizabeth Andrew —

Willow Junior

Etiquette in Golf

■ WHEN YOU ARRIVE AT THE COURSE

When to arrive at the course for your tee time

- Arrive at least 15 minutes before your tee time.
- If you plan to practice – factor that in.
This allows you to obtain your scorecard, sand mix, mark your ball, etc and be prepared and ready to tee-off and not be rushed. This is also courteous to your fellow players in your group.
- Ensure you are wearing proper golf attire.

What to do when you arrive at the first tee

- Greet and shake hands with every player and introduce yourself to any players that you have not met before.
- Identify your ball to the other players.
- Exchange score cards if playing in a competitive event.

■ WHEN YOU ARE ON THE GOLF COURSE

How to repair divots

- **FILL IN YOUR DIVOTS ON TEES AND FAIRWAYS WITH SAND MIX.**
- Also fill any divots that other people have left behind.
- Carry sand mix bottle and use on fairways to fill your divot holes:

Sand keeps the exposed roots moist and enables the grass to recover and grow. Replacing divots usually does not work because it is like laying new sod, it must be carefully watered to live, in addition the birds turnover the divots and they soon dry up and leave depressions in the fairways.

How to's in and around the bunker

- Enter a bunker from below and to the side, then you won't collapse the sand on a steeper slope, and also if your shot doesn't get out of the bunker, your ball won't end up in one of your footprints.
- Carry the rake in with you and lay it gently to the side.
- Exit the same way .
- Rake the bunker by pushing the sand away from you in smooth long strokes.

- Rake in a direction towards the green, not parallel to it, this provides an easier shot for the next player.
- At Willow Park, place the rake with 1/2 of the handle outside the bunker pointing away from the green. The other 1/2 of the handle and rake is inside the bunker.

When to apply bug spray

- Apply bug spray when you are standing on asphalt pathways, do not spray when on the grass because bug spray will kill the grass, leaving an ugly brown patch.

The impact bug spray has on grass should remind us to keep the spray away from our mouth and eyes, and also to wash thoroughly before we eat food.

Where to pull carts around green and tees

- Take your carts around and “outside” of the bunkers. Do not take them between the green and the bunker.
- Keep your cart off of the tee box at all times
- The areas near greens and tees are subject to much wear and tear, and compaction of the ground. The greens, fringes, and tees are areas on which we “play” more than the fairways and thus demand more care.

Where to park our carts and where to place clubs if carrying

- At the tees set your cart on the pathway, opposite the tee marker.
- At the tee set your carry bag on the tee box, but removed from the tee markers. They should be well to the side of the marker, out of players' swings or practice swings and not behind where they (and perhaps you) will be in the players' vision.
- On the fairway place them off to the side of your ball. If we are stopping near another player's ball; set them down away from the player and out of his view, definitely not behind the player or his ball.
- On the greens, your cart and bag should be placed between the flagstick and where you will walk to the next tee. That really speeds up play! Carts should be beyond the bunkers and carry bags should be beyond the fringe.

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Etiquette in Golf

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- Helping each other, by pushing their cart for a few steps for example, is real courtesy and improves pace of play.

Putting Green Etiquette

- Avoid walking on another player's line.
- Avoid moving when someone is putting.
- Don't stand along a player's line or in their peripheral view while a player is putting.
- Ensure that you remove your ball from the hole with your hand—do not use your putter to scoop it out of the hole as it can damage the edge of the cup.

Taking care of the greens

- Greens are the most expensive part of the golf course to build and require extensive maintenance to provide the standard that we want to play on.
- Balls landing on the green leave a ball mark. If these indentations are repaired within 5 minutes they will recover; but if they are left for a day or not repaired at all, it leads to scarred greens, bumpy greens and putts that don't go in the hole. So repairing your ball mark and other un-repaired marks is a **MUST**.
- The proper way to repair a ball mark:
 1. Use a prolonged ball mark repair tool.
 2. Insert at the edges of the mark, not the middle.
 3. Bring the edges together with a gentle twisting motion, but don't lift the centre. Try not to tear the grass.
 4. Smooth the surface with the sole of your putter. You're finished when it's a surface that you would putt over.

Also refer to:

www.willowparkgolf.com/Members/RepairingBallMarks.asp

- When removing the flagstick from the hole, make sure you lift it straight up so as not to contact the earthen lip of the cup. If the flagstick is sticky, then twist it as you are raising it.
- Lay the flagstick on the green, don't toss it. Lay it so that it is not near the line of anyone's putt nor on an extension of the line behind the ball or beyond the hole.

- When returning the flagstick, make sure it is placed in straight and gently so as not to damage the lip of the cup. (The first player who completes the hole should pick up the flagstick and be responsible for placing it back in the hole at the end of play.)

Course care and spraying by Grounds staff

- Organic fertilizer is sprayed during the season and fungicides are sprayed in the fall to prepare the course for winter.
- The blue colour is not the chemical but is food colouring to enable the crew to see what has already been sprayed.
- For you, the colouring is a reminder to wash your hands before eating.

How to respect Maintenance staff when working on course

- Safety should always be our first priority in a potentially dangerous environment.
- The crew are working and are amidst noisy machinery. Depending on the situation, wait for them to finish or pull to the side before you play, ensure you get their attention.
- Thank them, remember they are providing a service and making the course better for us.
- Never play if they "even might be" in the way or have a chance of getting hit.

■ VARIOUS TYPES OF DISTRACTIONS ON THE COURSE:

Noises

- Talking – voices carry, especially loud or young ones.
- Many movements we make will disturb others, some will disturb even those who are on the next fairway.
- Your irons clanging as you carry your clubs while you are walking – silence them with your hand or towel.
- Putting your clubs down.
- Taking off and putting on your golf glove if it has a Velcro strip.
- Cart movement.
- Practice swings, before or after your shot.

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Willow Junior

Etiquette in Golf

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- Dropping garbage in a waste container.
- Pulling your clubs out of or putting them back in your bag.
- Raking a bunker.

Visual

- Standing on an extension of a player's shot that he/she is about to make.
- Moving yourself or anything else within the player's peripheral view.

The above examples of noises and movements are those that you should pay attention to at all times when you and your partners are playing and take extra care in minimizing them for everyone's enjoyment.

■ SAFETY

- Avoid swinging your club towards or near anyone. Small pieces of dirt, sand or broken tees could be propelled into another player's eye.
- If there is any doubt that your shot may reach the group in front of you – wait!
- If a ball is going near another person, you “must” warn them, by yelling “fore” loudly and immediately.
- If a ball is heading in a direction and you can't see if anyone is there, you must yell ‘fore’ (e.g. another fairway, towards another green or tee, OB, or into a backyard).
- If someone is standing in an area where your shot may go if it is errant, alert them **before** you play your shot (e.g. if you are playing a bunker shot and they are beyond the hole, but in the same direction as you are heading and a thin bunker shot might hit them)
- If you hear someone yell ‘fore’ – immediately protect your face/head and duck behind your clubs or a tree if close by.

Electronic Devices

- Cell phones and pagers are to be kept on vibration mode when on the course and may only be used in an emergency. This means texting is not permitted on the course.

- In and around the Clubhouse, please use cell phones in a discreet manner.
- Use of headphones, I-pods and other electronic music equipment – for safety reasons – **is not** permitted while on the course or practice areas but can be used only on the driving range.

■ PACE OF PLAY

- “Pace of Play” affects everyone on the golf course.
- Players playing early in the day have a responsibility to set a good pace and not hold up those players behind.
- If you do not maintain an appropriate pace it will hurt everyone else that day who tees up after you. So it is imperative that we maintain a good pace.
- Willow is a flat course and greens and tees are located in close proximity. During the day the pace should be about 4 hours.
- Focus on your game and your next shot. Walk briskly to your ball and plan your shot as you approach it so that you are ready to play as soon as it your turn to play.
- Do not move to another player's ball with that player – allow him/her to focus on their shot.
- Moving independently to each person's ball speeds up play.
- Take at the most one practice swing.
- It is courteous to assist a fellow player to help find his ball and to do so in an efficient manner.
- If you can't keep up to the group in front of you, it is courteous to allow the group behind you to play through.

■ SCORING – HONESTY & INTEGRITY

- Record all your shots accurately. If you are also keeping score for a playing partner, it is your responsibility to record it accurately and be observant of that person's play.
- Record the scores at the end of each hole as you walk to or on the next tee. This speeds up play.

Willow Junior Program Synopsis

■ JUNIOR–JUNIOR LESSONS

For member's children aged 5 - 9 who are not yet junior members.

- 4 sessions, 30 minutes in length.
- Small groups according to skills, age, gender, etc.
- Low instructor to student ratio of 4:1.
- Early Sunday evenings
- Nominal fee of \$30.
- Begin in May.
- Advance registration required.

■ JUNIOR GROUP LESSONS

For Junior members only.

- For Junior members only.
- Nominal fee of \$50.
- Begin late April or early May.
- Sign up at registration night.

For younger less experienced golfers:

- Small groups based on skills, age, gender, etc.
- Low Golf professional to student ratio of 5:1.
- 5 sessions, 40 minutes in length.
- Usually Tuesday evenings.

For older more experienced golfers:

- One, on course session.
- 3 or 4 players per professional.

■ ON-COURSE RULES SEMINAR

- 45 minute sessions explaining the rules of golf.
- Sessions modified to fit age and ability of group.
- Recommended that all Juniors attend each year. Even the most experienced players always need a review, and are able to learn new information.
- Juniors playing interclub and tournaments are required to attend.
- Players are divided into small groups, based on age, experience, etc.
- No charge.
- Sign up at the opening meeting or on the bulletin board; you will be advised by email as to the time of your session.
- Conducted in mid-late May.

■ CLUB TOURNAMENTS, EVENTS AND SOCIAL ACTIVITIES

Eleven events designed for both new and experienced golfers alike including:

- 9-Hole Scramble.
- Golf Games and Social evening.
- Junior Net Match Play Tournament.
- Junior Ryder Cup.
- Adult-Junior Tournament (alternate shot).
- Schools Out Tournament.
- Mid-Summer Classic (choose your own partner).
- Club Championship.
- Scott Broshko Junior Invitational.
- School's Back Tournament.
- 3-club Closing Tournament.

A handicap is required to participate in most WP events.

■ JUNIOR DAY

- Designed to encourage juniors to meet and play with other juniors.
- Most **Thursdays** in July and August starting about 11 am.
- Sign up on the Junior Board or by phoning the Pro Shop. Cut off is two days prior to Junior Day.

■ HANDICAP

- Essential that **all** players – including novice players – develop a handicap.
- All scores must be entered in the handicap computer.
- Juniors must have an established handicap to enter outside tournaments, most WP tournaments and some inter-clubs.
- Provides a measurement of your development and progress.
- Requires an accurate score on each hole, and score input into handicap computer.
- Ask the Pro Shop staff if you are unsure how to use the handicap computer.
- Refer to the Willow Park Handicap Manual on the web site for more information.
- Scores are audited by the Junior Committee.

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Willow Junior Program Synopsis

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■ INTER-CLUB

An opportunity to play other courses throughout the summer on a competitive basis.

- Golf is followed by lunch, all courtesy of the host club.
- Separate events for boys and girls, with age group divisions.
- See schedule for dates.
- Must sign up in advance.
- Players are advised as to which dates they will play.
- Designated players must honour their commitment.
- Juniors interested in playing in Inter-club must attend the *Outside Tournament & Inter Club Players & Parents Meeting on Monday, May 2nd at 7pm.*

Girls Inter-club Format

- 9 events, weekly team consists of 6 girls.
- Two at 18 years or younger, two at 15 years or younger, two at 13 and under who play 9 holes and whose handicap factor must be 25 or higher.

Boys Inter-club Format

- 10 events, weekly team consists of 6 boys.
- One at 18 years or younger, two at 16 years or younger, two at 14 years or younger, and one at 12 or under.

See page 12 for 2011 Inter-club details.

■ OUTSIDE TOURNAMENTS

- A meeting specific to *Outside Tournament & Inter Club* is scheduled for **Monday, May 2nd at 7pm.**
- Information as to tournaments appropriate to one's age and experience will be discussed.
- A worthwhile meeting, even if only to learn what might be ahead for your junior golfer.
- A detailed list of tournaments is included on pages 10 to 12 of this package.

■ WILLOW PARK JUNIORS PLAYING IN MEN'S & LADIES' CLUB CHAMPIONSHIPS

The Men's Committee invites up to five boys to participate in the Men's Club Championship upon recommendations from the Junior Committee. To be invited by the Men's Committee, the junior boys must have a handicap factor that place them in the top 3 flights of the men's championship. Junior boys are eligible to win the overall gross championship trophy. They are not eligible for individual prizes, the Horse Race, nor to represent the Men's Section at events based on the Club Championship.

Junior girls are eligible to participate in the Ladies Club Championship provided that they meet the criteria set out in the appropriate bylaws. A girl must have a handicap of 15 or less. Junior girls invited will participate fully in gross and net prizes and, should she win the Ladies Championship, she will be entitled to all the rights and privileges of the Champion representing the Willow Park Ladies Section.

Junior boys and girls are not charged a fee to participate in the adult Club Championships. They must have shown the ability to play to their handicap consistently in competition and must have demonstrated competitiveness, maturity, contribution and participated in the Junior Program. They must have played in the Calgary City Championship or the Alberta Provincial Championship (or Qualifying in the case of the boys). They must have demonstrated their ability to interact in a social, courteous and respectful manner with adult competitors. The Junior Committee will make their recommendations following discussion with the Head Professional. The objective of this invitation is to promote the competitive development of these junior golfers. In keeping with the guidelines in major junior golf tournaments, caddies are not permitted for these juniors in the Men's and Ladies' Club Championship.

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Willow Junior Program Synopsis

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■ GOAL SETTING AND SEASON PLANNING

- Through this initiative, we hope to help individuals develop their goals for the year as members of Willow Park Junior program. Juniors will also begin to develop or refine their plans for this summer's golf season.
- Goal setting and season planning topics will be addressed at the *Outside Tournament & Inter Club Players & Parents Meeting* on **Tuesday, May 2nd at 7pm.**

■ TAKE YOUR PARENT TO THE CLUB

- An opportunity on a Saturday evening enabling the novice golfer to develop new friends at Willow, to get them out to the club and to help parents of these young golfers to meet other such families.

Process

- Pro Shop sets aside some tee times.
- Families are invited to sign up a child and parent, to come out and play a casual round of 9 holes – not a tournament, just come out and play with another parent and young child.
- Foursomes are arranged linking juniors who are of similar age and experience.
- Groups go out and play 9 holes in whatever format each individual foursome wants – the objective is to go out and play, enable the novice/new junior to have a fun time with a new friend,
- No formal gathering is planned after the round, but groups are encouraged to meet in the lounge to continue the socializing.

■ YEAR-END JUNIOR FAMILY DINNER

Sunday, September 18th

- Designed to recognize the achievements of all our Junior members.
- An opportunity for the juniors and their parents to celebrate the conclusion of the golf season with a sit down dinner.
- Features a guest speaker or evening theme and a slide show reflecting the season.

Willow Junior Club Events

Updated April 2011.

Please note dates and times are subject to change. Verify by e-mailing Frank.

■ APRIL

Tuesday	19	Junior Information Meeting for Juniors and Parents	6:45 to 8:30 pm
Tuesday	26	Junior Lessons (check your e-mails for details)	starting at 4 pm

■ MAY

Sunday	1	Jr. Jr. Lessons – check your e-mails for details	starting at 4:15 pm
Monday	2	WP Outside Tournament & Inter Club Payers & Parents Meeting	7 pm
Tuesday	3	Junior Lessons – check your e-mails for details	starting at 4 pm
Sunday	8	Jr. Jr. Lessons – check your e-mails for details	starting at 2 pm
Tuesday	10	Junior Lessons – check your e-mails for details	starting at 4 pm
Saturday	14	Junior Scramble – 9 holes	crossover about 3 pm
Sunday	15	Jr. Jr. Lessons – check your e-mails for details	starting at 4:15 pm
Tuesday	17	Junior Lessons – check your e-mails for details	starting at 4 pm
Tuesday	24	Junior Lessons – check your e-mails for details	starting at 4 pm
Sunday	29	Jr. Jr. Lessons – check your e-mails for details	starting at 4:15 pm
Sunday	29	Girls Night out – details to follow by e-mail	starting at 4:15 pm
Monday	30	Junior Golf Games and Social	about 6 pm
TBD		Rules Session – sign up in advance – rain or shine	early evening

Note:

Sunday, 22, there is NO Jr. Jr. Lessons – due to the long weekend.

Any lessons cancelled due to inclement weather will be rescheduled.

■ JUNE

Saturday	4	Adult – Junior Tournament – dine on your own account	about 3 pm
Monday	27	Schools Out Tournament – crossover tee times	about 5:30 pm
Thursday	30	Junior Girls Inter Club – Silver Springs	TBA
Thursday	30	Junior Boys Inter Club – Silver Springs	7:30 am

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Willow Junior Club Events

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■ JULY

Monday	4	Junior Boys Inter Club – Elks	7:30 am
Wednesday	6	Junior Boys Inter Club – Willow Park Hosting	7:30 am
Thursday	7	Junior Day	11 am
Monday	11	Junior Girls Inter Club – Willow Park Hosting	7:30 am
Monday	14	Junior Day	11 am
Thursday	14	Junior Girls and Junior Boys Inter Club – Glencoe	7:30 am
Friday	15	Junior Boys Inter Club – Calgary Golf & CC	7 am
Sunday	17	Mid-Summer Classic Tournament – team event, pick your partner	3 pm
Monday	18	Junior Boys Inter Club – Earl Grey	7:30 am
Monday	18	Junior Girls Inter Club – Elks	TBA
Thursday	21	NO Junior Day due to WP Charity Classic Week	
Thursday	21	Junior Boys Inter Club – Inglewood	7:30 am
Wednesday	27	Junior Club Championship – day 1 of 2.....	about 11 am
		<i>followed by refreshments, putting contest, horse race</i>	
		Horse Race	about 6 pm
Thursday	28	Junior Club Championship – final day	about 11 am

■ AUGUST

Thursday	4	Junior Day	11 am
Monday	8	Junior Girls Inter Club – Earl Grey	TBA
Wednesday	10	Junior Girls Inter Club – Pinebrook	TBA
Wednesday	10	Junior Boys Inter Club – Pinebrook	7:30 am
Thursday	11	Junior Girls Inter Club – Inglewood	TBA
Thursday	11	Junior Boys Inter Club – Canyon Meadows	7 am
Thursday	11	Junior Day	11 am
Thursday	18	Scott Broshko Junior Invitation.....	crossover about 11:30 am
Monday	22	Junior Girls Inter Club – Priddis Greens	TBA
Thursday	25	Junior Day	11 am
Thursday	25	Junior Girls Inter Club – Calgary Golf & CC	TBA
Sunday	28	School's Back Tournament.....	3 pm
Monday	29	Junior Boys Inter Club – Country Hills	8 am

■ SEPTEMBER

Saturday	10	Nine Hole 3-Club Tournament.....	about 3 pm
Sunday	18	Junior Family Year End Dinner – family evening, dress up event	about 5:30 pm

Note: all Junior tournaments – with the exception of the Adult-Junior– include a meal for juniors only. Parents and volunteers may dine on their own account..

Willow Junior Inter-Club

Junior Interclub – both boys and girls – is an excellent way to hone golf skills, play competitively at other private clubs in the city and nurture golf friendships.

- Participating Juniors must have a basic knowledge of golf rules and etiquette.
- See information below for boys and girl handicap requirements.
- Inter-Club players are expected to be regular participants at Club events.
- For more information, or if you did not register at the April Junior Information Meeting contact **Frank Crean at 403-278-6105** or **Tammy Hughes at 403-236-0926**.

■ 2011 JUNIOR BOYS INTER-CLUB SCHEDULE

- Boys must have an established handicap and play in Club events.
- Tee times begin at 7:30 am.
- Team consists of 6 players: one at 18 and under; two at 16 and under; two at 14 and under; and one at 12 and under.

Thursday June 30Silver Springs
 Monday, July 4Elks
 Wednesday, July 6Willow Park
 Thursday, July 14Glencoe
 Friday, July 15Calgary Golf & CC
 Monday, July 18Earl Grey
 Thursday, July 21Inglewood
 Wednesday, August 10Pinebrook
 Thursday, August 11Canyon Meadows
 Monday, August 29Country Hills

■ 2011 JUNIOR GIRLS INTER-CLUB SCHEDULE

- Only girls 13 years and under may play 9 holes. If their handicap factor is 25 or higher, they must play 9.
- Tee times begin at 7:30 am.
- Team consists of 6 girls: two at 18 and under; two at 15 and under; and two at 13 and under who play 9 holes.

Thursday, June 30Silver Springs
 Monday, July 11Willow Park
 Thursday, July 14Glencoe
 Monday, July 18Elks
 Monday, August 8Earl Grey
 Wednesday, August 10Pinebrook
 Thursday, August 11Inglewood
 Monday, August 22Priddis
 Monday, August 25Calgary Golf & CC

Selection Guide

Age, handicap and experience reference for tournament play:

BG: Beginner Golfer. New to the game. Typically younger in age and with a higher handicap.
IG: Intermediate Golfer. Have an established handicap. Some competitive experience. Girls have easier access to play events. Boys required handicap varies depending on event.
LHG: Low Handicap Golfer: Players tend to be older, more experienced and competitive. Typically boys hdcp is 10 or under. Girls hdcp, 15 or under.

Competitive Club Events.....	BG ..IG ..LHG
Junior Interclub	BG ..IG ..LHG
AGA Bantam age 14 & under.....	BG ..IG ..LHG
Otto Anderson boys only – 16 & under	IG ..LHG

City Championships.....	IG ..LHG
Sun Junior Tour	IG ..LHG
Provincial Boys Qualifying hdcp 15 or less.....	IG ..LHG
Provincials	IG ..LHG
Maple Leaf Jr Tour	IG ..LHG
CJGA Tour.....	IG ..LHG
City Match Play boys only	LHG
RCGA Future Links.....	LHG
RCGA Nationals	LHG

Note: Alberta Golf has an “Order of Merit”, which ranks players based on their performance in selected tournaments. One’s ranking can qualify a Junior for certain tournaments and development golf camps. This topic is explained in the annual Tournament Players Meeting held in May.

Willow Junior Golf Associations & Tournaments

■ ALBERTA GOLF ASSOCIATION (AGA)

www.albertagolf.org

- Conducts junior events for boys and girls.
- Registration is on line.
- Note early entry deadline dates.

AGA Events include:

1) Boys Championship

Tuesday - Friday, July 5th - 8th

Drayton Valley Golf Club

- Open to boys 18 and under as of August 6th.
- Open to players with handicap factor of 15.0 or less.
- Qualifying Events held at 4 sites in the province – Calgary site is Wintergreen Golf Club on Sunday, June 26th.
- Entry deadline in early June.
- Qualifying Field has a limited number of players in Calgary so enter early.

2) Girls Championship

Monday - Thursday, July 4th - 7th

Canmore Golf & Country Club

- Open to girls 18 and under as of August 6th.
- Open to all level of players with a handicap factor less or equal to 39.4.
- 18 hole event.
- Entry deadline in early July; limited number of players.

3) Bantam Championship

Tuesday August 23rd and Wednesday

August 24th

Nanton Golf Club

- Entry deadline in early August.
- Open to boys and girls
- Limited field; register early.
- Players are to be 14 years and under as of August 5th.
- 36 holes for boys with a handicap factor less or equal to 24 and girls with a handicap factor less or equal to 35.
- 18 holes (9 hole division) for boys and girls with at least four verified nine hole scores less or equal to 64.

■ GOLF CANADA (Formerly THE ROYAL CANADIAN GOLF ASSOCIATION (RCGA))

www.golfcanada.ca

www.rcga.org

- The governing body for golf in Canada.
- Defines Junior as 18 and under as of the last date of the National Championship.

RCGA Events include::

1) Canadian Junior Boys Championship

Monday - Friday, August 1st - 5th

Morgan Creek Golf Club,

South Surrey, BC

- Players qualify through the provincial boys Championship or RCGA Future Links Events.

2) Canadian Junior Girls Championship

Monday - Friday, August 1st - 5th

Quilchena Golf Club, Richmond, BC

- Players enter directly.
- Applications accepted from players whose handicap index is 17.4 or less.
- Field is reduced to 120 based on handicap of entrants, often down to about a 12 index.

3) Future Links

- Is a series of major Canadian regional tournaments for top junior boys and girls held at 6 sites across the country.
- Eligibility is limited and based on your golf resume.
- Entry deadline is about 40 days before each event. Forms are available on-line.
- Another method boys can qualify for RCGA Boys Championship Tournament.

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Willow Junior Golf Associations & Tournaments

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■ THE CALGARY GOLF ASSOCIATION (CGA)

www.calgarygolfassociation.org.

- Conducts the following two events for junior boys in Calgary.
- Refer to their web site for information.
- New for 2011, registration is online.
- Boys must be 18 and under as of June 30, 2011.

CGA Events include:

1) City Junior Championship

Monday & Tuesday, August 15th & 16th
Woodside, Airdrie

- Accepts low 10 handicaps in each age group – 12's, 13's, 14's, etc – plus an additional 20 players based on low handicaps regardless of age.
- Entry deadline is in late July.

2) Junior Match Play

Played at the home course of the player on the upper side of the draw.

- Weekly matches in May & June
- Open to boys with 32 lowest hcp indexes.
- One week time frame to play match.
- Entry dead line in mid April. Check website.

■ OTTO ANDERSON JUVENILE CHAMPIONSHIP

Monday & Tuesday, July 11th & 12th
Lakeside Greens, Strathmore

- Promoted but not organized by CGA,
- 36 holes.
- Open to boys 16 years of age as of the last day of the event.
- Pick up entry form in Pro Shop.
- Enter early as the limited field fills up quickly.

■ THE CALGARY LADIES GOLF ASSOCIATION (CLGA)

- Conducts the following one event for junior girls in Calgary.
- Registration is handled through the Junior Girls Representative at each club.
- Girls must be 18 years and under as of the last day of the championship.

CLGA Event:

1) City Junior Championship

Monday & Tuesday, August 15th & 16th
Woodside, Airdrie

- Two days of competition with 18 hole and 9 hole divisions.
- Ages 14 to 18 play in the 18 hole division.
- Ages 13 and under with handicap are also eligible for the 18 hole group.
- Ages 13 and under without handicap play in the nine-hole division.

■ THE EDMONTON GOLF ASSOCIATION (EGA)

www.egagolf.org

- Conducts junior and adult events.
- Refer to their web site for information.
- 780-484-8342

■ CANADIAN JUNIOR GOLF ASSOCIATION TOUR (CJGA)

www.cjga.com

1-877-508-1069

■ MAPLE LEAF JUNIOR TOUR (MJT)

www.maplejt.com

1-877-859-4653

- Each of these two tour associations has membership fees of about \$125.
- They host 2 and 3 day events with fees starting at about for \$160 for a 2 day event.
- CJGA hosts about 85 events cross Canada, with 7 events in Alberta.
- MJT hosts about 50 events across Canada, with 9 events in Alberta.
- Refer to their web site for information.

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Willow Junior Golf Associations & Tournaments

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■ MCLENNAN ROSS SUN JUNIOR TOUR

www.mrosssunjrtour.com

- This Tour coordinates 25, one and two day events, across Alberta.
- It is designed to provide junior boy and girl players with an opportunity to enjoy tournament experience and compete with their peers.
- These tournaments are designed for players with both low and higher handicaps.
- Players meet new friends, play new courses in friendly competition, and receive a meal and prizes.
- Entry fee is reasonable – about \$35 - \$50 for a one day event.
- Players are grouped by age/ handicap. Top players in 3 boy's age divisions and 1 girl's division from each event are invited to the Tour Championship held at the Wolf Creek.
- To register, contact the host golf club, provide name, age, handicap and credit card number.
- These events fill up very quickly. You are advised to register more than 30 days in advance.

2011 Tour Schedule (as of April, 2011)

Date	Course	Location	Phone
SundayMay 15	Golden	Golden, BC	866.727.7222
SaturdayJune 11	Drayton Valley	Drayton Valley	780.542.3602
Saturday/ Sun.....June 25 & 26	Henderson Lake	Lethbridge	403.329.6767
ThursdayJune 30	Barrhead	Barrhead	888.674.3053
MondayJuly 11	Pine Hills	Rocky Mountain House	403.845.7400
TuesdayJuly 12	Carstairs	Carstairs	403.337.3382
WednesdayJuly 13	Lacombe	Lacombe	403.782.3951
MondayJuly 18	Ponoka	Ponoka	403.783.4626
TuesdayJuly 19	Leduc	Leduc	780.986.2803
WednesdayJuly 20	Montgomery Glen	Wetaskiwin	800.419.2913
ThursdayJuly 21	Camrose	Camrose	780.672.2691
Monday / Tues.....July 25 & 26	Grande Prairie	Grande Prairie	780.532.0340
MondayJuly 25	Canmore	Canmore	403.678.5959
WednesdayJuly 27	Strathmore	Strathmore	403.934.2299
ThursdayJuly 28	Pheasantback	Stettler	403.742.4653
WednesdayAugust 03	Pinebrook	Calgary	403.246.3315
TuesdayAugust 04	Country Hills	Calgary	403.226.7777
MondayAugust 08	Innisfail	Innisfail	403.227.3444
TuesdayAugust 09	Olds	Olds	403.556.8008
ThursdayAugust 11	Black Bull	Ma-Me-O Beach	866.586.2254
MondayAugust 15	Stony Plain	Stony Plain	780.963.2133
TuesdayAugust 16	Whitecourt	Whitecourt	780.778.3531
ThursdayAugust 18	Nanton	Nanton	403.646.2050
MondayAugust 22	McKenzie Meadows	Calgary	403.257.2255

Tour Championship

MondayAugust 29	Wolf Creek	Ponoka	866.783.6050
(by invitation)			

Willow Junior Goal Setting

■ GOAL SETTING:

1. Establish exactly where you want to go.
2. Identify the 'roads' that you can take to get there.
3. Help you realize when you "have arrived".

■ GOALS:

1. Help monitor and improve your performance.
2. Improve the quality of your practice and play by replacing boring routines with challenges.
3. Replace fear and tension with focus.
4. Provide motivation during slumps or injuries, over the course of the season, or over your junior experience.
5. Help develop confidence when reached.

■ STEPS FOR SETTING GOALS:

Step 1:

Set your Major Goals.

Each goal should be **1) Specific, 2) Measurable, 3) Adjustable, 4) Realistic and 5) Time-based.**

Example: Lowering handicap index from 16.0 on May 1 to 10.0 by September 15.

Step 2:

Set Physical Performance Goals necessary to achieve the Major Goal:

Example:

1. *Improve driving accuracy – from hitting fairways 30% of the time to 50% of the time.*
2. *Increase greens in regulation from 4 to 7 per round during competition.*

Step 3:

Develop strategies to achieve each stated physical goal.

Example:

1. *Take a lesson on driving and practice twice a week. At each practice session, hit driver until you hit 10 drives in a row to the exact spot that you intended.*
2. *Take an iron lesson and practice 3 times a week on the range. At each practice session hit 3 different irons to pre-designated locations for at least 10 shots in a row.*
3. *For both Performance Goals stated above, record the following statistics, at least every 2nd game, then analyze to determine where improving:*
 - *% fairways hit*
 - *% greens hit in regulation*

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Willow Junior

Personal Goal Setting

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Step 1: Set your Major Goals:

Identify at least one Skill Development area such as practice habits, mental training, consistency, swing techniques, type of shot, etc.

Step 2: List your performance goals here:

1.

2.

Step 3: List your strategies for achieving each goal:

A.

B.

A.

B.

Review your goals monthly, record your performance to date and adjust if necessary. Goals are designed so that they are adjustable. If you achieve your stated goal sooner than expected – adjust it further to challenge yourself. If you find that you have been unrealistic, again adjust it to a more realistic outcome.

Accountability

How will you ensure that you take action and that you will achieve your goals? Perhaps you may want to share it with a friend, golf coach or family? Just by writing it down, posting it on your bedroom door or setting it as your 'background' on your computer is a positive step to being accountable to yourself!

Sources: <http://www.rcga.org/uploads/documents/Goal%20Setting.pdf> Journey to Excellence by Henry Brunton

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