

**MNHS Girls' Golf
Notebook**

2023-24

INTRODUCTION

Welcome to the 2023-24 golf season. My name is Chris James and this will be my 22nd year as Head Girls' Golf Coach at North. I have been the only girls golf coach since North opened for varsity sports, in the 2002-03 season.

We currently have nine returning players who were in the golf program last year, including two with varsity experience and seven with JV experience, and eight new golfers to our program, for a total of 17 golfers to start the school year.

Our goals for the fall will be to get our golf games back in shape, gain some experience, and finalize our Varsity and JV teams going into the spring season, which includes our two-day UIL District Varsity golf tournament for the varsity level (Currently set to be held at Rockwall GAC in Rockwall, TX on 4/21-2,2024 – Monday/Tuesday) and a new JV District tournament scheduled at Oak Hollow on Thursday, April 11, 2024.

I AM LOOKING FORWARD TO A GREAT SEASON! Go Bulldogs!!

GOLF INFORMATION & POLICIES

Forms

All forms, with the exception of the physical, will be filled out online through Rank One (There is now an option to upload the current proof of residency and birth certificates for new golfers on Rank One). I am the one that will approve those, so email me when you upload them on Rank One so I can verify them. Proof of Residency needs to be current utility bill, **with a service date of 7/2 or later.**

Practice

We will begin practice for the 2023-24 season tomorrow, Thursday, 8/17 (**at Oak Hollow for one hour: 2-3pm**) if all physicals and Rank One information is complete. **(Please upload current Proof of Residency and Birth Certificates for new golfers, along with signing all Rank One online forms and turn in a completed physical to the Athletic Trainer prior to coming to practices. The girls will not be allowed to practice until all of these are turned in.)** Exception is the proof of residency, the girls can practice as long as their physical is turned in and approved by our Athletic trainer and all other Rank One online forms are filled out.

Transportation to off-campus practices will be the responsibility of the golfer and/or parent. Several parents usually set up carpools until the girls are old enough to drive themselves to practices.

****please start bringing donations of waters/sports drinks and snacks to be available at practices and tournaments****(I will not be able to purchase extra drinks/snacks out of my school budget.)

With Oak being closed for play at the start of the fall season, we will be using Heritage Ranch for some to play holes each Tuesday during the fall.

Here is an example of a typical **in-season** practice schedule:

Monday: Westridge Varsity and JV: 2:15-3:45pm (three 30-min. rotations)

Tuesday: Heritage Ranch: Varsity/rotating group of JV (8 total golfers) play holes till 4:30pm
Oak Hollow: remaining JV 2:00-3:30pm (three 30-min. rotations)-w/ Coach Patterson

Wednesday: Westridge 2:15-3:45pm (three 30-minute rotations). Varsity might occasionally play nine holes and will be given early notice if and when that takes place. (If need to qualify or miss playing on Tuesday)

Thursday: Heritage Ranch: Varsity/rotating group of JV (8 total golfers) play holes till 4:30pm
Oak Hollow: remaining JV 2:00-3:30pm (three 30-min. rotations)-w/ Coach Patterson

(some days will end earlier, depending on golf course availability and weather-related circumstances – **We typically go to Top Golf when it rains or if it's too hot or too cold**).

Fridays: Starting, 8/25, we will meet most Fridays in the auxiliary weight room to work out with a strength/conditioning program. (Our campus Performance Course instructor will meet with us on the first Friday to go over a workout program.) **Athletes will be expected to suit out each Friday in proper attire: School issued and paid for workout shirt (new to program will be ordered by coach and delivered) and shorts/leggings/warmup pant in a school related color (navy, orange, grey, white, or black)**

The golf seasons end after the last tournament in the fall and spring. Off-season practices will end earlier, usually around 3-3:30pm on Monday-Wednesday, following the same course practice schedule, with the exception of Thursdays (Oak/Heritage Ranch weekly rotation) when we will continue playing holes till 4:30pm (we sometimes will play scrambles, mixing up teams with V & JV playing together).

Practice Schedule Addresses:

Monday/Wednesday: **Westridge Golf Course**, 9055 Cotton Ridge North Rd, McKinney 75070

Tuesday/Thursday: **Oak/ Heritage Ranch Golf Course**, 465 Scenic Ranch Circle, Fairview 75069

In case of inclement weather, we will go to **Top Golf Allen** (1500 Andrews Pkwy, Allen 75002), the classroom, or cancel practice.

It is vitally important that all golfers be on time to practice every day. You should have all clothing, equipment, water, and snacks prepared and ready the night before. **PLAN AHEAD!** Golfers must provide their own transportation to and from the golf course.

Missing Practice

Because golf is both a team/individual sport, we cannot have an organized, productive practice if everyone is not present. Please make every effort to attend all practices. School projects, constantly leaving early for part-time jobs, visiting friends/relatives, going to ball games or concerts, excessive, non-mandatory tutoring, etc., are not valid reasons to miss practice. Please try and schedule tutoring before school during the golf. **(New after school tutoring policy: Practice at Oak Hollow during 7th period and come back to North once school is out. Exception: Your teacher gives you a pass and allows you to wait in their room during 7th period. Refer to handout and have both student/parent sign)** If you must miss for tutoring, either have parent text/email me (Coach James) or have student contact Coach thru SportsYou app message and include parent on a group message. If you are sick, either all day or leave school early, please message thru SportsYou or email to let me know you will not be at practice. This alleviates us delaying practice if we are qualifying or playing matches.

An unexcused absence is defined as missing practice without getting prior approval from the head coach or without contacting the coach and letting him know you are missing practice for a valid reason. (An accumulation of five or more unexcused absences per semester will deem a parent meeting to discuss staying in the golf program and/or not playing in tournaments.) I usually take attendance before leaving for the golf course and I will update any absences on my phone at the course. If they forget to let me

know about tutoring, doctor appointments, work, etc., then you will need to contact their house office to correct any marked absences.

Practice Expectations

On play days, we will usually start out on the range and tee off as times are available. On rotation days, the girls need to be on the course on time, as they will be on a timed rotation schedule. Occasionally, we will be on the course playing and might finish a little later than 4:30pm. Conversely, we might leave practice early if parts of the course are unavailable for high school practice on any given day. Please be flexible with the golf courses, as they are very gracious to allow us to practice on their courses. **We had several instances in previous years where golfers would forget their golf clothes/shoes. Athletes will not be allowed to practice at the course if they do not have proper golf clothes. They can sit in clubhouse and work on school work until their ride picks them up or brings them their clothes.**

It is a goal this year to get the girls to immediately start warming up/practicing as soon as they arrive to the course. This could look like simply going to the putting/chipping green and start putting or chipping until Coach assigns groups or activities for the day. We have too many girls just standing around waiting for their friends before actually usually the golf facilities to improve their game.

Golf Lessons

Golf lessons are definitely encouraged during the golf season. The UIL has ruled that student golfers may not take private lessons during the school day. So, please schedule any lessons after 2:37pm, M-F. It is preferred to get lessons on Friday, Saturday, Sunday, or after golf practice. But with our larger numbers, it will be okay to schedule lessons on other days, just let Coach James know in case we are qualifying that day. Some golfers also take lessons from a pro at one of our practice courses, it would be great to schedule those on the same day we are at that course, as long as it doesn't start until 2:37pm or later. That way they can practice some with the team, before and/or after their private lesson.

Tournament Information

Both Varsity and JV golfers have the potential to play in eight tournaments during the school year, a two-day spring Varsity district tournament, or a one day JV District tournament. Tournaments are held during the school day, typically starting around 8am, and are 18 hole tournaments. They usually last 4 ½ - 6 hours, depending on the number of golfers and course. We typically request golfers to arrive about an hour before their tee time to have a chance to warm up on the range and short game areas. Most tournament formats this year will be a shotgun format, where everyone will start at the same time on different holes. A few tournaments, including the spring Varsity districts, will be tee times. Parents/spectators can come to watch tournaments. They can usually rent a cart at the course or walk the course. We have spectator rules, including no "coaching" and staying on or near the cart paths. Most girls also purchase a pull cart to use at tournaments as well.

Snacks and drinks will be provided, through parent donations, at the tournaments. I would also encourage your daughter to pack some snacks and drinks in their golf bag, in case they get hungry or thirsty on the course and can't find Coach for the team cooler.

Transportation to tournaments

Most JV tournaments (due to our larger numbers) and a few closer Varsity tournaments, parents or the girls will provide their own transportation to and from the tournaments (go directly to the tournament site golf course about an hour before tee time). Transportation for some out-of-town tournaments (mainly Varsity) will be provided by the school, via Suburban rentals (this will be noted on tournament schedule). If the school is providing transportation, we will meet at several locations, depending on the tournament site, such as: the McDonald's at Stonebridge/Virginia, Bucee's, or Chick -Fila a few hours before the tournaments start. If Coach will be driving teams to a tournament, student athletes may ride home after a tournament with a parent or ride back with the team (District rules require at least two or more student athletes to ride with a coach) and will be dropped off at the same morning location. Food is provided at some tournaments, by the host. Otherwise, golfers will be provided with district provided meal money (currently \$10) at the end of the tournament.

Since tournaments are held on weekdays, golfers have the potential to miss up to fourteen days of school each year (includes post-season Regionals/State tournament). It is highly advised that each golfer inform their teachers when she will be absent. **Golfers will be allowed to miss the next practice day**, after a tournament, to make up any school assignments. It is recommended that school work be obtained before leaving rather than after being absent to avoid missing more than one day of practice (same new tutoring policy holds about not staying on campus during 7th period). Also, when one team (V or JV) has a tournament, the other teams sometimes will not practice, as Coach James will not be able to make it back to the practice course (Although, there will be times, such as when Coach Patterson is available, to still have practice).

Equipment

All golfers will be provided two tournament shirts this year. Navy and white skort/shorts for tournaments will need to be purchased on your own.

The school will provide the following for all golfers:

1. Golf bag
2. Rain suit
3. Long sleeve pullover
4. Umbrella (for tournaments only)
5. One sleeve of golf balls for each tournament

(Golfers are responsible for the equipment checked out to them. Any loss or damage to the equipment must be replaced/reimbursed by the golfer.)

The golfer must provide the following:

1. golf clubs, shoes, tees, and gloves
2. golf balls for practice and/or extra, as needed for tourneys
3. appropriate golf attire for practices (No jeans or t-shirts/tank tops)
4. Friday, on campus practices will need to include a school issued shirt and school appropriate short/leggings/warmups (orange, navy blue, white, black, or grey colors)
5. Optional - pull carts (most girls use them for tournaments and practice play days)

Tournament Wear

Golfers must wear the correct combination of top and bottom:

- White shirt with navy blue skort/shorts
- Navy shirt with white skort/shorts

Lettering Policy

1. Compete in Varsity district two-day tournament. Allowed up to 13 golfers, but final determination will be coach's decision (we will usually just have one team of 5 participating, unless others show promise during the year and shoot low enough scores).
2. Participating in at least one varsity tournament during the year.
3. A senior who has not lettered and has been loyal to the program.
4. Coach's discretion
5. Must finish the season in good standing. No one who quits, is suspended, or who has been sent to an alternative school may letter.
6. No one who violates the extra-curricular code of conduct will letter.
7. One letter jacket provided by school.

COMMUNICATION

This year, we will continue to use the **SportsYou app** messaging system. I had all the girls opt-in this week and I would encourage the parents to opt-in as well:

SportsYou

Access Code: 7WUS-85LQ

(see SportsYou handout for specific instructions on joining)

The SportsYou app is where I will be communicating with the team. I will send out our weekly practice schedules and any other last-minute changes, such as Top Golf practice or cancelled practice, etc. Players and parents can message the coach directly through SportsYou.

I will also send out weekly parent emails that will include our weekly practice schedule

Should you need to contact me, please feel free to contact me by cell or email:

Cell: (214)536-6147

e-mail: cmjames@mckinneyisd.net

Here is the boys' coach contact info:

Coach Bill Patterson. (Cell: 214-878-1570) (email: wpatterson@mckinneyisd.net)

Any questions??

Thanks,

Looking forward to a great year!!