

Rosemount Irish Girls' Golf

"Steps to Golf Excellence"

Becoming a good golfer at the high school level requires several things:

- **good equipment-** A golfer must have quality equipment that suits her height, hand size, and swing speed.
(Woods= 3,5, and 7. Irons= 4,5,6,7,8,9,PW,SW, quality putter)
- **intelligence-** A golfer must be able to remember many things like technique, course strategy, rules, etiquette, etc.
- **coachability-** A golfer must be willing to listen and to change their current habits/practices in order to improve.
If you're green, you're growing. If you're ripe, you're rotting.
- **athletic ability-** A golfer must be strong enough to swing the club. Good hand-eye coordination helps make consistent ball contact.
Good balance and good rhythm are the foundations of a good swing.
- **a desire to compete-** The fuel that drives your goals. The definition of an athlete means to contend for a prize. What prize do you want to win?
- **a willingness to work-** Good, better, best, never let it rest, until the good get better, and the better best.
- **a positive attitude-** The most critical characteristic for any high school golfer is the right focus and a positive outlook on life when playing golf.

Combine these elements with a plan and we can become champions!!
Here's Coach Wallin's plan. How high do you want to go?

				State Championship programs have several girls here on a consistent basis.	Step 6: NATIONAL ELITE Play in the AJGA national junior events. Take a weekly lesson, even in the winter.	Practice putting, chipping, pitching and sand shots 5 or 6 times a week. Hit once/twice a week during the winter.	Average 70's, low 80's. Ages: 16 and up. Many college scholarships are available to you.
			** To go to state, 3 or more girls need to get here.->	Step 5: STATE ELITE Play in the state junior events. Take a weekly lesson, even in the winter.	Practice putting, chipping, pitching and sand shots 3 or 4 times a week. Hit once a week during the winter.	Average mid 80's. Ages: 14 and up. Be here by your sophomore year and colleges will notice.	State events: MWGA State, State Jr Publinks The Westfield etc.
		To win consistently, 4 to 6 varsity girls need to get here ----->	Step 4: ELITE Play in some local junior events. Take a weekly lesson.	Practice putting, chipping, pitching and sand shots twice a week. Hit once a week during the winter.	Average high 80's, low 90's. Ages: 14 and up.	Local events: PGA Junior Tour, St. Paul Jaycees, Westfield Qualifiers, and the MWGA State. See Mr. Wallin for entry forms and dates.	
	To be respectable, 4 to 6 varsity girls need to get here ----->	Step 3: SELECT Play in the MGA or AAU Rookie events. Take a weekly lesson.	Practice putting, chipping, pitching and sand shots every week.	Average in the 90's Ages: 12 and up.	To make this step and the steps that follow, each girl needs clubs that fit her. Get fitted clubs from Ken Gorg's Golf Shop, Golf Galaxy, Golf Etc, Pat Ryan Golf, or Scott Schultz (local expert clubmaker) at 952-431-7646. Also, 2 nd Swing has great deals on excellent used clubs, that can then be adjusted!! See Mr. Wallin for MWGA State, MGA or AAU entry forms.		
Work hard and get past these first two steps!!	Step 2: INTERMEDIATE Play golf in a weekly league. Attend golf camp.	Hit balls on your own every week. Practice putting and chipping often.	Average 100 to 110. Ages: 12 and up.	Get your own clubs and a bag with a stand.	To see if your existing clubs fit, see the people at Golf Etc, Pat Ryan Golf, Ken Gorg's Golf Shop or see Scott Schultz (local expert clubmaker) at 952-431-7646. They can make adjustments and give good solid advice. Costs vary. Play in the <u>Futures League</u> , or other junior golf leagues.		
Step 1: BEGINNER Play golf with family/friends occasionally	Hit golf balls at a driving range, practice putting occasionally.	Average score is around 120. Ages: 10 and up.	Average JV score of most MN schools				