

TIMETABLE FOR COLLEGE GOLF

Submitted By: Frank Darby, Head Golf Coach St. John's University

8TH GRADE THRU SOPHOMORE YEAR

- Play in visible junior events, ones that might catch a coach's interest of course success in local events will help you get into higher profile events.
- Start assembling a support group of instructor, sports psychologist, physical Fitness trainer.
- Work at a country club in golf shop or as caddie.
- Keep track of news clippings, scores, press releases.
- Academics - Academics - Academics
- Time Management - Start learning how to balance the demands of golf and school.
- Become a student of the game of golf. Learn all you can about golf and your golf swing. Know what the golf swing is all about.
- Sports psychologist to help you with a positive attitude, handling fears and dealing with pressure.
- Physical conditioning plan.

KEEP A PRACTICE JOURNAL OF PRACTICE SESSIONS, SWING THOUGHTS, ETC.

- ✓ Use videotape to record your swing.
- ✓ Research schools on internet. Every school has their own website.
- ✓ Unofficial visits - you can make as many of them as you like.
- ✓ Talk to players from college programs.
- ✓ Attend PGA Tour stops and local PGA Club professional events in area.
- ✓ Hang around with great players.
- ✓ Get a copy of Ping College Golf Guide
- ✓ Winter tours like FCWT - Plantation - Nike -
- ✓ Chart statistics like greens in regulations, fairways hit, putts, etc so you can determine weaknesses so you can improve on them
- ✓ Read all you can about golf, golf history, architecture, swing theories, etc.
- ✓ Watch out for excesses - let your only excess be hitting too many golf balls.
- ✓ Learn how to practice properly.

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JUNIOR YEAR

- Start narrowing choices of schools to 5 or so.
- North vs. South - Can you play at a large southern program?
- Research the program - years of team members, schedules, practice facilities
- Research the coach. You will be with them for four years. Qualifying procedures, Coaches philosophies, etc.
- NCAA Clearinghouse for college eligibility.
- Develop a good relationship with high school guidance counselor.
- Associate with a college recruiter like International Collegiate Services College Prospects of America.
- Go to college events in area to see what college golf is all about.
- Set goals both personal and golf and monitor them.
- Step up your event schedule as your game improves.
- Introduce yourselves to coaches at every opportunity.
- Start developing playing resume and cover letter.
- Academics - Academics – Academics
- Winter tours like FCWT - IJGT - Nike Winternationals – Plantation
- Play PGA Junior Series National events
- Prepare for SAT

SENIOR YEAR

- Academics - Academics – Academics
- Maintain everything you have setup since 8th grade - early yrs. High school
- Plan official visits to schools.
- Resume and cover letter to coaches.
- Step up tournament participation as your ability allows.
- Practice - Practice - Practice
- SAT's
- Compile references
- Work on Time Management to help balance demands of school and golf
- Keep improving your support group
- Learn something new every time you play or practice.
- Work with sports psychologist on attitude and course management.