

LHS Girls Golf

2021~2022



Ageneda

- Welcome!
- Program Overview: Skills, Core Values and Mindset, Sportsmanship
- Youth on Course (YOC) and Donations
- Schedule and Transportation
- Equipment and Summer Golf Clinics
- Summer Checklist
- Contact Information

Welcome!

Thank you for your interest in Girls Golf! I'm excited to be your new coach and look forward to sharing my love of the game with our scholar athletes. No matter your skill level (beginners welcome!) we will work hard, learn, improve, and have fun together.

Coach Solley's (sounds like Trolley) Golf Background:

- High School Golfer: Four years at Timberline HS in Lacey, WA
- College Golfer: Boise State University, Golf Scholarship and Big Sky Champions
- Former Volunteer Coach: The First Tee–Greater Sacramento, Woodcreek
- Still an avid golfer practicing/playing weekly and active competitor on weekends/summer

Program: Skills

- Basic fundamentals: grip, aim, stance, and swing
- Short Game: chipping, pitching, and putting
- Course Management

Program: Core Values and Mental Game

LHS Core Values:

- Character
- Connect
- Courage
- Care
- Family

Fixed vs. Growth Mindset

Mindfulness: Strategies for emotion regulation when anxious, stressed, or frustrated

Program: Sportsmanship

- Golf etiquette
- Foothill Valley League (FVL)
- United States Golf Association (USGA)
- Local Rules

Youth On Course (YOC) and Fees

To mitigate the course fee at Turkey Creek, players are asked to [join Youth on Course](#).

This is a \$25 annual membership, which allows youth golfers to play local courses for \$5 after designated times.

Players will need their YOC card to play their practice rounds at Turkey Creek. YOC may not be used for matches or tournaments.

There is also a YOC app available for download after creating an account.

****A donation request of approximately \$150-200 is being asked to pay for costs. This will cover all range balls and green fees for the season. More information will be shared in August.**

Local courses include:

- Turkey Creek
- Diamond Oaks
- Woodcreek
- Sierra Pines
- Timbercreek
- Indian Creek
- The Ridge
- Auburn Valley
- Alta Sierra
- Dark Horse
- Foothill Golf Course
- Haggin Oaks
- Ancil Hoffman
- Antelope Greens
- Cherry Island



Schedule

Fall Schedule

Practice starts **Monday, August 2nd** at Turkey Creek at 9:00am. First two weeks will be getting to know one another, establishing program components and routine, and basic fundamentals.

Monday, August 16th Practice/Play will start at **3:30pm** @ Turkey Creek Monday-Thursday

- Practice only: 3:30-5:00 pm
- Play 9 holes: Warm-up upon arrival, tee time approximately 3:30pm and off course by 6:00pm

Matches/Duals: Start at 3:00pm, unless otherwise determined by golf course. Matches are nine holes with early dismissal times from school TBA.

Tournaments: 18 holes

Transportation

- “Meet you there” policy as it relates to getting to and from practices and matches
- Coach Solley will meet all participants at the golf course at the agreed upon time
- Arrive on time
- Be picked up on time
- Communicate when not able make it

Equipment

What's in the bag? 14 Clubs or Less

- Driver
- Fairway/Hybrid
- Irons (starter set is an option odds/evens)
- PW
- SW
- Putter

Resources:

- Haggin Oaks
- Play It Again Sports
- FB Marketplace
- Sporting Goods Stores: Golf Galaxy, Dick's Sports, Big 5, etc.



Summer Golf Clinics/Programs

- [Turkey Creek](#)
- [Woodcreek](#)
- [Haggin Oaks](#)
- [Whitney Oaks](#)

Summer Checklist

- ☐ Current Physical (one year window)
- ☐ [AthleteCheck](#) (Register after June 15th)
- ☐ [Youth on Course](#)
- ☐ Equipment: clubs, shoes, and clothing
- ☐ Consider enrolling in summer golf clinics
- ☐ Practice: driving range, short game (chip/pitch/putt), and play (YOC)
- ☐ Walk

Contact Information

Head Coach: Daniela Solley (formerly Thompson)

Email: dthompson@wpusd.org

Glen Edwards: (916) 645-6370

****Feel free to email over the summer!**