

# HJS Golf – 2020

The attached information is our current plan for starting our Fall season. If these plans change due to State of Ohio/Ohio High School/Lakota/Greater Miami Conference recommendations, the changes will be posted to [lakotaonline.com](http://lakotaonline.com) (Schools – Hopewell Junior -- Athletics) ASAP. We recommend you check the website throughout May, June and July for any updates.

Also, we encourage our future athletes begin some of the conditioning recommendations listed below so you will be physically prepared to begin your journey into Hopewell Junior Athletics. Go Hawks!!

## SUGGESTED SUMMER WORKOUT PROGRAM

1. Push ups – 3 sets of 15  
Body Squat – 3 sets of 15  
Crunchies – 3 sets of 25  
Chair Dips – 3 sets of 15  
Walking lunges – 3 sets of 30 seconds
  
2. Chin ups (can be modified) 3 sets of 5 – 10 reps  
Standing Walkout to push up position and back – 3 sets of 10  
Leg Lifts – 3 sets of 15  
Planks – 3 sets of 30  
Toe Touches – 3 sets of 15  
Step ups – 3 sets of 10 for each leg
  
3. Decline push up 3 sets of 15  
Box jumps – 3 sets of 10  
Heel raises – 3 sets of 15  
Twist with a stick – side to side with a stick – 3 sets of 10  
Hip Bridge – 3 sets of 10

Each group above (1, 2 or 3) can be done 1 or 2 times each week. Do not try to do all 3 groups every day. Rotate groups to allow rest and recovery for the targeted muscle groups. Your self-discipline and work ethic will help you prepare for the season.

### **Hopewell Junior School Golf: Fall 2020**

This is directed at current 7<sup>th</sup> grade and upcoming 6<sup>th</sup> grade golfers who are interested in trying out for the HJS Golf Team for the fall of 2019.

Our home course is Pleasant Hill Golf Course. The fee to play is \$150 and must be paid by the first match. This can be paid through your EZ Pay account, in cash, or in a check made payable to Hopewell Junior Athletics.

#### **Tryout information:**

Tryouts will be held on **August 6<sup>th</sup> AND 7<sup>th</sup>** with the 8<sup>th</sup> reserved in case of a rain-out day or a playoff (only if needed). Both the 6<sup>th</sup> and 7<sup>th</sup> are mandatory.

Check in for try outs will be at 11:15 with tee times starting at 11:30 at Pleasant Hill Golf Course which is located at 6487 Hankins Rd, Liberty Township, OH 45044.

Cost for tryouts is \$12 per tryout day which can be paid directly to the course.

USGA rules apply unless otherwise noted by the coach. Golfers are expected to carry their own bags or use a pull cart.

Each golfer will be given **two** tryouts of nine holes. Putting will also be "tested" during tryouts by having each golfer keep track of their putts as well as the overall score for each hole. (Please practice keeping track of not only your overall strokes for each hole but also the amount of putts for each hole). Each golfer needs to be at both days of tryouts (the 1<sup>st</sup> and 2<sup>nd</sup>). The scores will be averaged to give each golfer a fair chance.

Everyone will tee off from the same forward tees regardless of gender. Each golfer is expected to arrive dressed appropriately for the golf course (no tank tops, no athletic shorts).

Late arrivals (after tryouts begin and golfers begin teeing off) will not be permitted to tee off.

One parent will be needed to accompany each foursome for score keeping. The golfers are expected to keep score as well; the parent scorekeeper is just a precaution. Parents who can stay to keep score for a group, you are thanked in advance! **Please contact me about a week in advance if you are available to help keep score.**

Transportation to and from Pleasant Hill is the responsibility of the parents or the car pooler. Each round takes about 2 hours, possibly 2 ½ hours. Golfers will text or call their ride when they have 2 holes left in the round.

**Before trying out each golfer must present a physical form and an emergency medical form to the coach. All signatures and information must be complete and accurate for a tryout to be permitted. All paperwork can be handed into the coach at the time of tryouts.**

After tryouts a team roster will be emailed to those golfers who made the team. If you did not make the team you will also receive a notice via email.

If you have any questions, please email, call, or text Courtney Jacobs at [courtney.jacobs@lakotaonline.com](mailto:courtney.jacobs@lakotaonline.com)  
260-706-1818

Thank you!  
Courtney Jacobs