

LCP Golf Handbook

LCP Golf Team Handbook

Course Description

Golf is a competitive U.I.L. sport, and the LCP Golf teams have had great success in District Championships and post season play. With that being said, the athletic period is not designed for the novice golfer to gain P.E. credits. Rather, the main goal of LCP Golf is to build competitive golf skills in order to contend with the top ranked schools in the state. Each student trying out for the golf team should exhibit knowledge of the rules and basic fundamentals of the golf swing. In addition, golfers can provide information detailing tournaments played with scores, as well as details of a home course and teaching professional. Throughout the year, golfers will be assessed according to their performance, attitude, and academic progress.

Athlete's Role on the Golf Team

Freshmen: This is a developmental year during which players improve their golf swing mechanics, practice habits, and commitment to their game. Freshmen should be working hard in the areas of fitness and developing their golf swing. If their scores warrant, they will be invited to qualify for tournaments.

Sophomores: There should be a marked improvement in their skills, practice habits, short game, and golf course management. If their scores warrant more varsity participation, they will be invited to qualify for varsity tournaments.

Juniors: Their skills and overall game should be peaking, and they should develop leadership skills in a team environment. Juniors should aspire to be a top five player in the program, and they should expect to play in some varsity tournaments by their junior year. They should be aspiring to shoot rounds in the 70's. Their fitness level and overall strength should be tremendously improved from previous years, and their swing should be consistent and repeatable under pressure.

Seniors: A senior should provide leadership for the golf program and conduct himself/herself as an exemplary role model. Seniors will compete in all varsity tournaments provided that they rank in the top five. Seniors not ranking in the top five will not play in the varsity tournaments. Underclassmen that are equal to or better will play in these events. Only under rare circumstances will a senior remain in the program if they cannot qualify for the varsity team.

Practices

Typically will have practice on Monday, Tuesday, Wednesday, and Thursday, but this schedule can vary based on tournaments being played, the weather, and the season. Friday is set aside for doctor appointments, individual practice, or for school work to be made up. Students will be dismissed from school at 3:00 PM to leave for practice. Practice will end at 5:00 PM and players must be picked up at the course. Players need to bring their equipment with them to school

(including appropriate dress, clubs, bag, balls, tees, water bottle, bug repellent, sunscreen, etc). There is a store room to secure clubs and equipment during the school day.

Practices are mandatory. It is the player's responsibility to notify Coach Sexton in person or via phone call, text message or email prior to the practice being missed. If Coach Sexton is not notified before practice is missed, it will be recorded as an unexcused absence for golf. An early dismissal through the attendance office will be required for anyone needing to leave school early for something other than golf practice.

During practice they will either play golf on the course or practice at the golf course facility with their teammates and coaches only. Practices are designed to help each golfer improve, but they also serve to build team unity. As such, players are not allowed to receive private lessons or instruction during a scheduled practice time, while warming up prior to a tournament, or at any other time a team designated activity is scheduled. Private lessons from a teaching professional or a parent will need to be scheduled after 5:00 PM on Monday, Tuesday, Wednesday and Thursday or after school on Friday.

Many times, the players are alone in their groups (without direct supervision) so honesty and maturity are necessary qualities. If unsatisfactory behavior is displayed on the course, playing privileges could be removed. Please encourage your players to show up on time, attend practice, try their best, and most of all, have a great time!

Cost

There is not a cost to be a part of the golf team for practices or facility use. The golfers are each responsible to purchase their own khaki, black, and grey shorts or pants for tournaments and have opportunity to purchase additional golf related items as needed (golf bags, outerwear, etc.). Uniforms will consist of a shirt, hat, and shorts. Players will have the opportunity to order a personalized LCP golf bag during the Fall Season.

Fall Golf Season

Each golfer has an opportunity to work on the fundamentals of the game to prepare for the spring season. Any major swing changes or equipment changes should be done during this time. Underclassmen should be playing regular matches with their teammates at their course on non-team practice days and are encouraged to play non-school tournaments on days/weekends that do not conflict with our high school team schedule. Players should also be working out with a fitness program to strengthen their skills at least two times per week in addition to any fitness training done as a team. A position on the team in the fall does not guarantee a spot in the spring.

Spring Golf Season

The spring season is largely focused on varsity tournaments. These tournaments prepare the team for the district tournament and post-season tournaments. All players should be working diligently to play their best golf during the Spring season. Do not schedule private lessons right before the district, regional, or state golf tournaments unless they are simply a "tune-up." Short game work should be emphasized leading into big tournaments.

Grades

Each golfer will receive a six week grade for participating in golf class. Grades will be determined by dress code and participation at the golf course as well as dress code and participation during golf class. Absences from golf class and practice will result in a lowering of the student's grade by up to 10 points. Failure to comply with dress code requirements will result in a lowering of the student's grade by up to 5 points.

Qualifying for Tournaments

There will be two boy's teams and one girl's team competing in tournaments. All players will have the opportunity to qualify for varsity tournaments (as long as they meet UIL guidelines). The coach will select the players participating based on qualification, and tournament performance. Players who miss practice due to non-school events will not be allowed to qualify and may ultimately be released from the team. Players are not allowed to receive private lessons or advice from private coaches/parents during qualifying rounds. Qualifying rounds will be averaged in one time for season average purposes. Tournament scores will be averaged in two times for season average purposes.

District Golf Tournament

The District Tournament is at the end of the Spring Season. The District golf team will consist of up to 13 players. There could be two five person teams and up to three individuals competing. Selections are made by the coach.

Transportation

Each student will be responsible for providing their own transportation to the golf courses for afternoon practice as well as local tournaments. The school will provide transportation to tournaments outside of Lubbock. A transportation waiver will need to be signed by each player and parent.

Dress Code Policy

Proper attire is required at after school practice. This includes a collared shirt, tennis/golf shoes. Shirt tails must be tucked in at all times. If players are not wearing the proper attire, they will not be allowed to practice. In tournaments, players are required to wear the designated uniform. The following items (but not limited to) are prohibited: boots, deck/boat shoes, flip-flops, sandals, and t-shirts of any kind.

Contact Information

Head Golf Coach – Joe Sexton

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Assistant Golf Coach – Bob Mendez

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Assistant Golf Coach- Christie Parsley

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The following page has a copy of the LCHS Golf Conduct Guidelines. This document should be read and signed by the player and parent prior to participation.

LCP Golf Conduct Guidelines

This is a critical part of our program. We are the guest of each golf course, and we represent Lubbock-Cooper High School, and our community. All golfers are expected to adhere to the following guidelines:

1. Players will wear a collared shirt and golf shorts/pants (No gym shorts, or t-shirts) to practice.
2. Players participating at a tournament will wear the designated team uniforms and ONLY wear the uniforms at tournaments (not for every day wear).
3. Players will practice/play with the team every scheduled practice day. If a player is not going to be at a practice for ANY reason, it is the PLAYER'S responsibility to notify Coach Sexton via phone call, text message, or email PRIOR to the practice being missed. If Coach Sexton is not notified prior to the practice being missed it will be considered an unexcused absence for golf purposes. A player with unexcused absences could be put on probation resulting in suspension from tournament play as well as dismissal from the team.
4. Players must report on time to tournaments and practices or face consequences at team workouts. A player who is late reporting to the van to leave for a tournament could miss that tournament.
5. Students will adhere to all LCISD school rules and students code of conduct. Players who violate these policies are subject to dismissal from the team.
6. Verbal abuse to golf course employees will result in dismissal from the team.
7. Destruction of property on the golf course will result in dismissal from the team.
8. Use of profanity and throwing golf clubs on the golf course will result in consequences at team workouts and multiple offenses will result in dismissal from team.
9. Players who fail more than one six weeks during a school year could be dismissed from the team.
10. Truancy from class or golf is not tolerated and could lead to dismissal from the team.
11. Any destructive behavior between teammates is unacceptable and will have consequences at team workouts. Multiple offenses will lead to dismissal from the team.

Parent Signature

Student Signature