

2018 Banff Springs Golf Club

Junior Program Booklet

A Comprehensive Manual for Banff Springs Golf Club Juniors and Parents





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Mission Statement

To impact the lives of young people through an active Junior golf development program that promotes character development and life-enhancing values through the game of golf.

10 Core Values

- Honesty • Integrity • Sportsmanship • Respect • Fellowship • Confidence •
- Responsibility • Perseverance • Courtesy • Judgement •

Code of Conduct

The Banff Springs Golf Club takes great pride in all of its members and its facilities. In order to enable everyone to enjoy him or herself and to ensure that members know what is expected of them, this Code of Conduct is provided. Golf is a game of honour in which respect for your fellow competitor and the rules are integral to the game. This Code identifies the minimum standard Junior members are expected to meet as members of the Banff Springs Golf Club, whether at the Club or while representing the Club.

Attire

Proper golf attire – at the practice facility and on the course – must be worn at all times:

- All clothing must be worn in a neat and respectable way.
- Collared shirts for boys and for girls tailored blouses or golf shirts (which require either a collar or sleeves).
- Tailored slacks, capri pants, shorts or skirts for the girls. Shorts must fall between mid-thigh and bottom of knees.
- Boys shirts must be tucked in. Shirts or blouses that are designed and stitched to be worn outside of pants may be worn as long as the shirt is long enough that no skin is showing when the player extends their arms straight above their head.
- Clothing or equipment may not display objectionable or offensive language.
- Advertising or corporate logoed golf wear must be tastefully displayed.
- Hats are to be worn properly (peaks forward) and are to be removed in the Clubhouse.
- Note: The Clubhouse is a public dining space. As such the dress code for using it is more relaxed. When not golfing and using the dining room one should dress as appropriate for the occasion.

Unacceptable clothing items (when at the practice facility or on the course) include:

- Blue jeans, rugby pants, cargo pants and cargo shorts (more than four outside pockets), cut offs, short shorts, tank tops, belly shirts, t-shirts, sweat pants, stretch athletic and exercise wear (i.e. Lulu Lemon, other yoga wear).

Alcohol, tobacco and drugs

- The use of alcohol/tobacco/drugs are strictly prohibited at the practice facility, on the course, or in the clubhouse for Juniors.

Electronic devices

- Use of headphones, I-pods or other electronic music equipment – for safety reasons – is not permitted while on the course but can be used **only** on the driving range.
- Cell phones or messaging devices are to be kept on vibration mode when on the course and should only be used in an emergency, or speaking with parents/guardians.

Behaviour at other Clubs

- You are a guest when visiting other clubs and you represent yourself as well as the Banff Springs Golf Club. This Code of Conduct applies. It is important to respect the values and standards of other clubs and adhere to their policies should a stricter code exist.

Golf Course and Clubhouse behaviour

- The golf club is an adult environment and Juniors are expected to act accordingly in a respectful and courteous manner, demonstrating their understanding of the privilege it is to be a BSGC Junior member.
- Abusive or inappropriate conduct or language, including temperamental outbursts, throwing or breaking clubs, any form of cheating or abuse of the golf course in any way is unacceptable and will not be tolerated.

Violations of the Code of Conduct

If a minor violation occurs, the individual will be prohibited from further participation until he/she complies with the above code. The individual must do so without delay and then maintain the standard. Any such actions that are repeated offences or considered serious may result in the individual being removed or excluded from any Junior Programs or activities until the incident is considered by management.

General Information

Bicycles

Junior members may lock their bikes to the bike rack located on the Bow River side of the Clubhouse.

Banff Springs Golf Club Website

Important information and policies can be found on the Banff Springs Golf Club website www.banffspringsgolfclub.com. Included is information on booking tee times, guest policy, hours of operation as well as contact information for the Banff Springs Golf Club Executive, teaching pros, etc. The website is kept current and has information of interest and reference including a section devoted to the Junior membership and program. Check it out under the "JUNIOR" tab on the BSGC website home page. You will also find a link to the "JUNIOR CALENDAR" with a calendar of events for the season, a link to the "BSGC JUNIOR HANDBOOK", and an "ETIQUETTE" link.

Donations

There is a budget for the Junior program within the overall BSGC budget. These monies go towards instruction, some prizing, the year end banquet, and for Junior expenses to attend away tournaments. The monies collected from Junior golfers does not cover actual costs and is subsidized from fundraising efforts. If you are interested in making a donation to the Junior program, please contact the Junior Captain.

2018 Junior Fees Breakdown

Tunnel Juniors (8-12 years)		Stanley Juniors (13-19 years)	
Instruction	\$36 (no GST)	Instruction	\$36 (no GST)
RCGA/AGA dues	\$25 (no GST)	RCGA/AGA dues	\$25 (no GST)
Banquet fees	\$35 (no GST)	Banquet fees	\$35 (no GST)
Prizing	\$18 (no GST)	Prizing	\$18 (no GST)
Tournaments & related	\$13 (no GST)	Tournaments & related	\$13 (no GST)
Fairmont Green Fees	\$488 +GST	Fairmont Green Fees	\$614 + GST
TOTAL	\$639.40	TOTAL	\$771.70

*Age groups for Tunnel and Stanley Juniors are guidelines...if a Tunnel Junior has exhibited level of play and exhibits an understanding of code of conduct and rules, they could apply to move up to Stanley level with permission of the Junior Captain and the FBSH Director of Golf/Pros.

Parents and spectators on-course guidelines

The teaching pros encourage the players to develop their own game.

- During tournament play, parents and spectators are required to keep a distance of 30 paces from the players.
- Parents and spectators may not instruct or advise participants during competition.
- If parents and spectators choose to cheer, respect must be shown equally for all players.
- Violators of these regulations will be asked to cease the inappropriate conduct or to leave the course during play.

Lessons/Play

- The younger group (Tunnel Juniors, 8-12 years) who receive lessons on Tuesdays from 5:00-6:30pm (May 15 – August 28) will have the opportunity to play on Thursdays on Tunnel 9 where tee times are booked at 4:25pm to 5:15pm and will be available for Tunnel Juniors (May 17 – Sept. 27)(June 14: 5:15pm-6:05pm tee times).
- The older group (Stanley Juniors, 13-18 years) will receive lessons on Sundays from 3-5pm (May 13 is 4-6pm! May 20 – August 26)(No lessons: June 10, July 22, Aug. 5, Aug. 19). There will be 4pm and 4:09pm (approximate tee times) blocked for Stanley Juniors on Thursdays (May 17 – August 30) (No Play dates: June 21/August 23-Corporate). Stanley Junior tee times will be released if not booked with Junior Captain in advance.
- Parent walkers are required for the Tunnel Juniors. Any BSGC members are welcome to play with Juniors as well. Non-BSGC member family members (parents/grandparents) can play Tunnel with Junior child members for \$20 + GST on Thursday play days.

Practice areas

- Always be conscious of the safety of other players.
- Realize your shots don't always go as planned and position yourself accordingly.
- Be considerate when others are waiting by limiting your time on the range.

Parent Support and Involvement

The Junior Program is for your children.

Just like any other activity your child is involved in, the parents have an important role to play in the Junior golf program not merely to make the program run successfully, but to make it an enjoyable and meaningful experience for your child and for you, the parent.

It is a goal of the BSGC that parents can be actively involved in facilitating the growth and development of their child in not only their own golf game, but in all the life skills that are a part of playing the game. We encourage parents to get involved and to stay involved as their child progresses through their Junior golf years.

In addition to supporting your child in their golfing activity, the program depends on the volunteer time of the parents as well. We are always looking for parents to walk/golf with the Tunnel Juniors on Tunnel 9 Thursday afternoons. We will be looking for parents to assist with car pooling to any away dates organized.

Please contact the Junior Captain directly with your volunteer interests or about walking/playing with Tunnel Juniors on Thursdays.

Volunteers do not necessarily have the time; they just have the heart.

— Elizabeth Andrew —





Program Synopsis

Stanley Juniors (13-18 years)

Sunday Lessons 3pm-5pm (May 13: 4-6pm, May 20-Aug. 26)
(No lessons: June 10/July 22/Aug 5, 19)
Thursday Stanley Play, tee times around 4pm, 409pm
May 17- August 30 (no play June 21, August 23 - Corporate)

Tunnel Juniors (8-12 years)

Tuesday Lessons 5-630pm (May 15-August 28)
Thursday Tunnel Play, tee times 425pm-515pm
May 17-September 27 (June 14: 515pm-605pm tee times)

Handicap

- Essential that **all** players – including novice players – develop a handicap.
- All scores must be entered in the Golf Canada (formerly the RCGA) website.
- Juniors must have an established handicap to enter away tournaments.
- Provides a measure of your development and progress.
- Requires an accurate score on each hole, and score input into handicap computer.
- Ask the Junior Captain, or the teaching pros, any questions you have regarding inputting scores and handicaps.

Away Dates

Away Dates are an opportunity to play other courses during the summer. We will be looking at planning a few away dates with regional courses TBA.

- Must sign up in advance.
- Designated players must honour their commitment.
- Parents may be needed for carpooling to away golf courses.

Away Tournaments

- Information as to tournaments appropriate to one's age and experience can be supplied by the teaching pros, or check the link section in this document.

Goal setting and season planning

- Through this process, individuals can develop their goals for the year as Banff Springs Golf Club Junior members.
- Goal setting and season planning topics will be addressed by the teaching professionals.

Take your parent to the Club

- Junior/Parent Tunnel 9 tourney is scheduled for Sun. Sept. 9, 2018, followed by the annual Awards Banquet.
- Parents are also encouraged to walk/play with Tunnel Juniors on Thursdays.

Year-end Junior Banquet

Sunday, September 9, High Rollers, 530pm, after Junior/Parent tournament, awards, pizza, bowling...

- Designed to recognize the achievements of our Junior members.
- An opportunity for Juniors, their parents/families, and teaching staff to celebrate the conclusion of the golf season and recognize Junior achievements.

BSGC Junior Schedule

May

May 11, Golf Retail/Pro Shop open, Practice Facility scheduled to open

May 11, Tunnel Nine scheduled to open

May 11, Stanley Thompson 18 scheduled to open

Sundays, Stanley Junior Lessons, 3pm-5pm (May 13, 20, 27)

Tuesdays, Tunnel Junior Lessons, 5pm-630pm (May 15, 22, 29)

Thursdays, Tunnel Junior Play, tee times 425pm-515pm (May 17, 24, 31)

Thursdays, Stanley Junior Play, May 17 (403pm, 412pm), May 24 (406pm, 415pm), May 31 (409pm, 418pm)

June

Sundays, Stanley Junior Lessons, 3pm-5pm (June 3, 10, 17, 24)

Tuesdays, Tunnel Junior Lessons, 5pm-630pm (June 5, 12, 19, 26)

Thursdays, Stanley Junior Play, June 7, 14, 28 (409pm, 418pm)

Thursdays, Tunnel Junior Play, tee times 425pm-515pm, June 7, 21, 28, 515-605pm, June 14

Sunday, June 10, SilverTip Away Day, 9 holes, tee times/cost TBA (requires one parent per foursome)

Thurs. June 21, Kananaskis Guest Ranch Away Day, 9 holes, tee times/cost TBA

Friday, June 29, Schools Out Tourney, tee times 205-305pm (9-hole, F&B, prizing)

July

Tuesdays, Tunnel Junior Lessons, 5pm-630pm (July 3, 10, 17, 24, 31)

Thursdays, Tunnel Junior Play, tee times 425pm-515pm (July 5, 12, 19, 26)

Thursdays, Stanley Junior Play, July 5, 12, 19, 26 (409pm, 418pm)

Sundays, Stanley Junior Lessons, 3pm-5pm (July 8, 15, 29)

Sunday, July 8, Junior/Senior Tunnel 9 Scramble, tee times 1005-1035pm (9-hole, F&B, prizing)

Sunday, July 22, Junior Scramble Tunnel 9 Tourney, tee times 205pm-255pm (9-hole, F&B, prizing)

August

Thursdays, Tunnel Junior Play, tee times 425pm-515pm (August 2, 9, 16, 23, 30)

Thursdays, Stanley Junior Play, Aug 2, 9 (409/418pm), Aug 16 (403/412pm), (Aug23 – Oilmen), Aug 30 (333/342pm)

Sun. Aug. 5, Family Tournament, Tunnel 9, tee times 205pm-255pm

Tuesdays, Tunnel Junior Lessons, 5pm-630pm (August 7, 14, 21, 28)

Sundays, Stanley Junior Lessons, 3pm-5pm (August 12, 26)

Tunnel Junior Club Championships, August 9/16/23, tee times 425pm-515pm

(Juniors only-no parent play)(must play two of the three dates)

Stanley Junior Club Championships, August 18 & 19, tee times 3pm, 309pm, 318pm, 327pm

August 23, 24, 25 Oilmen – Stanley Thompson course closed

September

Thursdays, Tunnel Junior Play, tee times 425pm-515pm (September 6, 13, 20, 27)

Sunday, September 9, BSGC Junior/Parent Tournament, Tunnel 9, 3pm shotgun

Sunday, September 9, Junior Awards Banquet, High Rollers, 530-830pm, awards/pizza/bowling

Etiquette in Golf

WHEN YOU ARRIVE AT THE COURSE

When to arrive at the course for your tee time

- Arrive at least 30 minutes before your tee time.
- If you plan to practice – factor that in.

This allows you to obtain your scorecard, mark your ball, etc. and be prepared and ready to tee-off and not be rushed. This is also courteous to other players in your group, and those with tee times following yours.

- Ensure you are wearing proper golf attire.

What to do when you arrive at the first tee

- Communicate with the starter on the tee box introducing yourself and the tee time you have arrived for.
- Greet and shake hands with every player and introduce yourself to any players that you have not met before.
- Identify your ball to the other players.
- Exchange score cards if playing in a competitive event.

WHEN YOU ARE ON THE GOLF COURSE

Divots

- Replace your divots/fill with sand mix.
- Also fill any divots that other people have left behind.

In and around the bunker

- Enter a bunker from below and to the side, then you won't collapse the sand on a steeper slope, and also if your shot doesn't get out of the bunker, your ball won't end up in one of your footprints.
- Carry the rake in with you and lay it gently to the side. Exit the same way.
- Rake the bunker by pushing the sand away from you in smooth long strokes.
- Rake in a direction towards the green, not parallel to it, this provides an easier shot for the next player.
- Leave rakes where they will most likely not be in play (hit by an approach shot).

When to apply bug spray and sunscreen

- Apply bug spray/sunscreen when you are standing on asphalt pathways...these can be detrimental to the grass.
- The impact bug spray/sunscreen has on grass reminds us to keep spray away from mouth/eyes, and to wash thoroughly before eating.*

Pull carts around green and tees

- Take your carts around and "outside" of the bunkers. Do not take them between the green and the bunker.
- Keep your cart off of the tee box at all times
- Areas near greens and tees are subject to much wear and tear, and compaction of the ground. The greens, fringes, and tees are areas on which we "play" more than the fairways and thus demand more care.

Where to park our pull carts and where to place clubs if carrying

- At the tees set your pull cart on the pathway, opposite the tee marker.
- At the tee set your carry bag on the tee box, but removed from the tee markers. They should be well to the side, out of players' swings or practice swings and not behind where they (and perhaps you) will be in the players' vision.
- On the fairway place them off to the side of your ball. If you are stopping near another player's ball, set them down away from the player and out of his view, definitely not behind the player or his ball.
- Your pull cart and bag should be placed between the flagstick and where you will walk to the next tee (off the green). That really speeds up play! Pull carts should be beyond the bunkers and carry bags should be beyond the fringe.
- Helping each other, by pushing others pull carts for a few steps for example, is a real courtesy and improves pace of play.
- Use of motorized carts is discouraged for Junior golfers. Any golfer must have a valid driver's license to operate a motorized cart. Learner's permit Juniors must have a parent passenger.

Etiquette in Golf

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Putting green etiquette

- Avoid walking on another player's line.
- Avoid moving when someone is putting.
- Don't stand along a player's line (in front or behind) or in their peripheral view while a player is putting.
- Ensure that you remove your ball from the hole with your hand—do not use your putter to scoop it out of the hole as it can damage the edge of the cup.

Taking care of the greens

- Greens are the most expensive part of the golf course to build and require extensive maintenance to provide the standard that we want to play on.
- Balls landing on the green leave a ball mark. If these indentations are repaired within 5 minutes they will recover; but if they are left for a day or not repaired at all, it leads to scarred greens, bumpy greens and putts that don't go in the hole. So repairing your ball mark and other un-repaired marks is a **must**.
- The proper way to repair a ball mark:
 1. Use a prolonged ball mark repair tool.
 2. Insert at the edges of the mark, not the middle.
 3. Bring the edges together with a gentle twisting motion, but don't lift the centre. Do not tear the grass.
 4. Smooth the surface with the sole of your putter until it's a surface that you would putt over.
- When removing the flagstick from the hole, make sure you lift it straight up so as not to contact the earthen lip of the cup. If the flagstick is sticky, then twist it as you are raising it.
- Lay the flagstick on the green, don't toss it. Lay it so that it is not near the line of anyone's putt nor on an extension of the line behind the ball or beyond the hole. If near the edge of the green, place it off the green.
- When returning the flagstick, make sure it is placed in straight and gently so as not to damage the lip of the cup. The first player who completes the hole should pick up the flagstick and be responsible for placing it back in the hole at the end of play by the group.

Course care and spraying by turf staff

- Check the "AVAILABILITY CALENDAR" on the BSGC website for information regarding maintenance/scheduling.
- Check with the starter before teeing off for live updates on any maintenance, etc.

Respect maintenance staff when working on course

- Safety should always be our first priority in a potentially dangerous environment.
- The crew is working and are amidst noisy machinery. Depending on the situation, wait for them to finish or pull to the side before you play, ensure you get their attention before hitting.
- Thank them, remember they are providing a service and making the course better for us.
- Never play if they might be in the way, or have a chance of getting hit, before you are sure they are aware you are hitting.

Various types of distractions on the course

Noises

- Talking – voices carry, especially loud or young ones.
- Many movements we make will disturb others, some will disturb even those who are on the next fairway.
- Your irons clanging as you carry your clubs while you are walking – silence them with your hand or towel.
- Putting your clubs down.
- Taking off and putting on your golf glove if it has a Velcro strip.
- Cart movement.
- Practice swings, before or after your shot.
- Dropping garbage in a waste container.
- Pulling your clubs out of or putting them back in your bag.
- Raking a bunker.

Etiquette in Golf

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Visual

- Standing on an extension of a player's shot that he/she is about to make.
- Moving yourself or anything else within the player's peripheral view.

The above examples of noises and movements are those that you should pay attention to at all times when you and your partners are playing and take extra care in minimizing them for everyone's enjoyment.

Safety

- Avoid swinging your club towards or near anyone. Small pieces of dirt, sand or broken tees could be propelled into another player's eye.
- If there is any doubt that your shot may reach the group in front of you – wait!
- If a ball is going near another person, you “must” warn them, by yelling “fore” loudly and immediately.
- If a ball is heading in a direction and you can't see if anyone is there, you must yell 'fore' (e.g. another fairway, towards another green or tee, or OB).
- If someone is standing in an area where your shot may go if it is errant, alert them **before** you play your shot (e.g. if you are playing a bunker shot and they are beyond the hole, but in the same direction as you are heading and a thin bunker shot might hit them)
- If you hear someone yell 'fore' – immediately protect your face/head and duck behind your clubs or a tree if close by.

Electronic devices

- Cell phones are to be kept on vibration mode when on the course and should only be used in an emergency or to communicate with parents/guardians. This means texting is not permitted on the course.
- In and around the Clubhouse, please use cell phones in a discreet manner.
- Use of headphones, I-pods and other electronic music equipment – for safety reasons – **is not** permitted while on the course but can be used only on the driving range.

Pace of Play

- “Pace of Play” affects everyone on the golf course.
- Players playing early in the day have a responsibility to set a good pace and not hold up those players behind.
- If you do not maintain an appropriate pace it will hurt everyone else that day that tees up after you. So it is imperative that we maintain a good pace.
- During the day the pace on Stanley Thompson should be about 4.5 hours and on Tunnel 9 about 2 hours.
- Focus on your game and your next shot. Walk briskly to your ball and plan your shot as you approach it so that you are ready to play as soon as it is your turn to play.
- Do not move to another player's ball with that player – allow him/her to focus on their shot.
- Moving independently to each person's ball speeds up play.
- Limit practice swings.
- It is courteous to assist a fellow player to help find his ball and to do so in an efficient manner.
- If you can't keep up to the group in front of you, it is courteous to allow the group behind you to play through. Keep the group in front of you in sight and your group will not slow pace of play.

Scoring — honesty & integrity

- Record all your shots accurately. If you are also keeping score for a playing partner, it is your responsibility to record it accurately and be observant of that person's play.
- Record the scores at the end of each hole as you walk to or on the next tee, not on the hole you just finished. Clear the green immediately upon completion. This speeds up play.

Rules of Golf

Here are some basic rules of golf that will help you

RULE 1 -- THE GAME

- A. The holes on the course must be played in order (1 through 9, 10 through 18 or 1 through 18).
- B. You must always play by the Rules. You are not allowed to change them.

RULE 2 -- MATCH PLAY

- A. In match play, each hole is a separate contest. If you win the first hole, you are "one-up"; if you lose it, you are "one-down"; if you tie it, you are "all-square."
- B. You have won the match when, for example, you are three-up and there are only two holes left to play.
- C. Anyone you are playing against is your "opponent."

RULE 3 -- STROKE PLAY

- A. In stroke play, the competitor with the lowest total score for the round (9 or 18 holes) is the winner.
- B. You must play the ball into the hole before starting the next hole. No "gimmies!"
- C. Anyone you are playing with is a fellow-competitor

RULES 4 & 5 -- CLUBS AND THE BALL

- A. You may carry no more than fourteen clubs.
- B. Normally, you may not change balls during the play of a hole. However, if you damage or cut your ball, you may change the ball after first asking your opponent or fellow competitor.

RULE 6 -- THINGS A PLAYER SHOULD DO

- A. Read the notices given to you by the tournament officials.
- B. Always use your proper handicap.
- C. Know your tee-time or starting time.
- D. Make sure you play your own ball (put a mark on the ball in case someone else is using an identical ball).
- E. In stroke play, make sure your score for each hole is correct before you turn in your card.
- F. Keep playing unless there is lightning, you are ill or an official tells you to stop.

RULE 7 -- PRACTICE

- A. You may not hit a practice shot while playing a hole, or from any hazard. Note: Always read the local rules about practice.

RULE 8 -- ADVICE ON HOW TO PLAY

- A. During a round, you may not ask anyone except your caddie or partner for advice on how to play. However, you may ask about Rules or the position of hazards or the flagstick.
- B. You may not give advice to your opponent or fellow-competitor

Rules of Golf

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RULE 9 -- ADVISING OPPONENT ON STROKES TAKEN

- A. In match play, you must tell your opponent the number of strokes you have taken if you are asked.

RULE 10 -- WHEN TO PLAY A SHOT

- A. The player who has the lowest score on a hole has the right to play his/her ball first on the next hole. This is called the "honor."
- B. While playing a hole, the player whose ball is farthest from the hole plays first.
- C. In match play, if you play out of turn, your opponent may make you replay your shot. This is not so in stroke play.

RULE 11 -- TEEING GROUND

- A. Tee your ball between the tee-markers. You may tee your ball as far as two club lengths behind the markers.
- B. If your ball accidentally falls off the tee, you may replace it without penalty.

RULE 12 -- FINDING BALL IN HAZARD -- IDENTIFYING BALL

- A. A hazard is any bunker (area of sand) or water hazard (lake, pond, creek, etc).
- B. In a bunker or water hazard, if your ball is covered by sand or leaves, you may remove enough of the sand or leaves to be able to see a part of the ball.
- C. You may lift your ball to identify it anywhere except in a hazard. You must tell your opponent or fellow competitor before you lift your ball to identify it.

RULE 13 -- PLAYING THE BALL AS IT LIES ON THE COURSE

- A. You must play the ball as it lies. You may not move it to a better spot.
- B. You may not improve your lie by pressing down behind the ball. The club may be grounded only lightly behind the ball.
- C. You may not improve the area of your intended swing or line of play by bending or breaking anything growing, such as tree limbs or weeds.
- D. In a hazard, you may not touch the sand, ground or water with the club before or during your backswing.
- E. In a hazard, you may not remove loose impediments (natural things such as leaves or twigs) but you may remove obstructions (artificial objects such as bottles or rakes.)

RULE 14 -- STRIKING THE BALL

- A. You must strike the ball fairly with the head of the club. You may not push, scrape or rake the ball.
- B. You must not hit your ball while it is moving.

RULE 15 -- PLAYING A WRONG BALL

- A. In match play, if you play a ball that is not yours, you lose the hole. If you play the wrong ball in a hazard, there is no penalty and you must then play the right ball.
- B. In stroke play, if you play a ball that is not yours, you must take a two-stroke penalty. If you play the wrong ball in a hazard, you must then play out the hole with your own ball. If you do not do so, you are disqualified.

Rules of Golf

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RULE 16 -- THE PUTTING GREEN

- A. If any part of your ball is touching the green, it is on the green.
- B. When your ball is on the green, you may brush away leaves and other loose impediments within your line of putt with your hand or a club. Do not fan them with a cap or towel.
- C. You should repair ball marks or old hole plugs if they are within your line of putt, but you may not repair marks made by spikes or shoes.
- D. You may not test the surface of the green by rolling a ball or scraping the surface.
- E. Always mark your ball by putting a small coin or other marker behind it when you want to pick it up to clean or get it out of another player's way.

RULE 17 -- THE FLAGSTICK

- A. If your ball is off the green, there is no penalty if you play and your ball strikes the flagstick, provided no one is holding the flagstick.
- B. If your ball is on the green, do not putt with the flagstick in the hole. Either take the flagstick out or ask another player to hold it and take it out when you play your ball. In match play, if you putt and your ball hits the flagstick when it is in the hole, you lose the hole. In stroke play, you must add two penalty strokes to your score for the hole.

RULE 18 -- MOVING THE BALL

- A. If you or your partner move either of your ball on purpose or accidentally, add a penalty stroke to your score, replace and play it.
- B. If your ball is moved by someone or something other than you or your partner, (an outside agency) there is no penalty, but you must replace it. If the ball is moved by wind or water, you must play it as it lies.
- C. Once you address the ball, if the ball moves, add a penalty stroke and replace the ball.
- D. If you move a loose impediment lying within one club-length of the ball and the ball moves, add a penalty stroke, replace it and play it. On the putting green, there is no penalty.

RULE 19 -- BALL IN MOTION DEFLECTED OR STOPPED

- A. If your ball hits an outside agency, (bird, rake, etc.), it is called a "rub of the green." There is no penalty and the ball is played as it lies.
- B. If your ball hits you, your partner, your caddie, or your equipment in match play you lose the hole. In stroke play, you are penalized two strokes and you must play your ball as it lies.
- C. If your ball hits your opponent, his caddie, or his equipment, there is no penalty; you may play the ball as it lies or replay the shot.
- D. If your ball hits a fellow competitor, caddie or equipment in stroke play, there is no penalty and the ball is played as it lies. These are the same as outside agencies in stroke play.
- E. If your ball hits another ball and moves it, you must play your ball as it lies. The owner of the other ball must replace it. If your ball is on the green when you play and the ball which your ball hits is also on the green, you are penalized two strokes in stroke play. Otherwise, there is no penalty.

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RULE 20 -- LIFTING AND DROPPING THE BALL

- A. If you are going to lift your ball under a Rule and the Rule requires that the ball be replaced, you must put a ball-marker behind the ball before you lift it.
- B. When you drop a ball, hold your arm out straight and drop it.
- C. If a dropped ball hits the ground and rolls into a hazard, comes to rest more than two club-lengths from where it first struck a part of the course, nearer the hole, dropping away from an immovable obstruction or ground under repair, etc., back into the obstruction or ground under repair, you must re-drop. If the same thing happens when you re-drop, you must place the ball where it struck the ground when it was re-dropped.

RULE 21 -- CLEANING THE BALL

- A. You may clean your ball when you are allowed to lift it. On the green a ball may be cleaned when lifted except when it has been lifted to determine if it is unfit or for identification purposes because it interferes with play.

RULE 22 -- BALL INTERFERING WITH OR ASSISTING PLAY

- A. If another ball interferes with your swing or is in your line of putt, you may ask the owner of the ball to lift it.
- B. If your ball is near the hole and might serve as a backstop for another player you may lift your ball.

RULE 23 -- LOOSE IMPEDIMENTS

- A. Loose impediments are natural objects that are not growing or fixed -- such as leaves, twigs, branches, worms and insects. You may remove a loose impediment except when your ball and the loose impediment lie in a bunker or water hazard. (Exception see Rule 12)

RULE 24 -- OBSTRUCTIONS

- A. Obstructions are artificial or man-made objects. Movable obstructions are such items as bottles, tin cans, rakes, Examples of immovable obstructions could be sprinkler heads, shelter houses, cart paths.
- B. Movable obstructions anywhere on the course may be removed. If the ball moves when moving an obstruction, it must be replaced without penalty
- C. You may drop your ball away from an immovable obstruction if it interferes with your swing or stance. Find the nearest point not nearer the hole where you can play without interference. Drop the ball within one club-length of that point. Note: You should not pick up the ball from an obstruction until you have established the nearest point of relief.

RULE 25 -- CASUAL WATER; GROUND UNDER REPAIR; ANIMAL HOLES

- A. Casual water is any temporary puddle of water caused by rain or overwatering. Ground under repair is any damaged area which the Committee has marked as such.
- B. If your ball or your stance is in casual water, ground under repair or a burrowing animal hole, you may either play the ball as it lies or find the nearest place not nearer the hole which gives you relief, and drop the ball within one club-length of that place.
- C. If your ball is in casual water, etc., and you cannot find it, determine where the ball entered the area and drop a ball within one club-length of that place without penalty.
- D. If your ball is on the wrong green, find the nearest place off the green which is not nearer the hole and drop the ball within one club-length of that place.

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RULE 26 -- WATER HAZARDS

- A. Water hazard margins are identified by yellow stakes or lines. Lateral water hazard margins are identified by red stakes or lines.
- B. If your ball is in a water hazard or a lateral water hazard, you may play it as it lies. If you cannot find it or do not wish to play it, add a penalty stroke and drop and play another ball from where you last played; or drop a ball behind the water hazard as far back as you wish. If you decide to drop behind the hazard, drop the ball so that there is a straight line between the hole, where your ball last crossed the hazard margin and where you drop the ball. If your ball is in a lateral water hazard, you may drop a ball within two club-lengths of where the ball last crossed the hazard margin, no nearer to the hole.

RULE 27 -- BALL LOST OR OUT OF BOUNDS

- A. A ball is lost if it is not found within five minutes after you first begin to search.
- B. A ball is out of bounds when all of it lies beyond the inside line of objects such as white stakes, or a fence or wall that marks the playing area.
- C. If your ball is lost or out of bounds, you must add a penalty stroke to your score and play another ball from where you played your last shot.
- D. If you think your ball may be lost or out of bounds, you may play another ball (provisional ball) from the place where your first ball was played. You must tell your opponent or fellow-competitor that you are playing a provisional ball and play it before you look for the first ball. If you cannot find your first ball or if it is out of bounds, you must count the strokes with the first and provisional balls, add a penalty stroke and play out the hole with the provisional ball. If you find your first ball in bounds, continue play with it and pick up the provisional ball.

RULE 28 -- BALL UNPLAYABLE

- A. If your ball is under a tree or in some other bad situation and you decide you cannot play it, add a penalty stroke and do one of the following:
 - 1. Go back to where you played the last shot and play a ball from there
 - 2. Measure two club-lengths from the unplayable lie, drop a ball and play from there
 - 3. Keep the unplayable lie between where you drop the ball and the hole, go back as far as you wish on a straight line and drop and play the ball.



Golf Associations

Alberta Golf Association (AGA)

www.albertagolf.org

- Conducts junior events for boys and girls.
- Registration is online.
- Note early entry deadline dates.

Golf Canada (formerly RCGA)

www.golfcanada.ca

www.rcga.org

- The governing body for golf in Canada.

Canadian Junior Golf Association (CJGA)

www.cjga.com 1-877-508-1069

- CJGA hosts over 85 events cross Canada.

McLennan Ross Sun Junior Tour

www.mrosssunjrtour.com

- This Tour coordinates 25+, one and two day events, across Alberta.
- It is designed to provide Junior players with tournament experience and compete with their peers.
- These tournaments are designed for players with both low and high handicaps.
- Players meet new friends, play new courses in friendly competition, and receive a meal and prizes.
- Entry fee is reasonable – about \$75-\$100 for a one day event.
- Players are grouped by age/ handicap. Top players are invited to the Tour Championship.
- To register, contact the host golf club, provide name, age, handicap and credit card number.
- These events fill up very quickly. You are advised to register more than 30 days in advance.

Maple Leaf Junior Tour (MJT)

www.maplejt.com 1-877-859-4653

- They host 2 and 3 day events with entry fees listed on their website
- MJT hosts about 50 events across Canada.

Goal Setting

Goal Setting:

1. Establish exactly where you want to go.
2. Identify the 'roads' that you can take to get there.
3. Helps you realize when you "have arrived".

Goals:

1. Help monitor and improve your performance.
2. Improve the quality of your practice and play by replacing boring routines with challenges.
3. Replace fear and tension with focus.
4. Provide motivation during slumps or injuries, over the course of the season, or over your Junior experience.
5. Help develop confidence when goals are reached.

Steps for setting goals:

Step 1:

Set your major goals.

Each goal should be **1) Specific, 2) Measurable, 3) Adjustable, 4) Realistic** and **5) Time-based**.

Example: Lowering handicap index from 16.0 on May 1 to 10.0 by September 15.

Step 2:

Set physical performance goals necessary to achieve the major goal:

Example:

1. Improve driving accuracy – from hitting fairways 30% of the time to 50% of the time.
2. Increase greens in regulation from 4 to 7 per round during competition.

Step 3:

Develop strategies to achieve each stated physical goal.

Example:

1. Take a lesson on driving and practice twice a week. At each practice session, hit driver until you hit 10 drives in a row to the exact spot that you intended.
2. Take an iron lesson and practice 3 times a week on the range. At each practice session hit 3 different irons to pre-designated locations for at least 10 shots in a row.
3. For both Performance Goals stated above, record the following statistics, at least every 2nd game, then analyze to determine where improving:

- % fairways hit
- % greens hit in regulation



Personal Goal Setting

Step 1: Set your major goals:

Identify at least one skill development area such as practice habits, mental training, consistency, swing techniques, type of shot, etc.

Step 2: List your performance goals here:

1.

2.

Step 3: List your strategies for achieving each goal:

1A.

1B.

2A.

2B.

Review your goals monthly, record your performance to date and adjust if necessary.

Goals are designed so that they are adjustable. If you achieve your stated goal sooner than expected – adjust it further to challenge yourself. If you find that you have been unrealistic, adjust it to a more realistic outcome.

Accountability

How will you ensure that you take action and that you will achieve your goals? Perhaps you may want to share it with a friend, golf coach or family? Just by writing it down, posting it on your bedroom door or setting it as your ‘background“ on your computer is a positive step to being accountable to yourself!

2018 BSGC Contacts

Junior Captain	Jay Simpson	simpson2@telusplanet.net	403.678.1331
Tee Time Bookings			403.762.6801

BSGC President	Andrew Hempstead	ahempstead@hotmail.com	
BSGC Vice-President	Dougal Forteach	dforteach@gmail.com	
Past President	Chris Lambe	lambo1043@yahoo.ca	
Ladies' Captain	Judy Tennant	tennant3@shaw.ca	
Men's Captain	Dean Holton	dean@bedfind.com	
Secretary/Treasurer	Ken Riordon	riordons4@gmail.com	
FBSH Director of Golf	Steve Young	steve.young@fairmont.com	
Junior Golf Professional	Adam Chivers	adam.r.chivers@gmail.com	
Junior Golf Professional	Walt McIlhone	walt.mcilhone@gmail.com	

