

Baron Hill Golf Club



Junior Handbook

This book belongs to:

NAME:

.....

Emergency Telephone number:

.....

I am a member of

BARON HILL GOLF CLUB

My Junior Organiser is:

ELIZABETH YOUREN

I got my first handicap of

onYear.....



CONTENTS

Welcome to the world of golf	page 3
What to wear	page 4
Safety at all times	page 5
Practising	page 6
Watch the weather	page 7
Playing the course	page 8
Getting a handicap	page 10
Competitions	page 11
Junior Website	page 14
Junior Conditions of Competitions	page 15

Baron Hill G.C. wish to thank Shropshire & Durham C.L.G.A. & the D & F Junior Organiser for allowing us to use some of the information in this handbook.

WELCOME TO THE WORLD OF GOLF



If you are new to golf there are a few things you might like to know about. For example, who are some of the people you might meet in a Golf Club, what sort of clothes you should wear, what sort of equipment you will need and what sort of help you can expect.

Let's start at the beginning.

THE PROFESSIONAL: Unfortunately Baron Hill does NOT have a golf Professional or a golf shop.

Matthew Wharton at Treborth is our nearest professional who caters for Baron Hill juniors needs for coaching etc. He has a well stocked Pro shop where he can discuss your requirements. This is a good place to start as you can find out about coaching classes held at the golf club or driving range and also arrange to borrow or buy a couple of golf clubs to get you going.



THE LOCKER ROOM: (one for men and one for ladies) is where you will find the toilets and where you should go to change into your golf shoes.

THE LOUNGE/BAR: is where you can buy a drink or food .

THE JUNIOR ORGANISER: will tell you about the Club's junior programme and help you meet other juniors.

THE MEMBERSHIP SECRETARY: is the person to ask for if you want to find out how to join the golf club and become a member.

THE LADIES SECRETARY: will help girls meet some of the lady members, .

WHAT TO WEAR



Golf courses are wide-open spaces, which can be very cold, very hot, very wet and very windy – sometimes in one day! It is important to have two or three layers of clothes, which you can put on or take off, according to the weather.



Most juniors wear trousers or shorts and a shirt with a collar (to stop your neck getting sunburnt). Always have a jumper and a jacket to put on if it gets cold or wet. A hat or cap will protect your head and eyes from the sun in summer and help to keep you warm in the winter.

Because the ground can be hilly and also slippery, a pair of golf shoes with spikes will keep you safe and also give you a good firm base for your swing. **You must not wear these in the clubhouse because this is not allowed.** The spikes and mud will spoil the carpets.



As you get better and want to play even if it is not a very nice day, an umbrella can be very useful and also a pair of waterproofs. A big pair of mittens will help to keep your hands dry and warm.

PLEASE NOTE: Most golf courses do not allow JEANS and TRAINERS either on the course or in the Clubhouse – So please be aware of this and avoid getting 'told off'!

SAFETY AT ALL TIMES

GOLF IS A DANGEROUS GAME!!

ALWAYS be aware of other players on the course and watch them hit their shot so that you can see at once where their ball is going.

NEVER play if you think your shot might hit anyone, wait until it is safe.

ALWAYS make sure that you have enough room to swing your club and look around you - to make sure.

ALWAYS stand in a safe place, whenever possible, facing the person who is about to hit.

ALWAYS stand where the person hitting can see you, slightly behind the hitting line or the Tee, until you are sure it is safe to go forward.

NEVER swing your club towards anyone, even in fun or not hitting a ball. You might lose your hold on the club and then it could hit somebody.



FORE !!

This is a golfing term for 'LOOK OUT' If you accidentally hit your ball towards somebody you should shout as loud as you can FORE and if you hear somebody else shout FORE, crouch down and put your hands over your head.



PRACTISING

If you want to improve your golf you should try to hit some golf shots on the practise area or at a Driving Range. You should also practise putting – after all, the aim of the game is to get the ball into the hole!



WARM UP before you start. Stretch your body, your arms, your fingers and hands, legs, ankles and trunk, also turn gently as far as you can in all directions, specially your head. When you have loosened up, get your body warm by swinging your arms and gently jogging on the spot. Follow this with a few easy swings with a golf club and you'll be ready to begin hitting golf balls.

PLAY TO A TARGET and look to see which direction other people are hitting their golf balls, then do the same. Be very careful when you go to pick up your golf balls and make sure that you are not going to get in the way of someone else. If it is NOT safe, then wait until it is!

EASY DOES IT, start with short easy shots and swing gently until you get the feel of your swing. Take your time with every ball and pretend it is a really important shot on a golf course. It helps to keep the stack of balls just out of reach so you have to take them one at a time.



PLAYING OFF GRASS means you can put your golf ball on a nice bit of turf every time. But when you've finished, please pick up the divots (lumps of soil and grass) and put them back in the divot holes, stamping them down, so that the grass will recover and be nice for other players to practise from.

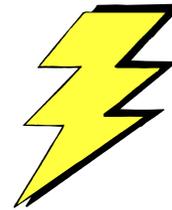
PLAYING AT A DRIVING RANGE can be hard on your wrists and neck, because the club bangs down into the mat on every shot. To avoid hurting your-self, try using a rubber tee to put the ball on. If you are using a Driver you will need a fairly high tee anyway.



WARM DOWN after you've finished, especially if you have been practising putting or chipping and have been bent over for a while. Make sure you stretch up and get your back nice and straight again, also your fingers will enjoy a stretch after being curled round a golf club for a while.

WATCH THE WEATHER

Always try and check the weather forecast before you go out to play. Keep watching for clouds coming over or the wind suddenly getting up as both of these can mean rain is coming.

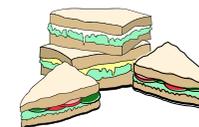


If you hear thunder or see lightning **STOP** playing and head for the clubhouse as quickly as possible. **DO NOT PUT UP YOUR UMBRELLA** as it might attract the lightning. If you hear a klaxon blowing you **MUST** come off the course immediately. Be aware of the sun, especially if you play early in the morning. A cool start can soon turn into a 'Scorcher'.

BE PREPARED

These are some of the items you should have in your golf bag: – depending on the time of year!

- Waterproofs
- Hat or cap (to keep off rain and sun)
- Sun block
- Small towel (to dry your hands)
- Plasters
- Hand-warmers
- Spare jumper
- Waterproof mittens (to keep your hands dry and warm)
- Umbrella
- Bottle of water or drink of some kind – even in winter.
- A small amount of food like energy bars, fruit, or a sandwich.





PLAYING ON THE GOLF COURSE

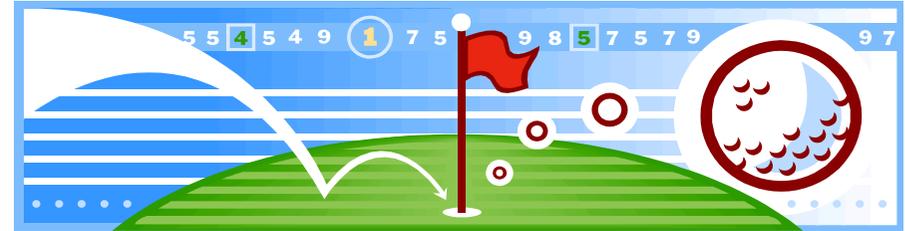
When you have had a few lessons and are able to hit the ball nearly every time, you will be keen to get on to the proper golf course. Because a lot of other people will also be playing on the course it is important for you to know what to do,

First for your own safety and enjoyment and second so that you don't spoil other people's golf! - begin each hole from between the markers on the RED (Ladies') tees.

Here are a few guidelines;

*** Before you begin, put a small identifying mark on your golf ball – so that you can recognise it and know that it is yours. There will be a lot of other golf balls on the golf course!

- ❖ Always talk quietly and don't run about.
- ❖ Always stand absolutely still and quiet when other players nearby are taking their shot. (Golfers are very easily distracted and will blame YOU).
- ❖ Help to look after the golf course by always:
 - Replacing divots and stamping them down into the ground
 - Replacing the flagstick carefully so the hole is not damaged.
 - Putting your golf bag down carefully, not in a bunker or on the green.
 - If you have a trolley, taking it around the edge of the greens and tees.
 - Raking bunkers after you have played out, (feet, club and ball marks).
 - Repairing any damage to the green, such as pitch marks. (Small dent left by ball, when hitting the surface – use a pitchfork (if you have one, if not please buy one they are available from behind the bar at a cost of £1.50).
- ❖ Always walk quickly and be ready to play your shot when it is your turn. (After the tee shot, the player who is furthest away from the hole is first to play.) The person who tees off first is the person who had the best score on the previous hole; this is called 'Having the Honour'.



- ❖ On the putting green, the player whose ball is nearest the hole should attend the flagstick (hold at arms length, keeping feet away from the line other players will be playing along) The player who finishes first should pick up the flagstick and put it back after all players have finished.
- ❖ Keep your clubs beside you so that you don't have to go back to pick them up and leave them on the side of the green nearest to the next tee.
- ❖ Leave the green as quickly as possible when you have all finished playing the hole. Do not hang around on the green and mark scorecards.
- ❖ Watch carefully to see where your ball has gone and try and pick a 'marker' (for example, towards a bush, post or tree) it makes it easier to find.
- ❖ If your ball is on the Putting Green and in the way of another player you should put a little marker (a ball marker or silver coin) behind the ball to mark the spot, then pick up the ball. Replace it when it is your turn to play.
- ❖ At the end of the game, shake hands with the rest of the group.
- ❖ If you see that you are holding up better players, always stand aside to let the following group play through.
- ❖ If you can't find your ball DO NOT WAIT 5 Minutes (waive them forward and if you are waived through, acknowledge the fact that you have seen them).

ASK your Junior Organiser for a copy of the 'Rules of Golf in Brief' and learn the Rules of Golf so that you know what to do if you can't find your golf ball, or it goes into a funny place. Also, so that you don't accidentally cheat by doing something which is not allowed!

GETTING A HANDICAP

When you can play a few holes and score more or less 3 over par (or better) at each hole it is time to be thinking about getting a handicap so that you can play in competitions.

To begin with, you might only play 6 or 9 holes and get a Junior Club Handicap. If you like playing 18 holes and your total score is about **130 to 140** or better), it is time to be thinking about getting a CONGU handicap.

Either way, this is what to do:

Firstly you need to get someone, a **marker** to keep your score. The Junior Organiser will explain your Club rules and help you find someone to do this if you are stuck and they will make sure the course is correctly set-up. You can mark a card for handicap purposes in a County Competition.

Second, you need to get a scorecard (usually kept in the Locker Rooms or on the bar), and write on it:

- ✓ Your **NAME** (in the space for the Player)
- ✓ The date on which the score is marked, then give it to the person who is going to keep your score (the Marker). Take a second card for you to keep your score in the space for the marker.
- ✓ In the space for Competition write 'FOR HANDICAP'.
- ✓ **REMEMBER** to play from the **RED** tee markers girls & yellow tee markers for the boys and always hole out, i.e. putt your ball into the hole every time, even if it stops on the edge.



At the end of the round, add

- ✓ The Marker's Signature (to say the score is correct)
- ✓ Your Signature (to say you agree that the score is correct)

Put your card in the box marked 'SCORECARDS' (either in the Ladies or the Gents Locker Rooms, but your marker will tell you) or give it to your Junior Organiser. Do this twice more, you need to complete 3 cards altogether.



If you have a really bad day and score lots more than 140 for 18 holes, don't worry - bin it and try again. **But** if you have had high scores (over 8's) on a few holes, these high scores can be adjusted.

TO GET A CLUB HANDICAP



Baron Hill allows Club Handicaps to be calculated after playing 3 rounds of '9' holes starting at 54. Once you reach 28 handicap for boys & 36 handicap for girls your handicap is calculated under the rules of CONGU.

Good Luck



and remember to put your own special mark on your ball (so you are sure it's yours when you find it) and take a **RULE BOOK** with you!



COMPETITIONS

One of the best things about golf is that you can play by yourself or compete against other people, either one person or a lot – even up to thousands!

There are two basic formats, **MATCH PLAY** and **STROKE PLAY** and also lots of variations but first you must know how to score.

In Match Play you score by counting the result of each hole, if both players take the same number of shots, it is called a 'HALF', the scores are level and the match is **ALL SQUARE**. It remains 'All Square' until one player takes fewer shots than the other, thus winning the hole and is said to be '1UP', while the other player is '1 DOWN'.

If the same player wins a second hole they become '2UP' but if loses a hole the lead of 1 would be gone and the match would be All Square again. The match is over when one player has a bigger lead than there are holes left to play so a lead of 5 after 14 holes (4 left to play) would be a '5 and 4' win (written 5/4).

In Stroke Play you score by adding up the scores at every hole to get a total for the round (18 holes). This is your GROSS score and after subtracting your HANDICAP from the total the result is your NETT score.

You can also get an allowance in Match Play competitions according to your handicap. The allowance is worked out according to the difference in handicap between you and your OPPONENT and the higher handicap player receives so many STROKES’.

On the scorecard you will see a column headed ‘STROKE INDEX’, this tells you at which holes to take your allowance. If you get 5 strokes you will get them at holes marked 1,2,3,4 & 5 in the Stroke Index column.

Not the first five holes! A stroke allows you to take 1 shot off your actual (gross) score to give your nett score, which is what counts.

STABLEFORD competitions are very popular and the scoring is done hole by hole. Every hole has a PAR, which is the target score for that hole. If you do 1 stroke better than par it is called a BIRDIE and 2 strokes better is called an EAGLE. If you do 1 more than par that is called a BOGEY.

You will get an allowance according to your handicap and this works the same way as in Match Play, i.e. you receive strokes according to the Stroke Index and it is your nett score, which counts. If you receive 10 strokes your card might look like this:

Markers Score	Hole	Par	Stroke Index	Players Score	Nett	Pts
7	1	5	17	6	6	1
4	2	3	2	3	2	3

Sometimes golfers play as a team and you have a PARTNER. In FOURSOMES you take turns to hit the same ball, in a FOURBALL you both play your own ball and the better score at each hole is the one that counts. Sometimes 3, 4 or 5 people will play as a team in a SCRAMBLE in which the ball lying in the best place is chosen and all the team members play from that place.



And finally.. WHATS THIS?

As you play round the course you will sometimes see painted lines on the ground and posts of different colours, these give information, as follows: -

WHITE LINE - When it circles a small area of ground usually means that you should not play from within the circle, but lift your ball and DROP it outside, but not nearer the hole. However, if the line is straight and runs a line of WHITE POSTS it is marking the boundary of the hole and a ball going beyond is called ‘OUT OF BOUNDS’.

YELLOW LINE - This marks the boundary of a WATER HAZARD even though there may not be any water visible. There are also YELLOW POSTS, which do the same job.

RED LINE -This also means water, but this time a LATERAL WATER HAZARD, usually running along the side of a hole, such as a ditch.

BLUE LINE Areas of the course that are not in play are often circled with a blue line, usually round plantations of trees or where the Green-keepers are doing work. There are called GROUND UNDER REPAIR and you should pick up your ball and drop it just outside the area.

SIGHT or MARKER POSTS are usually painted black and white or sometimes, just white. They are to show you where to aim if you cannot see the fairway beyond. You may also see very tall posts behind a green, sometimes with an X or a target on them; these are also to show you where to aim when you cannot see the green.

ENJOY YOUR GOLF AND HAVE FUN



Baron Hill Golf Club

Baron Hill Golf Club has a Junior Organiser who organises a whole range of events for juniors within the golf club

**Baron Hill Golf Club
Tud & Pam (Club Managers)**

**Secretary John Williams
01248 8102321**

**Elizabeth Youren
Junior Organiser
01248 713429
elizabethrandall255@btinternet.com**

Baron Hill Facebook for Junior Members of Baron Hill ONLY

Website: www.baronhill.co.uk



C & A Ladies County Golf Association Girls Section

General Conditions applying to all County Junior Tournaments:

1. All Championships and Tournaments shall be played in accordance with the Rules of Golf as approved by the Royal and Ancient Golf Club of St. Andrews and with the Local Rules as may be approved by the Competition Organiser.
2. All competitors must be aged under 18 of the 1st. January and of Amateur Status as defined by the R & A and for events that require it, a valid CONGU handicap.
3. A Competitor must be a Member of an affiliated club in the County Association. Except those competitions that specify County Members can compete in Beginners Competitions.
4. Members must not have taken part in another County Amateur Championship, County Junior Championship and/or representative match in the current year.
5. The County Junior Committee reserves the right to fix and/or alter starting times. Any competitor who is not present on the first tee at her appointed starting time might be disqualified.
6. Competitors will not be permitted to ride on motorised buggies.
7. Caddies are not permitted except in Beginners events where stated.
8. A competitor shall not knowingly take any drug that may enhance performance other than prescribed medication.
9. If adverse weather or other conditions should curtail or otherwise restrict the completion of a tournament. The Junior organiser is empowered to vary the conditions of the competition as is necessary to achieve a result. In the event of Lightening the KLAXON will indicate immediate evacuation of the golf course.
10. A competitor may take only one prize, but may take more than one trophy where applicable.

11. Mobile phones should be switched off and placed in golf bags whilst on the golf course and in the Clubhouse. If necessary they can be used for emergency purposes ONLY during the competition. They can be used outside the Clubhouse building before and after play.

12. All scorecards (even if not complete) should be handed to the junior organiser as soon as possible after playing the last hole.

13. Please do not leave valuables in Locker Rooms. It is recommended a change of clothes be taken to all events and it is usual that everybody stays for the prize giving. Juniors should always await collection inside the Clubhouse.

PENALTY for BREACH of CONDITIONS:

Maybe Disqualification.

Maybe 2 stroke penalty for Stroke Play Competitions, or Loss of 1 Hole in Match Play Competitions.

**The Junior Organisers
decision is final.**

