## $m$ Junior Folder

## JuNlorgorf ACADEMY

# MM Profile About You 

Your Name:

## Parent / Guardian's Name:

## Emergency Contact Number:

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| $\frac{1}{6}$ |
| 1 | <br> M Profile Conduct Pledge}

I will respect my coach, the facility, other children and my parents.
I will come prepared to my junior golf academy classes
I am responsible for bringing the right equipment and being at the class on time.
I will play safely and sensibly

I will play fairly and honestly.

I will learn and respect the rules I need to know to become a junior golf academy member.

Junior's Signature:
Parent's Signature:
Coach's Signature:

# MN Achievements 

## Challenge Trackers



## M Challenges Level 1 Sticker Tracker

## How it works:

- Complete a challenge, add the sticker to the matching circle
- Collect three stickers in a row and you will get the Level 1 skill pin
- Collect all 12 stickers to earn the Level 1 hat




## M Challenges Level 2 Sticker Tracker

## How it works:

- Complete a challenge, add the sticker to the matching circle
- Collect three stickers in a row and you will get the Level 2 skill pin
- Collect all 12 stickers to earn the Level 2 hat




## MP Challenges <br> Level 3 Sticker Tracker

## How it works:

- Complete a challenge, add the sticker to the matching circle
- Collect three stickers in a row and you will get the Level 3 skill pin
- Collect all 12 stickers to earn the Level 3 hat

Chipping
$3 / 5(10$ yards $)$ and
$1 / 5(15$ yards $)$ in a
10 ft circle


1/5 (20 yards) in a 10-yard target circle
*All on the green


## MP Challenges Level 4 Sticker Tracker

## How it works:

- Complete a challenge, add the sticker to the matching circle
- Collect three stickers in a row and you will get the Level 4 skill pin
- Collect all 12 stickers to earn the Level 4 hat



## score

## M Challenges Level 5 Sticker Tracker How it works:

- Complete a challenge, add the sticker to the matching circle
- Collect three stickers in a row and you will get the Level 5 skill pin
- Collect all 12 stickers to earn the Level 5 hat



4/5 (20 yards), 2/5
( 30 yards) and $1 / 5$
(40 yards) in a 6yard target circle *All on the green

Bunker P/ay
3/5 (10 yards) in a 10-yard target circle *All on the green

## Score

Score 45 or fewer over 9 holes from either tee 4 (80\%) or tee 5 (academy tee)

> Holes
> Complete 9 holes on the course from either tee 4 (80\%) or tee 5 (academy tee)

## MP Challenges Level 6 Sticker Tracker

## How it works:

- Complete a challenge, add the sticker to the matching circle
- Collect three stickers in a row and you will get the Level 6 skill pin
- Collect all 12 stickers to earn the Level 6 hat


Short Putis
8/10 (3 ft), 7/10 (4 $\mathrm{ft}), 6 / 10(5 \mathrm{ft})$ and 5/10 (6 ft) *5 different positions

pitching
$4 / 5$ (20 yards) $3 / 5$
( 30 yards) and $2 / 5$ (40 yards) in a
6-yard target circle *All on the green

Bunker $P / z_{2}$
2/5 (10 yards) in a 6-yard target circle
*All in a 10-yard circle


## MN Progress

# Progress Wheels 

MProgress

## Mastering the Game

## How it works:



When you get a skill hat pin, colour in the matching section.

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When all 4 sections are coloured in, you will get the hat.


Colour your progress wheel
Make sure to add the correct colour for each level!

# MPProgress Swing 

## How it works:



When you get a sticker in the Swing section, colour in the matching skill on this page.

When all 3 sections are coloured in, go back to the Mastering the Game Progress Wheel and colour in the Swing section for your level.


Your coach will give you the Swing hat pin.


# MProgress On the Green 

## How it works:



When you get a sticker in the On the Green section, colour in the matching skill on this page.

When all 3 sections are coloured in, go back to your Mastering the Game Progress Wheel and colour in the On the Green section for your level.

Your coach will give you the On the Green hat pin.

## Short Putts



Colour your progress wheel
Make sure to add the correct colour to each level!

## M Progress

## Around the Green

## How it works:



When you get a sticker in the Around the Green section, colour in the matching skill on this page.


When all 3 sections are coloured in, go back to your Mastering the Game Progress Wheel and colour in the Around the Green section for your level.

Your coach will give you the Around the Green hat pin


Colour your progress wheel
Make sure to add the correct colour to each level!

## MPProgress On the Course

## How to use:



When you get a sticker in the On the Course section, colour in the matching skill on this page.


When all 3 sections are coloured in, go back to your Mastering the Game Progress Wheel and color in the On the Course section for your level.

Your coach will give you the On the Course hat pin.


Colour your progress wheel
Make sure to add the correct colour to each level!

MN Challenges
Level 1
Challenges
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## Mr Swing Challenge Driver

Complete this Level 1 Challenge by:

- Hitting 2 shots in the air with the Driver

You have 5 attempts and do not need to hit the ball in a certain distance or direction.


What to do after you complete this challenge:
Using a red pencil, colour in the first level of the 'Driver' section on your Progress Wheel (Swing)

Add the Level 1 'Driver’ sticker to the Level 1 tracker sheet

## MrSwing Challenge Fairway Woods

## Complete this Level 1 Challenge by:

- Hitting 2 shots in the air using a Fairway Wood

You have 5 attempts and do not need to hit the ball a certain distance or direction. This challenge can be attempted off a tee.

## 2/5

## What to do after you complete this challenge:

Using a red pencil, colour in the first level of the 'Fairway Woods' section on your Progress Wheel (Swing)

Add the Level 1 'Fairway Woods' sticker to the Level 1
tracker sheet

## Mr Swing Challenge Irons

## Complete this Level 1 Challenge by:

- Hitting 3 shots in the air with an Iron

You have 5 attempts and do not need to hit the ball a certain distance or direction. This challenge can be attempted off a tee.


What to do after you complete this challenge:
Using a red pencil, colour in the first level of the 'Irons' section on your Progress Wheel (Swing)

Add the Level 1 'Irons' sticker to the Level 1
tracker sheet

## MOOn the Green Challenge Short Putts

## Complete this Level 1 Challenge by:

- Putting 1 ball into the hole from 3 feet

You have 5 attempts. An example of this challenge is shown below:


## What to do after you complete this challenge:

Using a red pencil, colour in the first level of the 'Short Putts' section on your Progress Wheel (On the Green)

Add the Level 1 'Short Putts' sticker to the Level 1 tracker sheet

# MOn the Green Challenge Long Putts 

## Complete this Level 1 Challenge by:

- Putting 1 ball to within a 6-foot circle from 10 feet

You have 5 attempts. An example of this challenge is shown below:


What to do after you complete this challenge:
Using a red pencil, colour in the first level of the 'Long Putts' section on your Progress Wheel (On the Green)

Add the Level 1 'Long Putts' sticker to the Level 1 tracker sheet

## MOOn the Green Challenge Scoring

## Complete this Level 1 Challenge by:

- Scoring a total of 12 or less over 3 holes

Start 10 feet away on each hole.


What to do after you complete this challenge:
Using a red pencil, colour in the first level of the 'Scoring' section on your Progress Wheel (On the Green)

Add the Level 1 'Scoring' sticker to the Level 1
tracker sheet

## M Around the Green Challenge Chipping

## Complete this Level 1 Challenge by:

- Chipping 3 balls on the green from a starting distance of 10 yards from the flag

You have 5 attempts. An example of this challenge is shown below:


## What to do after you complete this challenge:

Using a red pencil, colour in the first level of the 'Chipping' section on your Progress Wheel (Around the Green)

Add the Level 1 'Chipping' sticker to the Level 1 tracker sheet

## M Around the Green Challenge Pitching

## Complete this Level 1 Challenge by:

- Pitching 1 ball on the green from a starting distance of 20 yards from the flag

You have 5 attempts and the ball does not need to land on the green.


## What to do after you complete this challenge:

Using a red pencil, colour in the first level of the 'Pitching' section on your Progress Wheel (Around the Green)

Add the Level 1 'Pitching' sticker to the Level 1
tracker sheet

## M Around the Green Challenge Bunker Play

Complete this Level 1 Challenge by:

- Making contact with the ball twice

You have 5 attempts and the ball does not need to leave the bunker.

## 2/5

What to do after you complete this challenge: Using a red pencil, colour in the first level of the 'Bunker Play' section on your Progress Wheel (Around the Green)

Add the Level 1 'Bunker Play' sticker to the Level 1 tracker sheet

## MOn the Course Challenge On the Course

## Attendance

Complete this Level 1 Challenge by
 attending one 'Course Play' event

## What to do after you complete this challenge:

Using a red pencil, colour in the first level of the 'Attendance' section of your Progress Wheel (On the Course)

Add the Level 1 'Attendance' sticker to the Level 1 tracker sheet

## Holes

Complete this Level 1 Challenge by completing
 1 hole from any starting tee during a 'Course Play' event

## What to do after you complete this challenge:

Using a red pencil, colour in the first level of the 'Holes' section of your Progress Wheel (On the Course)

Add the Level 1 'Holes' sticker to the Level 1 tracker sheet

## Score

Complete this Level 1 Challenge by scoring 27 or fewer over 3 holes from any starting tee during a 'Course Play’ event

## What to do after you complete this challenge:



Using a red pencil, colour in the first level of the 'Score' section of your Progress Wheel (On the Course)

Add the Level 1 'Score' sticker to the Level 1

## MNChallenges

## Level?

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## M Swing Challenge Driver

## Complete this Level 2 Challenge by:

- Hitting 2 shots in the air with the Driver. The ball must carry a minimum of 40 yards

You have 5 attempts with no direction requirement.


What to do after you complete this challenge:
Using an orange pencil, colour in the second level of the 'Driver' section on your Progress Wheel (Swing)

Add the Level 2 'Driver' sticker to the Level 2 tracker sheet

# MPSwing Challenge Fairway Woods 

## Complete this Level 2 Challenge by:

- Hitting 2 shots in the air using a Fairway Wood. The ball must carry a minimum of 30 yards

You have 5 attempts with no direction requirement. This challenge can be attempted off a tee


What to do after you complete this challenge:
Using an orange pencil, colour in the second level of the 'Fairway Woods' section on your Progress Wheel (Swing)

Add the Level 2 'Fairway Woods’ sticker to the Level 2 tracker sheet

## M Swing Challenge Irons

## Complete this Level 2 Challenge by:

- Hitting 3 shots in the air with an Iron. The ball must carry a minimum of 20 yards

You have 5 attempts with no direction requirement. This challenge can be attempted off a tee


## MOn the Green Challenge Short Putts

## Complete this Level 2 Challenge by:

- Putting 3 balls into the hole from 3 feet

You have 5 attempts. An example of this challenge is shown below:


## $3 / 5$

3 Feet

What to do after you complete this challenge:
Using an orange pencil, colour in the second level of the 'Short Putts' section on your Progress Wheel (On the Green)

Add the Level 2 'Short Putts’ sticker to the Level 2 tracker sheet

# MOOn the Green Challenge Long Putts 

## Complete this Level 2 Challenge by:

- Putting 3 balls to within a 6-foot circle from 10 feet

You have 5 attempts. An example of this challenge is shown below:


6 Feet

## What to do after you complete this challenge:

Using an orange pencil, colour in the second level of the 'Long Putts' section on your Progress Wheel (On the Green)

Add the Level 2 'Long Putts’ sticker to the Level 2 tracker sheet

# MOOn the Green Challenge 

## Scoring

## Complete this Level 2 Challenge by:

- Scoring a total of 21 or less over 6 holes

Start 10 feet away from each hole. In this example, complete holes 1,4 and 7 twice.


What to do after you complete this challenge:
Using an orange pencil, colour in the second level of the 'Scoring' section on your Progress Wheel (On the Green)

Add the Level 2 'Scoring' sticker to the Level 2 tracker sheet

# M Around the Green Challenge Chipping 

## Complete this Level 2 Challenge by:

- Chipping 2 balls within a 10 -foot circle from a starting distance of 10 yards from the flag

You have 5 attempts. An example of this challenge is shown below:


Edge of
the


10 Feet

What to do after you complete this challenge:
Using an orange pencil, colour in the second level of the 'Chipping' section on your Progress Wheel (Around the Green)


Add the Level 2 'Chipping' sticker to the Level 2 tracker sheet

## Pitching

## Complete this Level 2 Challenge by:

- Pitching 3 balls on the green from a starting distance of 20 yards from the flag

You have 5 attempts and the ball does not need to land on the green. An example of the challenge is shown below:


## What to do after you complete this challenge:

Using an orange pencil, colour in the second level of the 'Pitching' section on your Progress Wheel (Around the Green)

Add the Level 2 'Pitching' sticker to the Level 2
tracker sheet

# M Around the Green Challenge Bunker Play 

## Complete this Level 2 Challenge by:

- Hitting 1 ball out of the bunker

You have 5 attempts and you must make contact with the ball on all attempts. An example of this challenge is shown below:


## What to do after you complete this challenge:

Using an orange pencil, colour in the second level of the 'Bunker Play' section on your Progress Wheel (Around the Green)

Add the Level 2 'Bunker Play' sticker to the Level 2 tracker sheet

# MrOn the Course Challenge 

 On the Course
## Attendance

Complete this Level 2 Challenge by attending two 'Course Play' events


## What to do after you complete this challenge:

Using an orange pencil, colour in the second level of the 'Attendance' section of your Progress Wheel (On the Course)

Add the Level 2 'Attendance' sticker to the
Level 2 tracker sheet

## Holes

Complete this Level 2 Challenge by completing 3 holes from any starting tee during a 'Course Play' event

## What to do after you complete this challenge:

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Using an orange pencil, colour in the second level of the 'Holes' section of your Progress Wheel (On the Course)

Add the Level 2 'Holes' sticker to the Level 2 tracker sheet

## Score

Complete this Level 2 Challenge by scoring 24 or fewer over 3 holes from any starting tee during a 'Course Play' event

## What to do after you complete this challenge:



Using an orange pencil, colour in the second level of the 'Score' section of your Progress Wheel (On the Course)

Add the Level 2 'Score' sticker to the Level 2 tracker sheet

MN Challenges

## M Swing Challenge Driver

## Complete this Level 3 Challenge by:

- Hitting 3 shots in the air using the Driver. The ball must carry a minimum of 80 yards

You have 5 attempts with no direction requirement.


What to do after you complete this challenge:
Using a yellow pencil, colour in the third level of the 'Driver' section on your Progress Wheel (Swing)

Add the Level 3 'Driver' sticker to the Level 3 tracker sheet

## Mr Swing Challenge Fairway Woods

## Complete this Level 3 Challenge by:

- Hitting 3 shots in the air using a Fairway Wood. The ball must carry a minimum distance of 60 yards

You have 5 attempts with no direction requirement. This challenge can be attempted off a tee.


What to do after you complete this challenge:
Using a yellow pencil, colour in the third level of the 'Fairway Woods' section on your Progress Wheel (Swing)

Add the Level 3 'Fairway Woods' sticker to the Level 3 tracker sheet

## Mrswing Challenge Irons

## Complete this Level 3 Challenge by:

- Hitting 3 shots where the ball must come to rest within a 10 -yard circle surrounding a flag that is 50 yards away

You have 5 attempts and this challenge can be attempted off a tee.


## What to do after you complete this challenge:

Using a yellow pencil, colour in the third level of the 'Irons' section on your Progress Wheel (Swing)

Add the Level 3 'Irons' sticker to the Level 3 tracker sheet

# MOOn the Green Challenge <br> <br> Short Putts 

 <br> <br> Short Putts}

## Complete this Level 3 Challenge by:

- Putting 3 balls into the hole from 3 feet

Attempt 1 putt from 5 different positions around the hole. An example of this challenge is shown below:


What to do after you complete this challenge:
Using a yellow pencil, colour in the third level of the 'Short Putts' section on your Progress Wheel (On the Green)

Add the Level 3 'Short Putts’ sticker to the Level 3 tracker sheet

## MOOn the Green Challenge Long Putts

## Complete this Level 3 Challenge by:

- Putting 4 balls to within a 6-foot circle from 10 feet
- Putting 2 balls to within a 6-foot circle from 20 feet

You have 5 attempts from each distance. An example of this challenge is shown below:


20 Feet 10 Feet

## $2 / 5$ <br> $4 / 5$

## What to do after you complete this challenge:

Using a yellow pencil, colour in the third level of the 'Long Putts' section on your Progress Wheel (On the Green)

Add the Level 3 'Long Putts' sticker to the Level 3 tracker sheet

## MOn the Green Challenge

## Scoring

## Complete this Level 3 Challenge by:

- Scoring a total of 18 or less over 6 holes

Start 10 feet away on 3 holes and 20 feet away on the other 3 holes. An example of this challenge is shown below:


What to do after you complete this challenge:
Using a yellow pencil, colour in the third level of the 'Scoring' section on your Progress Wheel (On the Green)

Add the Level 3 'Scoring' sticker to the Level 3 tracker sheet

## M Around the Green Challenge Chipping

## Complete this Level 3 Challenge by:

- Chipping 3 balls within a 10 -foot circle from a starting distance of 10 yards from the flag
- Chipping 1 ball within a 10 -foot circle from a starting distance of 15 yards from the flag

You have 5 attempts from each starting position. An example of the challenge is shown below:


## What to do after you complete this challenge:

Using a yellow pencil, colour in the third level of the 'Chipping' section on your Progress Wheel (Around the Green)

Add the Level 3 'Chipping' sticker to the Level 3 tracker sheet

## M Around the Green Challenge Pitching

## Complete this Level 3 Challenge by:

- Pitching 1 ball within a 10-yard circle from a starting distance of 20 yards from the flag

You have 5 attempts and all attempts must finish on the green, but the ball does not need to land on the green. An example of the challenge is shown below:


## What to do after you complete this challenge:

Using a yellow pencil, colour in the third level of the 'Pitching' section on your Progress Wheel (Around the Green)

Add the Level 3 'Pitching' sticker to the Level 3
tracker sheet

# M Around the Green Challenge Bunker Play 

## Complete this Level 3 Challenge by:

- Hitting 3 balls on the green 3 times

You have 5 attempts and all attempts must finish out of the bunker. An example of this challenge is shown below:


## What to do after you complete this challenge:

Using a yellow pencil, colour in the third level of the 'Bunker Play' section on your Progress Wheel (Around the Green)

Add the Level 3 'Bunker Play’ sticker to the Level 3 tracker sheet

## MO On the Course Challenge

 On the Course
## Attendance

Complete this Level 3 Challenge by attending five 'Course Play' events


## What to do after you complete this challenge:

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$V$
Using a yellow pencil, colour in the third level of the 'Attendance' section of your Progress Wheel (On the Course)

Add the Level 3 'Attendance' sticker to the Level 3 tracker sheet

## Holes

Complete this Level 3 Challenge by completing 3 holes from Tee 2 (40\%), Tee 3 (60\%), Tee 4 (80\%) or Tee 5
 (Academy tee) during a 'Course Play' event

## What to do after you complete this challenge:

Using a yellow pencil, colour in the third level of the 'Holes' section of your Progress Wheel (On the Course)

$V$Add the Level 3 'Holes' sticker to the Level 3 tracker sheet

## Score

Complete this Level 3 Challenge by scoring 21 or fewer over 3 holes from Tee 2 (40\%), Tee 3 ( $60 \%$ ), Tee 4 ( $80 \%$ ) or Tee 5 (Academy Tee) during a 'Course Play’ event

## What to do after you complete this challenge:

Using a yellow pencil, colour in the third level of the 'Score' section of your Progress Wheel (On the Course)

Add the Level 3 'Score' sticker to the Level 3
tracker sheet

## MM Challenges

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## MSwing Challenge Driver

## Complete this Level 4 Challenge by:

- Hitting 3 shots 120 yards with the Driver. The ball needs to come to rest through the 25 -yard-wide gate

You have 5 attempts. An example of this challenge is shown below:


## What to do after you complete this challenge:

Using a green pencil, colour in the fourth level of the 'Driver' section on your Progress Wheel (Swing)

Add the Level 4 'Driver' sticker to the Level 4 tracker sheet

## Mr Swing Challenge Fairway Woods

## Complete this Level 4 Challenge by:

- Hitting 2 shots 90 yards with a Fairway Wood. The ball needs to come to rest through the 15-yard-wide gate

You have 5 attempts and this challenge must be attempted with the ball on the ground. An example of this is shown below:


What to do after you complete this challenge:
Using a green pencil, colour in the fourth level of the 'Fairway Woods' section on your Progress Wheel (Swing)

Add the Level 4 'Fairway Woods' sticker to the Level 4 tracker sheet

## Mrswing Challenge Irons

## Complete this Level 4 Challenge by:

- Hitting 3 shots with the ball coming to rest within a 15yard circle surrounding a flag that is 70 yards away

You have 5 attempts and this challenge must be completedwith the ball on the ground. An example of this challenge is shown below:


## What to do after you complete this challenge:

Using a green pencil, colour in the fourth level of the 'Irons' section on your Progress Wheel (Swing)

Add the Level 4 'Irons' sticker to the Level 4 tracker sheet

# MOOn the Green Challenge <br> <br> Short Putts 

 <br> <br> Short Putts}

## Complete this Level 4 Challenge by:

- Putting 4 balls into the hole from 3 feet
- Putting 1 ball into the hole from 6 feet

Attempt 1 putt from 5 different positions around the hole from each distance. An example of this challenge is shown below:


## What to do after you complete this challenge:

Using a green pencil, colour in the fourth level of the 'Short Putts' section on your Progress Wheel (On the Green)

Add the Level 4 'Short Putts' sticker to the Level 4 tracker sheet

## M On the Green Challenge Long Putts

## Complete this Level 4 Challenge by:

- Putting 4 balls to within a 6 -foot circle from 10 feet
- Putting 2 balls to within a 6-foot circle from 20 feet

Attempt 1 putt from 5 different positions around the hole from each distance. An example of this challenge is shown below:


## What to do after you complete this challenge:

Using a green pencil, colour in the fourth level of the 'Long Putts' section on your Progress Wheel (On the Green)

Add the Level 4 'Long Putts' sticker to the Level 4 tracker sheet

## M On the Green Challenge

## Scoring

## Complete this Level 4 Challenge by:

- Scoring a total of 24 or less over 9 holes

Start 10 feet away on three holes, 20 feet away on three holes and 30 feet away on the other three holes.


What to do after you complete this challenge:
Using a green pencil, colour in the fourth level of the 'Scoring' section on your Progress Wheel (On the Green)

Add the Level 4 'Scoring' sticker to the Level 4
tracker sheet

## M Around the Green Challenge Chipping

## Complete this Level 4 Challenge by:

- Chipping 4 balls within a 10 -foot circle from a starting distance 10 yards from the flag
- Chipping 2 balls within a 10 -foot circle from a starting distance 5 yards from the flag
- Chipping 1 ball within a 10 -foot circle from a starting distance 20 yards from the flag

You have 5 attempts from each starting postion and all shots must finish on the green.


## What to do after you complete this challenge:

Using a green pencil, colour in the fourth level of the 'Chipping' section on your Progress Wheel (Around the Green)

Add the Level 4 'Chipping' sticker to the Level 4

# 5 Mround the Green Challenge <br> <br> Pitching 

 <br> <br> Pitching}

## Complete this Level 4 Challenge by:

- Pitching 3 balls within a 10-yard circle from a starting distance 20 yards from the flag
- Pitching 1 ball within a 10 -yard circle from a starting distance 30 yards from the flag

You have 5 attempts from each position and all attempts must finish on the green, but do not need to land on the green.


## What to do after you complete this challenge:

Using a green pencil, colour in the fourth level of the 'Pitching' section on your Progress Wheel (Around the Green)

Add the Level 4 'Pitching' sticker to the Level 4 tracker sheet

# M Around the Green Challenge Bunker Play 

## Complete this Level 4 Challenge by:

- Hitting 2 balls within a 10-yard circle

You have 5 attempts and all attempts must finish out of the bunker. An example of this challenge is shown below:


## What to do after you complete this challenge:

Using a green pencil, colour in the fourth level of the 'Bunker Play' section on your Progress Wheel (Around the Green)

> Add the Level 4 'Bunker Play' sticker to the Level 4 tracker sheet

## MOn the Course Challenge

## On the Course

## Attendance

Complete this Level 4 Challenge by attending
 seven 'Course Play' Events

## What to do after you complete this challenge:

Using a green pencil, colour in the fourth level of the 'Attendance' section of your Progress Wheel (On the Course)

Add the Level 4 'Attendance' sticker to the Level 4 tracker sheet

## Holes



Complete this Level 4 Challenge by completing 6 holes on the course from Tee 3 (60\%), Tee 4 ( $80 \%$ ) or Tee 5 (Academy tee)

## What to do after you complete this challenge:

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Using a green pencil, colour in the fourth level of the 'Holes' section of your Progress Wheel (On the Course)

Add the Level 4 'Holes' sticker to the Level 4 tracker sheet

## Score

Complete this Level 4 Challenge by scoring 36 or fewer over 6 holes from Tee 3 (60\%), Tee 4 (80\%) or Tee 5 (Academy Tee)

## What to do after you complete this challenge:

Using a green pencil, colour in the fourth level of the 'Score' section of your Progress Wheel (On the Course)

Add the Level 4 'Score' sticker to the Level 4 tracker sheet

## M Challenges Level 5



## Mr Swing Challenge Driver

## Complete this Level 5 Challenge by:

- Hitting 4 shots 160 yards with the Driver. The ball needs to come to rest through the 35 -yard-wide gate

You have 5 attempts. An example of this challenge is shown below:


## What to do after you complete this challenge:

Using a blue pencil, colour in the fifth level of the 'Driver' section on your Progress Wheel (Swing)

Add the Level 5 'Driver’ sticker to the Level 5 tracker sheet

# Mr Swing Challenge Fairway Woods 

## Complete this Level 5 Challenge by:

- Hitting 3 shots 120 yards with a Fairway Wood. The ball needs to come to rest through the 25 -yard-wide gate

You have 5 attempts and this challenge must be attempted with the ball on the ground. An example of this challenge is shown below:


25 yards
3/5


What to do after you complete this challenge:
Using a blue pencil, colour in the fifth level of the 'Fairway Woods' section on your Progress Wheel (Swing)

Add the Level 5 'Fairway Woods' sticker to the Level 5 tracker sheet

## Mrswing Challenge Irons

## Complete this Level 5 Challenge by:

- Hitting 4 shots where the ball must come to rest within a 20yard circle surrounding a flag that is 100 yards away

You have 5 attempts and this challenge must be completed with the ball on the ground. An example of this challenge is shown below:


## What to do after you complete this challenge:



Using a blue pencil, colour in the fifth level of the 'Irons' section on your Progress Wheel (Swing)

Add the Level 5 'Irons' sticker to the Level 5 tracker sheet <br> \title{
MOOn the Green Challenge <br> \title{
MOOn the Green Challenge <br> <br> Short Putts
} <br> <br> Short Putts
}

## Complete this Level 5 Challenge by:

- Putting 5 balls into the hole from 3 feet
- Putting 4 balls into the hole from 4 feet
- Putting 3 balls into the hole from 5 feet
- Putting 2 balls into the hole from 6 feet

Attempt 1 putt from 5 different positions around the hole from each distance. An example of this challenge is shown below:


## What to do after you complete this challenge:

Using a blue pencil, colour in the fifth level of the 'Short Putts' section on your Progress Wheel (On the Green)

Add the Level 5 'Short Putts’ sticker to the Level 5 tracker sheet

## MOOn the Green Challenge Long Putts

## Complete this Level 5 Challenge by:

- Putting 5 balls to within a 6 -foot circle from 10 feet
- Putting 2 balls to within a 6-foot circle from 20 feet
- Putting 1 ball to within a 6-foot circle from 30 feet

Attempt 1 putt from 5 different positions around the hole from each distance. An example of this challenge is shown below:


## What to do after you complete this challenge:

Using a blue pencil, colour in the fifth level of the 'Long Putts' section on your Progress Wheel (On the Green)

Add the Level 5 'Long Putts' sticker to the Level 5 tracker sheet

## M On the Green Challenge

## Scoring

## Complete this Level 5 Challenge by:

- Scoring a total of 21 or less over 9 holes

Start 10 feet away on three holes, 20 feet away on three holes and 30 feet away on the other three holes.

An example of this challenge is shown below:


## What to do after you complete this challenge:

Using a blue pencil, colour in the fifth level of the 'Scoring' section on your Progress Wheel (On the Green)

Add the Level 5 'Scoring' sticker to the Level 5 tracker sheet

## M Around the Green Challenge Chipping

## Complete this Level 5 Challenge by:

- Chipping 5 balls within a 10 -foot circle from a starting distance 10 yards from the flag
- Chipping 4 balls within a 10 -foot circle from a starting distance 5 yards from the flag
- Chipping 3 ball within a 10 -foot circle from a starting distance 20 yards from the flag

You have 5 attempts from each starting postion and all shots must finish on the green.


## What to do after you complete this challenge:

Using a blue pencil, colour in the fifth level of the 'Chipping' section on your Progress Wheel (Around the Green)

Add the Level 5 'Chipping' sticker to the Level 5 tracker sheet <br> \title{
M Around the Green Challenge <br> \title{
M Around the Green Challenge <br> <br> Pitching
} <br> <br> Pitching
}

## Complete this Level 5 Challenge by:

- Pitching 4 balls within a 10-yard circle from a starting distance 20 yards from the flag
- Pitching 2 balls within a 10-yard circle from a starting distance 30 yards from the flag
- Pitching 1 ball within a 10-yard circle from a starting distance 40 yards from the flag

You have 5 attempts from each position and all attempts must finish on the green, but do not need to land on the green.


## M Around the Green Challenge Bunker Play

## Complete this Level 5 Challenge by:

- Hitting 3 balls within a 10-yard circle

You have 5 attempts and all attempts must finish out of the bunker. An example of this challenge is shown below:


## What to do after you complete this challenge:

Using a blue pencil, colour in the fifth level of the 'Bunker Play' section on your Progress Wheel (Around the Green)

Add the Level 5 'Bunker Play' sticker to the Level 5 tracker sheet

## MM On the Course Challenge

## On the Course

## Attendance

Complete this Level 5 Challenge by attending nine 'Course Play' Events


## What to do after you complete this challenge:

$v$
Using a blue pencil, colour in the fifth level of the 'Attendance' section of your Progress Wheel (On the Course)

Add the Level 5 'Attendance' sticker to the Level 5
tracker sheet

## Holes

Complete this Level 5 Challenge by completing 9 holes on the course from either Tee 4 ( $80 \%$ ) or Tee 5 (Academy Tee)

## What to do after you complete this challenge:

Using a blue pencil, colour in the fifth level of the 'Holes' section of your Progress Wheel (On the Course)

Add the Level 5 'Holes' sticker to the Level 5 tracker sheet

## Score

Complete this Level 5 Challenge by scoring 45 or fewer over 9 holes from either Tee 4 ( $80 \%$ ) or Tee 5 (Academy Tee)

## What to do after you complete this challenge:

Using a blue pencil, colour in the fifth level of the 'Score' section of your Progress Wheel (On the Course)
Add the Level 5 'Score' sticker to the Level 5 tracker sheet

## MN Challenges <br> Level 6

## M Swing Challenge Driver

## Complete this Level 6 Challenge by:

- Hitting 5 shots 200 yards with the Driver. The ball needs to come to rest through the 45-yard-wide gate

You have 5 attempts. An example of this challenge is shown below:


What to do after you complete this challenge:
Using a black pencil, colour in the sixth level of the 'Driver' section on your Progress Wheel (Swing)

Add the Level 6 'Driver' sticker to the Level 6 tracker sheet

## Mr Swing Challenge Fairway Woods

## Complete this Level 6 Challenge by:

- Hitting 4 shots 160 yards with a Fairway Wood. The ball needs to come to rest through the 35 -yard-wide gate

You have 5 attempts and this challenge must be completed off the ground. An example of this challenge is shown below:


What to do after you complete this challenge:
Using a black pencil, colour in the sixth level of the 'Fairway Woods' section on your Progress Wheel (Swing)
Add the Level 6 'Fairway Woods' sticker to the Level 6 tracker sheet

## M Swing Challenge Irons

## Complete this Level 6 Challenge by:

- Hitting 5 shots where the ball must come to rest within a 25yard circle surrounding a flag that is 120 yards away

You have 5 attempts and this challenge must be completed with the ball on the ground. An example of this challenge is shown below:


## What to do after you complete this challenge:

Using a black pencil, colour in the sixth level of the 'Irons' section on your Progress Wheel (Swing)

Add the Level 6 'Irons' sticker to the Level 6 tracker sheet

## Mr On the Green Challenge

## Short Putts

## Complete this Level 6 Challenge by:

- Putting 8 balls into the hole from 3 feet
- Putting 7 balls into the hole from 4 feet
- Putting 6 balls into the hole from 5 feet
- Putting 5 balls into the hole from 6 feet

Attempt 2 putts from 5 different positions around the hole from each distance.


5
Feet
6
Feet

## What to do after you complete this challenge:

Using a black pencil, colour in the sixth level of the 'Short Putts' section on your Progress Wheel (On the Green)

Add the Level 6 'Short Putts' sticker to the Level 6 tracker sheet

## MMOn the Green Challenge Long Putts

## Complete this Level 6 Challenge by:

- Putting 8 balls to within a 6-foot circle from 10 feet
- Putting 5 balls to within a 6-foot circle from 20 feet
- Putting 3 balls to within a 6 -foot circle from 30 feet

Attempt 2 putts from 5 different positions around the hole from each distance.


## What to do after you complete this challenge:

Using a black pencil, colour in the sixth level of the 'Long Putts' section on your Progress Wheel (On the Green)

Add the Level 6 'Long Putts' sticker to the Level 6 tracker sheet

## Mron the Green Challenge Scoring

## Complete this Level 6 Challenge by:

- Scoring a total of 18 or less over 9 holes

Start 10 feet away on three holes, 20 feet away on three holes and 30 feet away on the other three holes.

An example of this challenge is shown below:


What to do after you complete this challenge:
Using a black pencil, colour in the sixth level of the 'Scoring' section on your Progress Wheel (On the Green)

Add the Level 6 'Scoring' sticker to the Level 6 tracker sheet

## M Around the Green Challenge Chipping

## Complete this Level 6 Challenge by:

- Chipping 3 balls within a 6-foot circle from a starting distance 10 yards from the flag
- Chipping 2 balls within a 6-foot circle from a starting distance 5 yards from the flag
- Chipping 1 ball within a 6 -foot circle from a starting distance 20 yards from the flag

You have 5 attempts from each starting postion and all shots must finish on the green.


## What to do after you complete this challenge:

Using a black pencil, colour in the sixth level of the 'Chipping' section on your Progress Wheel (Around the Green)

Add the Level 6 'Chipping' sticker to the Level 6 tracker sheet

## MYAround the Green Challenge Pitching

## Complete this Level 6 Challenge by:

- Pitching 4 balls within a 6-yard circle from a starting distance 20 yards from the flag
- Pitching 3 balls within a 6 -yard circle from a starting distance 30 yards from the flag
- Pitching 2 balls within a 6-yard circle from a starting distance 40 yards from the flag

You have 5 attempts from each position and all attempts must land and finish on the green


Using a black pencil, colour in the sixth level of the 'Pitching' section on your Progress Wheel (Around the Green)

Add the Level 6 'Pitching' sticker to the Level 6 tracker sheet

## MY Around the Green Challenge Bunker Play

## Complete this Level 6 Challenge by:

- Hitting 2 balls within a 6-yard circle

You have 5 attempts and all attempts must finish within a 10 yard diameter circle. An example of this challenge is shown below:


What to do after you complete this challenge:
Using a black pencil, colour in the sixth level of the 'Bunker Play' section on your Progress Wheel (Around the Green)

Add the Level 6 'Bunker Play' sticker to the Level 6 tracker sheet

## MOn the Course Challenge

 On the Course
## Attendance

Complete this Level 6 Challenge by attending 12 'Course Play’ Events


## What to do after you complete this challenge:

$\checkmark$Using a black pencil, colour in the sixth level of the 'Attendance' section of your Progress Wheel (On the Course)

$\checkmark$Add the Level 6 'Attendance' sticker to the Level 6 tracker sheet

## Holes

Complete this Level 6 Challenge by completing 9 holes on the course from Tee 5 (Academy Tee)


## What to do after you complete this challenge:

Using a black pencil, colour in the sixth level of the 'Holes' section of your Progress Wheel (On the Course)

Add the Level 6 'Holes' sticker to the Level 6 tracker sheet

## Score

Complete this Level 6 Challenge by scoring 40 or fewer over 9 holes from Tee 5 (Academy Tee)

## What to do after you complete this challenge:

Using a black pencil, colour in the sixth level of the 'Score' section of your Progress Wheel (On the Course)

Add the Level 6 'Score' sticker to the Level 6 tracker sheet

## M Achievements Complete



YOU PASSED ALL 6 LEVELS

## MN Achievement <br> Achievement Trackers

## M Achievements Tracker

Record your success in class by adding an Achievement Sticker below when awarded by your coach!

I received this Achievement Sticker for...
$\qquad$

I received this Achievement Sticker for...
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I received this Achievement Sticker for...
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I received this Achievement Sticker for...


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$\qquad$

I received this Achievement Sticker for...


## MP Play <br> On the Course Bonus Challenges



## MP Play

## Starting Tee Guide

Use the table below to choose the starting tee to play from during Course Play events or when playing at the course. The starting tee is based on the distance you can hit your Driver, Fairway Wood or Mid-Iron.
$\left.\begin{array}{|l|l|l|l|}\hline \begin{array}{l}\text { Driver } \\ \text { Total } \\ \text { Distance } \\ \text { (ya r d s) }\end{array} & \begin{array}{l}\text { Fairway } \\ \text { Wood Total } \\ \text { Distance } \\ \text { (ya r d s) }\end{array} & \begin{array}{l}\text { Mid Iron } \\ \text { Total } \\ \text { Distance } \\ \text { (ya r d s) }\end{array} & \begin{array}{l}\text { Which } \\ \text { starting tee } \\ \text { should you } \\ \text { play from? }\end{array}\end{array} \begin{array}{l}\text { How many } \\ \text { holes should } \\ \text { you play? }\end{array}\right]$

# My Play <br> Adapted Rules Guide 

If you wish, use the adapted rules guide to have a better 'On Course' experience. Your coach will be able to guide you to the adapted rules that will be most suitable for you. These are some adapted rules you can use:

| Rule | Description |
| :--- | :--- |
| 10 Shot Maximum | A maximum of 10 shots should be taken on <br> each hole. When you have played 10 shots, <br> pick up your ball and mark 10 on your <br> scorecard |
| Air Shot Rule | Air shots do not count as a shot towards <br> your score |
| Pick and Place <br> Rule | You can mark the ball, pick it up, clean <br> it and replace the ball within 6 inches <br> anywhere on the golf course excluding <br> within hazards |
| Lost Ball Rule | You can drop the ball next to a hazard <br> or where you believe a ball was lost at a <br> penalty of 1 shot |
| Tee it Up Rule | The ball may be teed up anywhere on the <br> course excluding within hazards |
| 3 Attempt Rule | A maximum of 3 attempts can be made <br> in the bunker. After an unsuccessful 3rd <br> attempt, you are able to pick up your ball <br> and drop it to the side of the bunker no |
| nearer to the hole without penalty |  |$|$| You can ground the club in a bunker |
| :--- | :--- |
| as long as you are not deliberately |
| attempting to improve your lie |

# MP Play Ace Tee Challenges 

Can you complete the scoring challenges below during practice or Course Play events? Add an Achievement Sticker from your folder when you complete one of these challenges.


Score 27 or under over 3 holes


Score 24 or under over 3 holes

Score 21 or under over 3 holes


Score 18 or under over 3 holes

Score 12 or under over 3 holes

## M Play <br> Albatross Tee Challenges

Can you complete the scoring challenges below during practice or Course Play events? Add an Achievement Sticker from your folder when you complete one of these challenges.


Score 27 or under over 3 holes


Score 24 or under over 3 holes


Score 21 or under over 3 holes


Score 15 or under over 3 holes under over 3 holes

## MPPlay Eagle Tee Challenges

Can you complete the scoring challenges below during practice or Course Play events? Add an Achievement Sticker from your folder when you complete one of these challenges.


Score 54 or under over 6 holes

Score 42 or under over 6 holes
 WELL DONE


Score 30 or under over 6 holes


Score 48 or under over 6 holes

Score 36 or under over 6 holes

Score 24 or under over 6 holes

## M Play <br> Birdie Tee Challenges

Can you complete the scoring challenges below during practice or Course Play events? Add an Achievement Sticker from your folder when you complete one of these challenges.


Score 48 or under over 6 holes


Score 36 or under over 6 holes


Score 30 or under over 6 holes


Score 24 or under over 6 holes

# MP Play Tee 5 Challenges 

Can you complete the scoring challenges below during practice or Course Play events? Add an Achievement Sticker from your folder when you complete one of these challenges.


Score 81 or under over 9 holes


WELL DONE
 WELL DONE
 WELL DONE

Score 45 or under over 9 holes


WELLDONE
Score 72 or under over 9 holes

Score 63 or under over 9 holes

$w_{\text {ELL DONE }}$

Score 54 or under over 9 holes

Score 36 or under over 9 holes
MM Play
On the
Course Trackers

# MY Play <br> On the Course Tracker 

Track your On the Course scores by filling in the information below at the end of every 'Course Play' event. Use these to track your progress towards completing your On the Course Challenges.

## Round 1

Date:
Holes:
Round 2

| Date: | Tee |
| :--- | :--- |
| $\underline{\text { Holes: }}$ | Score: |



## Round 3



# MP Play <br> On the Course Tracker 

## Round 5

| Date: | Tee |
| :--- | :--- |
| $\underline{\text { Holes: }}$ | Score: |

## Round 6

| Date: | Tee |
| :--- | :--- |
| $\underline{\text { Holes: }}$ | Score: |

## Round 7

| Date: | Tee |
| :--- | :--- |
| Holes: | Score: |

## Round 8

| Date: | Tee |
| :--- | :--- |
| Holes: | Score: |



# Mr Play On the Course Tracker 

## Round 9

| Date: | Tee |
| :--- | :--- |
| Holes: | Score: |

## JUN゙/OR cour ACADEMY

well dont

## Round 10

| Date: | Tee |
| :--- | :--- |
| Holes: | Score: |



## Round 11

| Date: | Tee |
| :--- | :--- |
| Holes: |  |



## Round 12

| Date: | Tee |
| :--- | :--- |
| $\underline{\text { Holes: }}$ | Score: |




