



# HOLLY RIDGE JUNIOR GOLF 2023

## Welcome to Holly Ridge

Welcome to the 2023 Holly Ridge Junior Golf Program! Our weekly program runs for 6 weeks and covers all facets of the game. Kids learn proper technique while staying engaged using fun games and activities. This program is great for all levels of juniors. Please look through our pamphlet to help answer some common questions we receive, as well as get a better idea of what we do here at Holly Ridge.

Coach Darren



## Schedule

### Session 1

TUESDAYS, APRIL 11TH - MAY 16TH  
WEDNESDAYS, APRIL 12TH - MAY 17TH  
THURSDAYS, APRIL 13TH - MAY 18TH

### Session 2

TUESDAYS, MAY 30TH - JULY 4TH  
WEDNESDAYS, MAY 31ST - JULY 5TH  
THURSDAYS, JUNE 1ST - JULY 6TH

### Session 3

TUESDAYS, JULY 18TH - AUGUST 22ND  
WEDNESDAYS, JULY 19TH - AUGUST 23RD  
THURSDAYS, JULY 20TH - AUGUST 24TH

### Session 4

TUESDAYS, SEPT. 5TH - OCTOBER 10TH  
WEDNESDAYS, SEPT. 6TH - OCTOBER 11TH  
THURSDAYS, SEPT. 7TH - OCTOBER 12TH





"My child has never played golf before, is that okay?"

Absolutely! Our program is designed for all abilities and our focus is fun. The only thing we ask is for students to be respectful of the teachers and other children, a good listener, and bring a positive attitude each week. See additional "Rules" for the program below.

Parents are not permitted to be with the child during class, so please note this when deciding if your child is ready to participate in the program.



#### 10 "Rules" for the Program

- 1.) Treat each other how you would like to be treated.
- 2.) Hands and feet must be kept to ourselves.
- 3.) When coaches or other juniors are talking, we listen politely.
- 4.) Walk on the putting green so we do not cause any damage.
- 5.) We treat Holly Ridge's equipment as if it was our own.
- 6.) Only swing a club when a coach gives you permission to do so.
- 7.) We hold the club in "Safety Position" anytime we are not swinging.
- 8.) We stay in our stations until directed by coaches to move.
- 9.) Please do your best to be on time each day.
- 10.) Please go to the bathroom before class starts.





# "Do we need to bring our own golf clubs to class?"

Golf clubs will be provided for any child who needs to borrow them. If you have your own, you are encouraged to bring them with you.

You wouldn't give your child shoes that they could "grow into" would you? Well, you can't do that with golf clubs either! Starting juniors off the right way in golf includes having the correct equipment.

The company we recommend at Holly Ridge is US Kids Golf. This company offer a wide variety of size and weight options to ensure your child has the correct fit. Not only is the proper size extremely important, but the weight is a big factor as well. Kids using clubs that are too big and/or too heavy, will not be able to swing the club properly.

If you have any questions or would like to purchase, please contact Darren Falk ([dtfalk@pga.com](mailto:dtfalk@pga.com)).

\* Holly Ridge matches prices on ALL clubs with online and retail stores. You will not find a lower price anywhere else!

U/L ULTRALIGHT		TOUR SERIES	
<p>Ultralight clubs are designed with lighter clubheads and more flexible shafts for the beginning golfer with less clubhead speed.</p> <p><b>Beginner to Intermediate</b></p>	<p>PLAYER'S HEIGHT IN SHOES</p>	<p>TOUR SERIES clubs are designed for the intermediate to advanced golfer with more clubhead weight and longer, stiffer shafts.</p> <p><b>Intermediate to Advanced</b></p>	
<p>ULTRA LIGHT 63" APPROX. AGE: 12 SWING SPEED: up to 73 mph</p>	64" 63" 62"	<p>TOUR SERIES 63" APPROX. AGE: 12 SWING SPEED: 74 mph &amp; up</p>	
<p>ULTRA LIGHT 60" APPROX. AGE: 11 SWING SPEED: up to 68 mph</p>	61" 60" 152 cm 59"	<p>TOUR SERIES 60" APPROX. AGE: 11 SWING SPEED: 69 mph &amp; up</p>	
<p>ULTRA LIGHT 57" APPROX. AGE: 10 SWING SPEED: up to 63 mph</p>	58" 57" 145 cm 56"	<p>TOUR SERIES 57" APPROX. AGE: 10 SWING SPEED: 64 mph &amp; up</p>	
<p>ULTRA LIGHT 54" APPROX. AGE: 9 SWING SPEED: up to 58 mph</p>	55" 54" 137 cm 53"	<p>TOUR SERIES 54" APPROX. AGE: 9 SWING SPEED: 59 mph &amp; up</p>	
<p>ULTRA LIGHT 51" APPROX. AGE: 8 SWING SPEED: up to 53 mph</p>	52" 51" 129 cm 50"	<p>TOUR SERIES 51" APPROX. AGE: 8 SWING SPEED: 54 mph &amp; up</p>	
<p>ULTRA LIGHT 48" APPROX. AGE: 7</p>	49" 48" 122 cm 47"	<p>Use player's HEIGHT to determine club size and player's driver SWING SPEED to choose Ultralight or Tour Series.</p>	
<p>ULTRA LIGHT 45" APPROX. AGE: 6</p>	46" 45" 115 cm 44"		
<p>ULTRA LIGHT 42" APPROX. AGE: 5</p>	43" 42" 107 cm 41"		
<p>ULTRA LIGHT 39" APPROX. AGE: 4</p>	40" 39" 100 cm 38"		







"What sessions am I signing up for?"

The weekly program is 1 class per week. If you sign up for the 6-8 age group on Tuesdays from 4:45 - 5:30, your class is 6 consecutive Tuesdays.

"What if I can't make one of the scheduled class dates? May I attend another class that week instead?"



Unfortunately, not. We limit all our class sizes, and it would be unfair to have kids jumping in and out of different sessions.







"Where do we go when we get to Holly Ridge?"

We will meet on the grass to the right of the clubhouse, between the outdoor patio and the Starters Shed. This will be the same place where pick up will be as well. Please try and be prompt each week both for dropoff and pick up. We start class right on time each week. Also, we do multiple classes each day, so coaches are not available to wait with your child if you are late picking them up.



"What do we do if it rains?  
Is there a make up class?"

In the event of inclement weather, we will send out an email and make a post on our Facebook page. If the weather is looking questionable in the morning, we will reach out to everyone. We wait to make a final decision until early afternoon as the forecast on Cape Cod is often changing. Once we make a decision, we will notify everyone via email and our Facebook page. Please do not call the golf shop, we will reach out to you.

We only cancel if we absolutely have to (pouring rain or lightning).

If we miss 1 class due to rain, it will not be rescheduled. If we miss a 2nd time, we will offer a credit for the missed class in the form of a Holly Ridge Gift Card. Gift Cards can be used towards any purchase at Holly Ridge (golf, merchandise, range, instruction, and the restaurant).





# "Do I have to stay on property once I drop off my child?"

You do not need to stay on property. If you do leave, we ask that you be prompt at pick up time as the coaches will be involved with other lessons and are unable to stay with children if their rides are late.

Any parent that wishes to stay and observe class are welcome to do so. We ask that you please keep yourself "hidden" from the students and watch from afar (please see pictures below). When family members are too close, the child becomes distracted during class. You should be "in the stands" and not "on the bench."

With the limited outdoor seating for the restaurant, we ask that you do not sit at any of our tables. These are reserved for Restaurant Patrons only. If you plan to stick around, please bring a chair of your own.

Please inform any family member that might come or our policies.

### Driving Range:

Opposite the driveway, across from the range.  
On the hill by the Holly Ridge entrance sign



### Putting Green:

On the grass between the Restaurant Patio and Starters shed. Please bring a blanket or your own chair. Restaurant chairs and tables are for restaurant patrons only.







# What are the “costumes” I have heard about?

Each week we have a different theme. Students are encouraged, but by no means required to participate. Some kids can get creative. And the coaches may/may not have fun with it as well!

Week 2 - Favorite Sports Team

Week 3 - Mismatch Week

Week 4 - Superhero Week

Week 5 - Pajama Week

Week 6 - Crazy Sock Week







## Is there a community page or website just with Junior Golf Information?

We have a dedicated 'Holly Ridge Junior Golf' Facebook page. It is a private page, so you will need to ask permission to join it. We will post updates, junior golf information and pictures of our classes on here periodically. Feel free to use it to ask questions, post pictures or videos of yourself and use it as a resource in general. We just ask for no solicitations and that you keep all information golf or Holly Ridge related. If you wish for Holly Ridge not to post any pictures of your child, please let Coach Darren know.







# "Can we come to Holly Ridge to play or practice?"

Absolutely! Holly Ridge is a public golf course, so all are welcome. Range tokens can be purchased inside the golf shop. Clubs are available for anyone who needs them. The putting green and chipping area are free of charge.

You can book tee times with the golf shop or online. Adult rates change based on the time of year. Junior golfers are just \$18 all year round. Juniors play golf for Free on weekends with a paying adult.







**"What if my child is interested in playing in tournaments?"**

We are fortunate to have two great junior programs in the area. Both of these programs offer a fun playing environment at several locations in New England and on Cape Cod.



The CCJGA's mission is to promote growth by increasing participation in the sport of golf for kids ages 11-18. While the CCJGA conducts numerous competitive tournaments throughout the summer, the organization is geared towards the beginning/intermediate golfer. Kids are taught golf rules and etiquette. Perhaps the most important and lasting lesson taught by participation in the CCJGA is the development of a sense of sportsmanship, an appreciation of fair and honest competition, and an attitude of courtesy and respect for fellow players, tournament officials, club members and spectators



The New England PGA Junior Tour, founded in 1995, established a goal to help develop younger golfers as well as provide outstanding competitions on a local level. In addition, this program strives to foster sportsmanship and integrity among its members. The growth of the program has been phenomenal, and today our program consists of over 800 junior golfers and a schedule of over 100 junior tournaments per season. The New England PGA Jr Tour is governed by the New England Section of the PGA of America.