



FILEY GOLF CLUB

JUNIOR HANDBOOK

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Filey Golf Club is committed to giving young people, especially those in the local community, the opportunity to develop an interest in the game of golf in a safe, fun environment.

Youngsters are coached in the basics of golf, its rules and etiquette by a PGA professional or his Assistant.

Useful Information

Contact Info:

Filey Golf Club **01723 513293** from this number you can get the following information

- i) Course information i.e. open or closed due to bad weather
- ii) Club secretary Mrs V Gilbank
- iii) Golf Shop - Mr Liam McLachlan, **01723 513134**
- iv) Club House / bar **01723 513293 EXT : 5**

The Welfare Officer & Volunteer Junior Organiser can be contacted through the Secretary, or on **01723 512055**.

Website : www.fileygolfclub.com This is a useful source of Club information.

Junior Notice Board

This is at the end of the ground floor corridor, opposite the men's locker rooms. Details and entry lists for competitions are posted on the notice board so it is important to keep a regular check on these.

Clubhouse

Juniors and their parents are welcome to use the clubhouse and its facilities. Drinks and snacks can be purchased at the bar, but not alcoholic drinks. The clubhouse is well used by adult members, so we ask that while in the clubhouse you are polite, tidily dressed, and well behaved.

Assistant PGA Professional

The PGA Professional, or his assistant, is on hand throughout the week to offer assistance and advice, as well as group or individual coaching. However, please note that the assistant runs the golf shop and you must not treat the shop as a place to hang about. If you wish to look at the clubs or any equipment with a view to buying, then please ask permission

Changing Facilities

The club has both male and female locker rooms, with areas to change, toilets, washing and showering facilities. Neither locker room is supervised and they are open at all times to both members and visitors. We would ask that parents supervise their children in the changing rooms at all times.

Lockers

If you would like to rent a locker to keep your clubs in, you need to see the Secretary whose office is next to the main entrance. The cost is £15 a year and there may be a waiting list, but you may add your name to the list.

Dress code

All sports have a dress code. On the 18 hole course we ask that you are reasonably smart and tidy. Jeans, track suits and trainers are not permitted. On the Academy Course there is no dress code, suitable clothing for the weather and appropriate sport shoes are recommended.

Learning to play golf

Beginner Coaching Sessions

Boys and girls of any age up to 18 are welcome to join our group coaching sessions given by the Assistant.

Lessons are run in courses of 6 weekly one hour sessions, with a maximum of 10 children in a group, whenever possible the groups are divided into appropriate age and ability.

Coaching is based on Golf Foundation Junior Golf Passport. The programme is fun, exciting and open to all & covers all areas of golf from long game through to putting.

Information about the time and dates of the coaching sessions are on the junior notice board.

Any junior wishing to have individual lessons can arrange this with the Club Professional

Junior Club Night - Wednesdays

Any junior who has completed one course of beginner's lessons is welcome to join the Wednesday evening Junior Club Night, which takes place on the practice ground during the summer. (From May-Sept) - please see Junior notice board.

This is an opportunity to practice the skills you have been taught in the lessons, with fun games and activities & an introduction to the golf course.

Individual progress is measured using the Golf Foundation Junior Passport.

Practice and Preparation

Practice is an important part of helping you improve your golfing skills. If you are receiving coaching it is important that you practice between coaching sessions. This is so that the skills that you have learnt during coaching become natural when you are on the golf course.

Ask your coach about specific items and drills that you can work on to help you practice.

Don't forget to practice chipping and putting skills, as more than half your shots on the golf course are played from around the green.

Before you go out to play it is important that you prepare so that you get the most out of your round. A pre-game routine might be :

- Some stretching exercises to loosen your muscles
- Hitting a few balls on the practice ground to establish your swing
- Practising putting on the practice putting green to get used to the speed of the greens.
- Make sure that you get to the tee 10 minutes before you are due to play.

It is also a good idea to check your equipment. Do you have:-

- No more than 14 clubs in your bag
- Pitch mark repairer and ball marker
- Pencil and scorecard
- Enough tees
- Enough golf balls
- Appropriate clothing for the weather
- Sun block
- A drink and snacks
- Waterproofs & umbrella

The Academy Course

Any junior can join the 9 hole Academy Course which has par 3 and par 4 holes, and also the challenge of playing over water. It is the perfect place to develop the skills needed to play on the 18 hole course. As a member of the Academy Course you are able to use all the club facilities, club house, changing rooms, practice ground, and play the Academy course whenever you want to.

Filey Golf Club Junior Membership

If you choose to become a member of Filey Golf Club you will be able to play the 18 hole course at any time, use all the facilities and enter competitions.

We recommend that juniors have reached skill level 4 or 5 in the Junior Golf Passport before they start to play on the 18 hole course.

When you wish to play a round of golf you need to book a Tee-time. The sheets for booking times are either on the notice board outside the ladies changing room, or in the Golf Shop. You can either write your name in yourself, or ring the Golf Shop Assistant (01723 513134) and ask him to put a time down for you. Try to find a time when the course is not too busy, and always remember to keep up with the group in front of you.

You should always be on the tee and ready to play 10 mins before your booked time.

If you are unable to play, please let the assistant know so the time can be used by someone else.

Handicaps

A golf handicap allows players at all levels of ability to compete against each other on a fair and equal basis.

It is a number allotted to a player which denotes their ability when compared against the allocated number of strokes given to each hole (par), which are added together for the whole round. At Filey Golf Club the total number of shots you would take if you played to par would be 70 for men and 73 for ladies.

How to obtain a handicap

Juniors over 14 years of age

To obtain a handicap you must submit 3 score cards from rounds played on the 18 hole course, all signed by a member with a CONGU handicap. Clip the cards together with a note to the Handicap Secretary informing them that this is an application by a junior member for their first handicap, giving their name and age clearly. If you need any help to find someone to mark your card, please speak to the Junior Organiser who will help you.

Juniors 14 years of age and under

A junior of 14 years of age or under will be given a handicap, usually 54.

Players with handicaps between 54 and 29 for boys & 36 for girls will be able to reduce their handicaps by playing in junior competitions. They can also reduce their handicap by submitting cards that have been marked and signed by a person acceptable to the handicap committee, whilst not playing in competitions.

Once a player's handicap has been reduced to 28 for boys and 36 for girls, they will have an official Council of National Golf Unions (CONGU) handicap and they will be able to play in adult Club competitions. When playing in Club competitions juniors must be accompanied by an adult member of Filey Golf Club, who must mark their card. Cards cannot be marked by parents.

Once Junior Members have a CONGU handicap they can enter all adult competitions, but please remember that you still need to support Junior Competitions as this will help you get your handicap lower and help new juniors to develop.

Academy course members

It is possible to get a handicap for the academy course by giving in three cards from play on the course, speak to the club assistant about how this can be achieved .

Junior League Team

Filey Golf Club takes part in the East Riding Union Team Championship each year. A team of three juniors from Filey GC compete against teams from local golf clubs. The matches are on a Monday evening.

Safety

Golf can be a dangerous game. Juniors will be made aware at all times to stand well clear of anybody swinging a golf club and never to stand in front of anyone playing a shot.

We do not recommend playing alone. In the unlikely event of someone being hurt, if two people are playing together, their playing partner can raise the alarm. Junior Members under 12 years of age are not allowed to play on either course on their own. If they have no one to play with a parent, guardian or older sibling may accompany them.

Fore

If, while playing, you hit a ball that is in any danger of hitting another player anywhere on the course, you must shout "FORE," as a warning. You can add left or right as appropriate. If you hear someone shout "FORE", you should cover your head and turn away from the direction of the shout.

Lightning

In the event of thunder and lightning players must mark their ball and then leave the course and find safe shelter immediately. There are wooden shelters on several holes around the course, **Do not shelter under trees.**

Fog and Sea frets.

Fog and sea frets can be very changeable; visibility can change within minutes, and can be different from one hole to another. Common sense is needed, if you can no longer see the people playing in front of you, or see the green as you are playing onto it, play should be discontinued.

Klaxon

When conditions are too dangerous for golf to continue a loud klaxon horn will sound. It can be heard across the course, and when heard, you must mark your ball, and return immediately to the club house.

Etiquette

Etiquette is important in golf. It helps safety and enables all golfers on the course to enjoy their game. Adult members will welcome you playing golf, providing you observe the standards.

If you follow the points below they will help you enjoy your golf:

- Never shout on a golf course, unless it is "FORE"
- Never run on a golf course.
- If someone nearby is playing a shot, be quiet.
- Rake bunkers after you have played from them.
- Replace any divot you take.
- Repair your pitch marks on the green.
- Be as quick as you can, walk quickly between playing shots.
- If you are keeping people behind you waiting, let them through, particularly if you are looking for a lost ball.
- Do not stand in front or close to anyone playing a shot.
- Respect the putting greens, never knock the ball away with your putter in case you damage the green.
- Do not drop litter on the course and be tidy in the club house.

Mobile Phones

Switch off your mobile phone or have it on silent on the course, it is very distracting if it goes off when someone is taking a shot. Only use it in case of emergency. Mobile phones are not allowed in the club house, so if you need to make a call go outside.

Code of conduct for Junior Players at Filey Golf Club.

As a young golfer taking part in a Filey Golf Club activity, you should:-

- Help create and maintain an environment free of fear and harassment.
- Demonstrate fair play and apply golf's standards both on and off the course.
- Understand that you have the right to be treated as an individual.
- Respect the advice that you receive.
- Treat others as you would wish to be treated yourself.
- Respect physical, cultural and racial differences.

- Look out for yourself and for the welfare of others.
- Speak out, to your parents or a Club representative, if you consider that you or others have been poorly treated.
- Be organised and on time.
- Tell someone in authority if you are leaving the venue.
- Accept that these guidelines are in place for the well-being of all concerned.
- Treat organisers and coaches with respect.
- Observe instructions or restrictions requested by the adults looking after you.
- You should not take part in any irresponsible, abusive, inappropriate or illegal behaviour which includes:-
 - a) Smoking.
 - b) Using foul language.
 - c) Publicly using critical or disrespectful descriptions of others either in person or through text, email or social network sites.
 - d) Consuming alcohol, illegal performance-enhancing drugs or stimulants.

Discipline

Hopefully there will never be any need to discipline junior members. However, if a need does arise you may be asked to attend a hearing. You will be informed of a date and your parents will be invited to attend. The person running the disciplinary hearing will hear your side or things and decide whether you have a case to answer. If you are found to be at fault you will receive either a warning, or, in more serious cases, you could be banned from the course for a period of time. In extreme cases your membership may be terminated and you will not be allowed on the course or in the clubhouse again.

Bullying

The Club does not tolerate bullying at all and will take strong action against anyone, junior or senior, who bullies. If you are being bullied, or feel you have been treated badly by any member of the Club please let a member of the Junior Committee know or, if you wish, ask your parents to contact the Club for you.