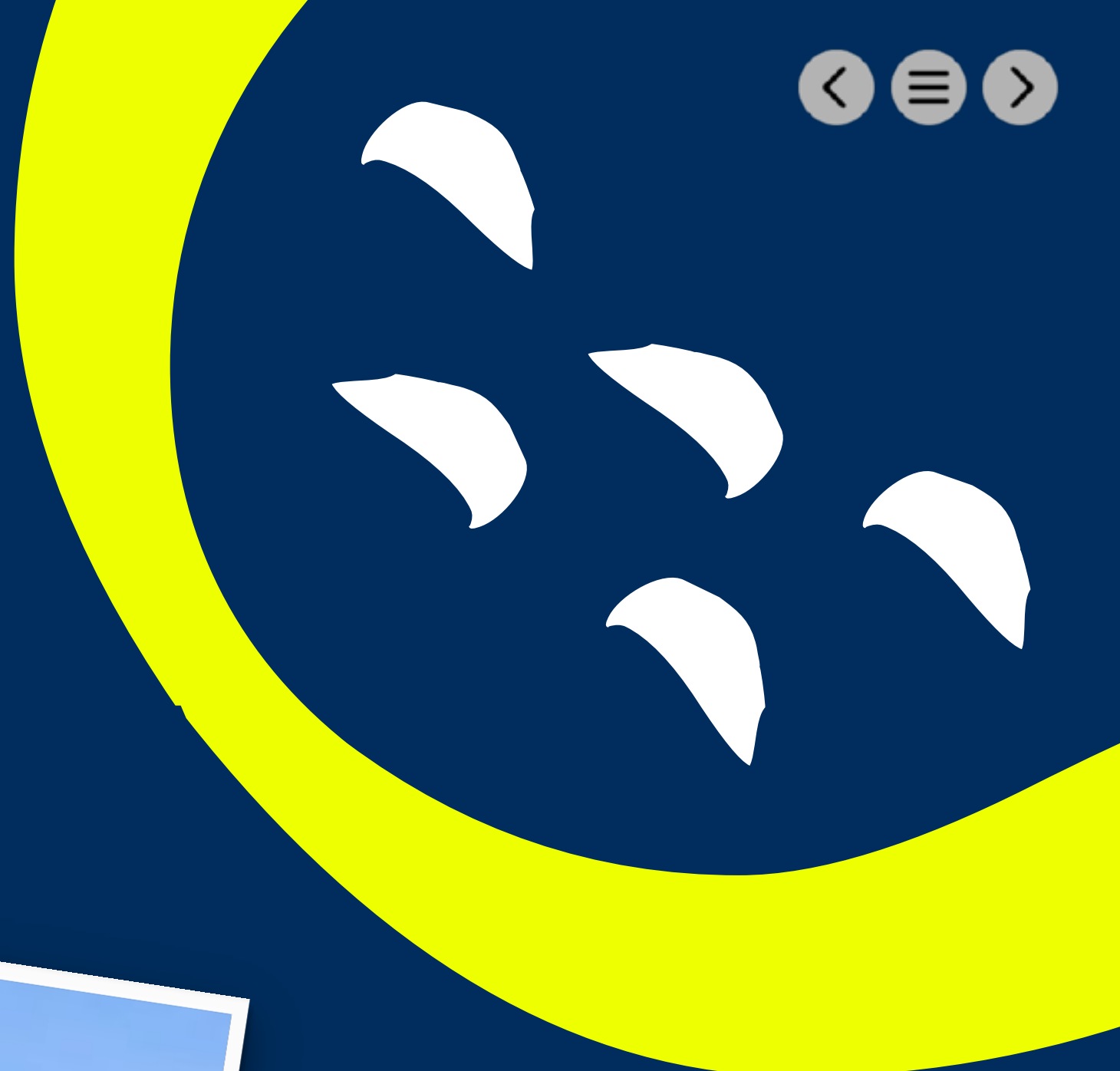


Supporting Your Child on the Course



CRUSH
IT!
JUNIOR GOLF

Welcome

This short guide has been put together to help you to support your child's experience on the golf course outside of organized Crush It program classes and events, as well as understand the experiences they will receive during these events. You have a key role to play in supporting your child's development and we want to provide you with the information you need to ensure their experiences on the course is developmentally appropriate. This guide includes the following:

- 3** Why is an Adapted Golf Course Important?
- 4** The Crush It 5 Stage Teeing System
- 11** Where to Start Your Child?
- 12** Playing Using Adapted Rules
- 13** Playing a Crush It Course
- 14** Playing a Non Crush It Course
- 15** Frequently Asked Questions

Let's Crush It



Why is an Adapted Golf Course Important?

It is vital that your child's experience on the golf course is developmentally appropriate. Your child will have even more fun when they shoot a lower score because they have the ability to reach the green in regulation and their participation on the golf course matches their experience, age and ability. Adapting the golf course to meet their needs will:



Reduce dropout & drive long term retention of your child in the game



Set your child up for success when playing the game



Level the playing field across your child's peer group by not unnecessarily rewarding children who are developmentally more mature and thus demonstrate a technical ability to hit the ball further



Allow your child to get a real sense of playing the game and scoring



Build the confidence of your child



Allow them to experience success and shooting low!



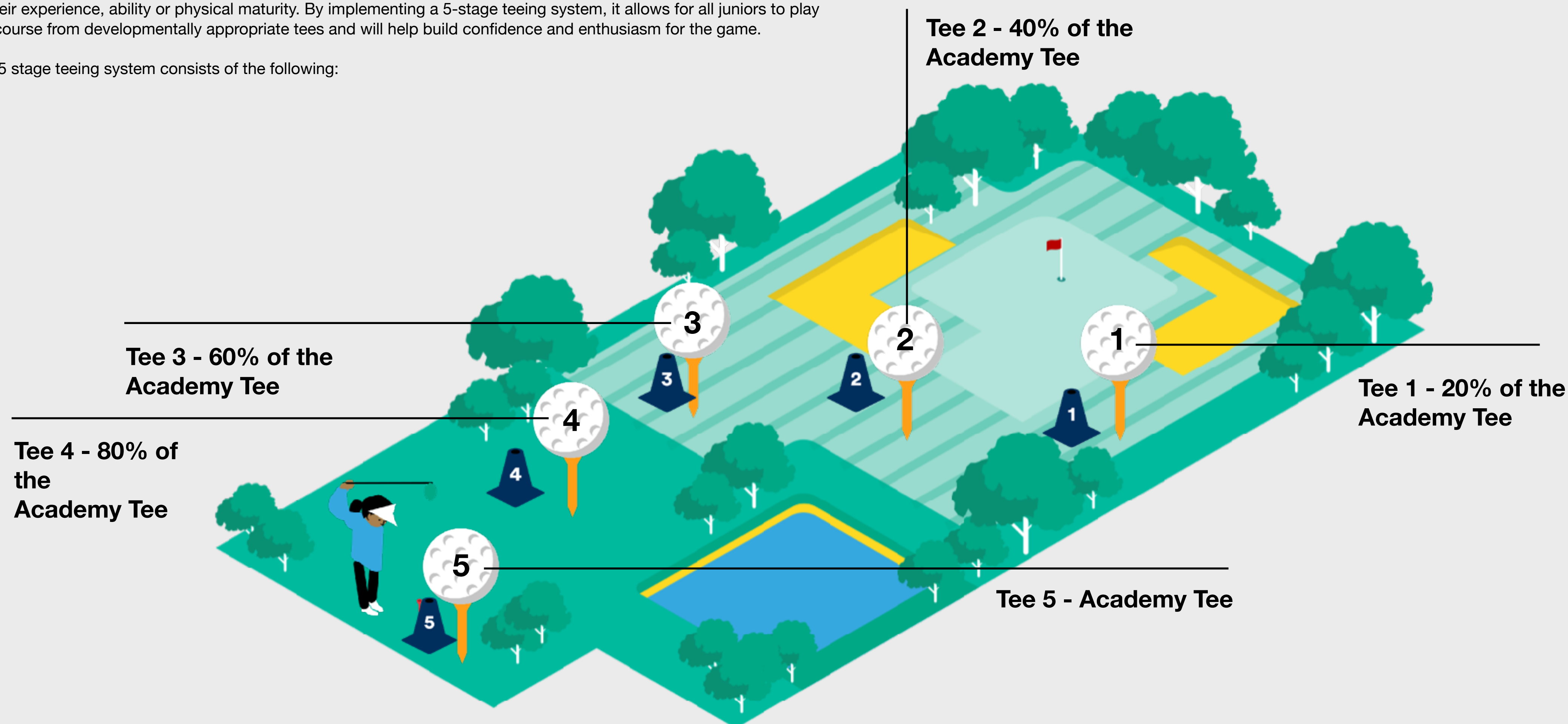
Improve pace of play



Crush It 5 Stage Teeing System

Through the organized Course Play events, we provide developmentally appropriate experiences for your child through our 5 Stage Teeing System. Adapting the golf course in this way, actively promotes inclusivity for all juniors regardless of their experience, ability or physical maturity. By implementing a 5-stage teeing system, it allows for all juniors to play the course from developmentally appropriate tees and will help build confidence and enthusiasm for the game.

The 5 stage teeing system consists of the following:

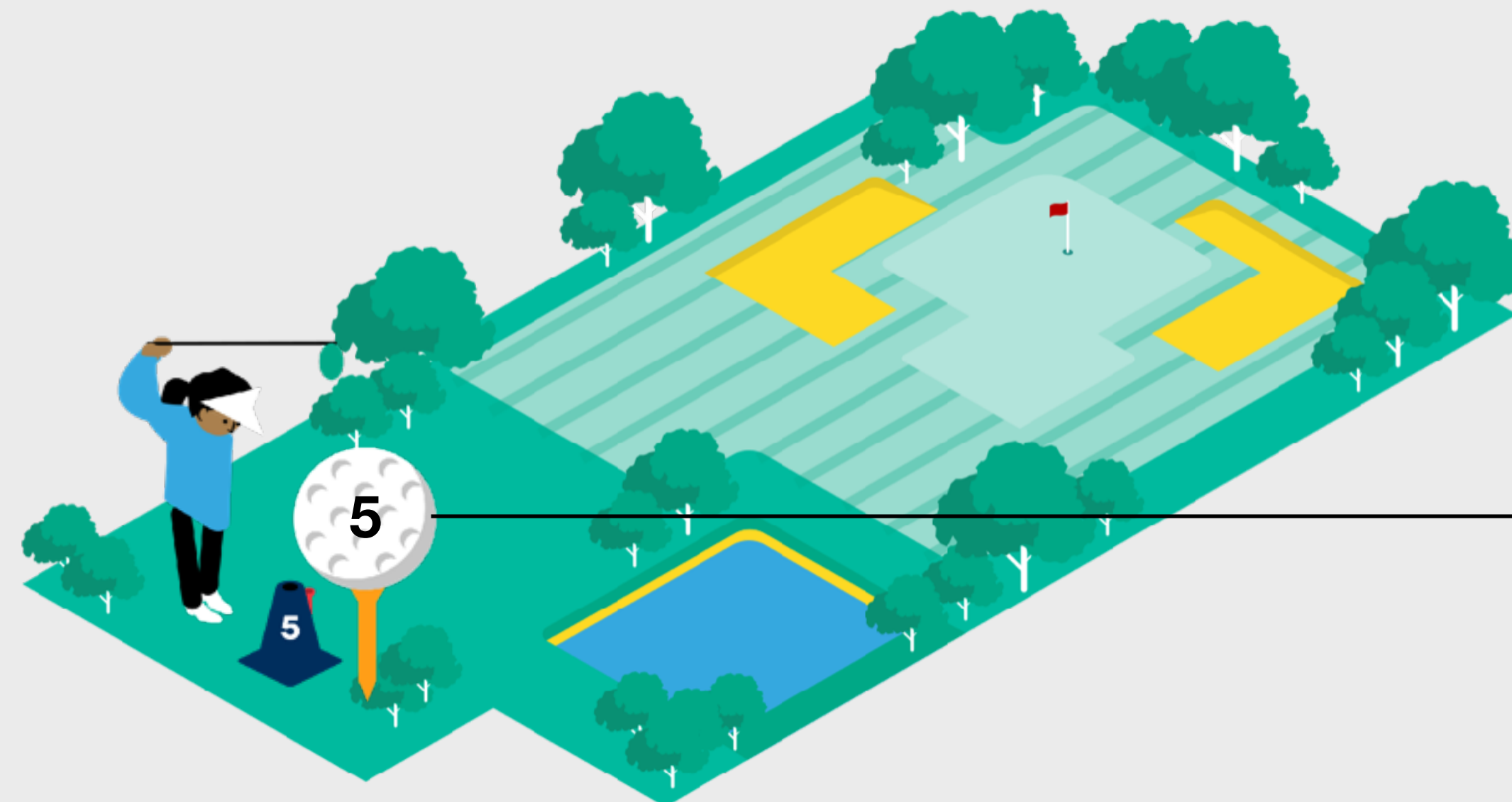


Tee 5 - The Academy Tee

The 5-stage teeing system within organized Course Play events is built backwards from Tee 5 (Academy Tee) on your child's golf course. Tee 5 has been designed based on a child's ability to hit the ball a certain distance across three different Clubs. These are the Driver, a Fairway Wood and a Mid Iron.

To play from the Tee 5, a junior should be able to consistently hit their Driver a total distance of 200 yards. The Fairway Wood total distance of 160 yards is calculated at 80% of the driver distance and the Mid-Iron total distance of 120 Yards is calculated at 60% of the driver distance.

Requirements to play from Tee 5 (Academy Tee)		
Driver Total Distance (yards)	Fairway Wood Total Distance (yards)	Mid Iron Total Distance (yards)
200 + yards	160 + yards	120 + yards



Tee 5 - Academy Tee

Par 3, 4's and Par 5's

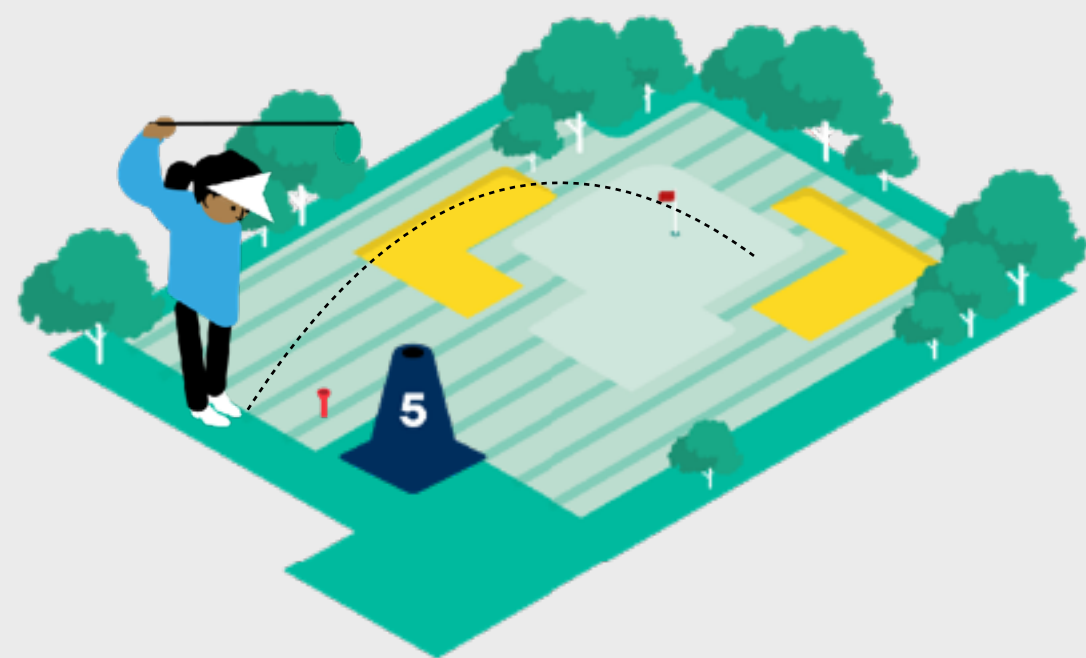
We believe that junior golfers should always have the opportunity to learn to play the course and score like an adult golfer. It is important that children get to experience the nature of the game and scoring in a developmentally appropriate way. Therefore, the golf course your child plays will consist of Par 3's, 4s and 5s regardless of the starting position.

The yardage of each of the pars is set at distances whereby your child can reach the green in regulation from each starting position, just like an adults experience on the course. Using this system allows your child to build their confidence by playing a golf course that is right for their maturity. They will learn the art of scoring, the true nature of the game and also experience the sense of success when playing.

Par 3

On a Par 3, your child should have the opportunity to reach the green in one shot using a maximum of a Fairway Wood.

Maximum of a Fairway Wood



Par 4

On a Par 4, your child should have the opportunity to reach the green in two shots, and the maximum yardage of the hole is recommended to be based on your child using a Driver and Mid-Iron

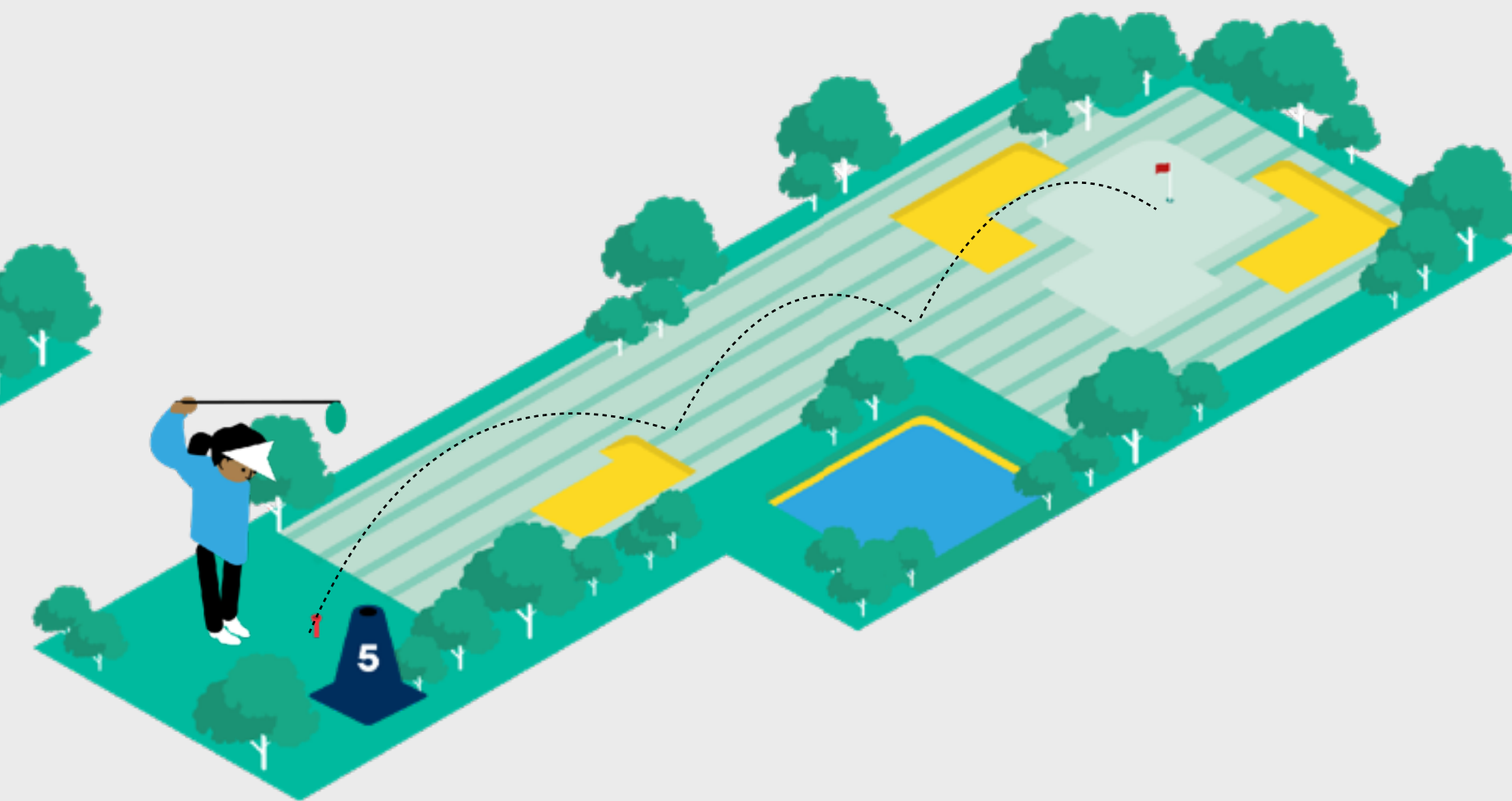
Driver + Mid-Iron



Par 5

On a Par 5, your child should have the opportunity to reach the green in three shots, and the maximum yardage of the hole is recommended to be based on your child using a Driver and two shots with a Mid-Iron

Driver + Mid-Iron + Mid-Iron



Yardage of Par 3, 4's and 5's

As each starting position is based on a % of the Academy Tee, we have produced a recommended minimum and maximum length for each of the pars on the course. The course that your child plays during Course Play events will consist of holes within these yardages.

The table below provides an overview of the recommended yardage for each of the pars and teeing positions.

Par	Academy Tee Yardage	80% Tee Yardage	60% Tee Yardage	40% Tee Yardage	20% Tee Yardage
3	160 yards or less	128 yards or less	96 yards or less	64 yards or less	32 yards or less
4	161 - 320 yards	129 - 256 yards	97 - 192 yards	65 - 128 yards	33 - 64 yards
5	321 - 440 yards	257 - 352 yards	193 - 264 yards	129 - 176 yards	65 - 88 yards



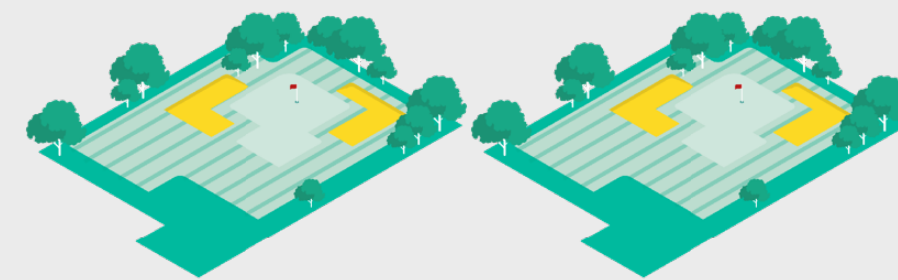
Recommended Make up of a 9-Hole Course

When your child attends a Course Play event, the number of holes they play will be dependant on their development level. However, to give your child a true reflection of a course make up and so they can experience the varying hole types, the course will be designed at your child's venue with a mixture of hole types and yardages. The recommended make up of 9 holes is outlined below, although this may differ from venue to venue depending on the layout and accessibility of your child's course.

**X2**

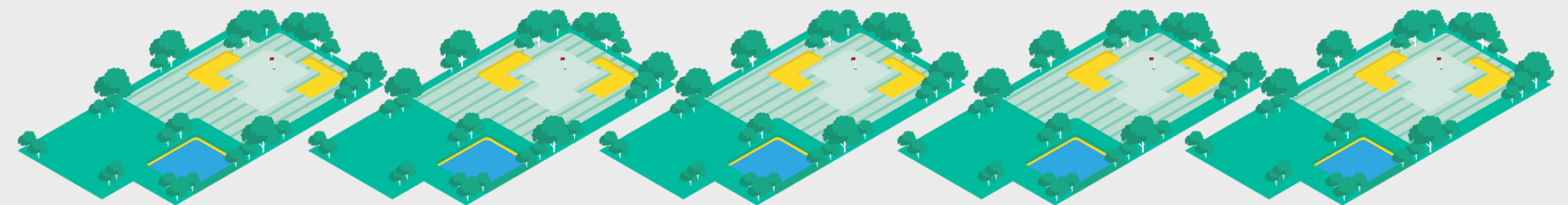
Par 3

There should be two Par 3's on a 9 hole course

**X5**

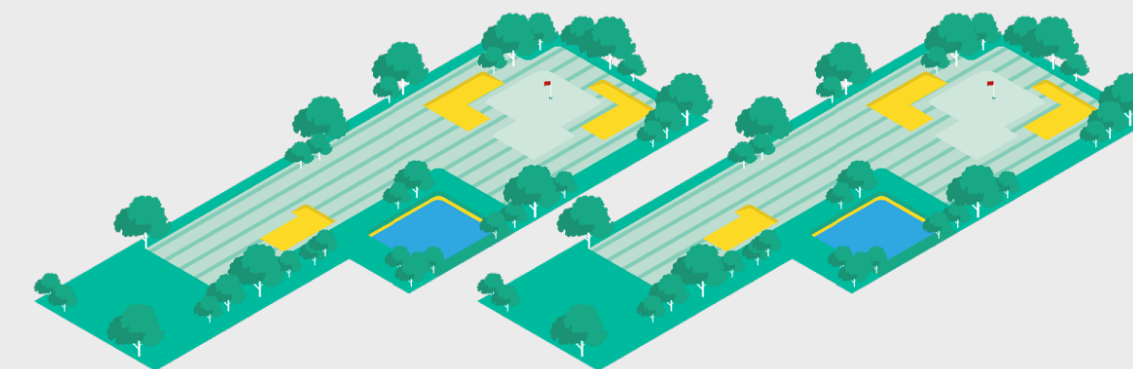
Par 4

There should be five Par 4's on a 9 hole course

**X2**

Par 5

There should be two Par 5's on a 9 hole course



Maximum 9-Hole Yardage

Using the recommended maximum yardage for each hole type, % distance from each starting position and suggested course layout as outlined, we are able to produce a maximum recommended 9-hole course yardage for your child to play. The exact yardage of your child's course that they will play in Course Play events will vary due to the number of hole combinations and exact yardages of each hole type. The table below provides an overview of the maximum 9 hole yardage from each of the starting positions:

Hole	Par	Tee 5 (Academy)	Tee 4 (80%)	Tee 3 (60%)	Tee 2 (40%)	Tee 1 (20%)
1	4	320	256	192	128	64
2	4	320	256	192	128	64
3	3	160	128	96	64	32
4	4	320	256	192	128	64
5	5	440	352	264	176	88
6	3	160	128	96	64	32
7	4	320	256	192	128	64
8	5	440	352	264	176	88
9	4	320	256	192	128	64
Total	36	2800	2240	1680	1120	560



Where to Start Your Child?

The starting position that will be recommended to your child when attending Course Play events is determined by the ability of your child to hit the ball a certain yardage across three different clubs within the bag. This is vital to ensure that their experience on the golf course is developmentally appropriate to their physical maturity and technical ability.

The table below gives you a guideline of how this will be assessed. Your child's coach will consider their confidence, age and friendship groups when determining their starting position. You can also use this guide to help when playing on the golf course with your child.

Approximate Driver Total Distance (yards)	Approximate Fairway Wood Total Distance (yards)	Approximate Mid Iron Total Distance (yards)	The Recommended Tee for Your Child
200 yards or more	160 yards or more	120 yards or more	Tee 5 - Academy Tee
160 -199 yards	120 - 159 yards	90 - 119 yards	Tee 4 - 80%
120 - 159 yards	90 - 119 yards	70 - 89 yards	Tee 3 - 60%
80 - 119 yards	60 - 89 yards	40 - 69 yards	Tee 2 - 40%
40 - 79 yards	30 - 59 yards	20 - 39 yards	Tee 1 - 20%



Playing Using Adapted Rules

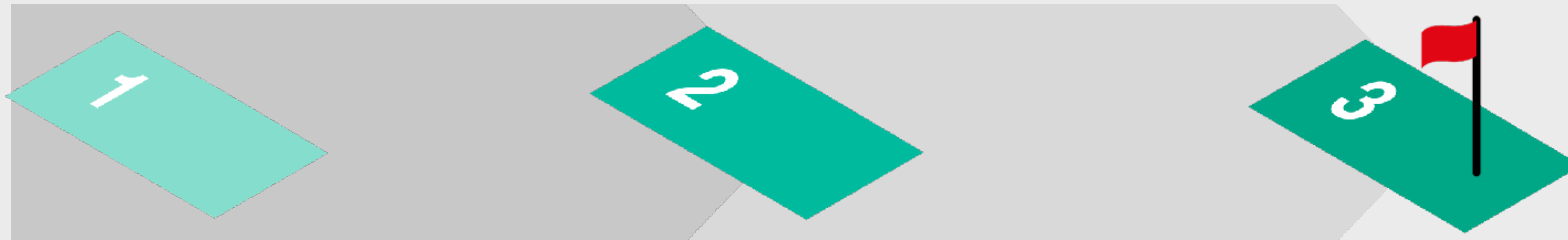
While it is essential that your child always get a true experience of playing the course, it is important that we nurture their confidence. Given the variable nature of each child's physical maturity, personality and ability we advocate adapted rules for juniors when playing the course and these are used during Course Play events at your club.

These adapted rules will help to build your child's confidence, help them develop the art of scoring and also promote speed of play. The adapted rules that are adopted within Course Play events are recommend to be utilized by you when playing the course with your child are:

Rule Number	Rule Name	Description of the Rule
1	10 Shot Maximum	A Maximum of 10 shots can be taken on each hole. Once your child hits 10 shots, they should pick up their ball and move to the next hole
2	Air Shot Rule	If your child does not connect with the ball, a stroke is not counted towards their score
3	Pick & Place Rule	Your Child can pick and place the ball anywhere on the golf course excluding within hazards under the normal rules of golf
4	Lost Ball Rule	Your child can drop the ball next to a hazard or where they believe a ball was lost such as going out of bounds at a penalty of 1 shot
5	Bunker Grounding	Your child can ground the club in a bunker as long as they are not deliberately attempting to improve their lie
6	3 Attempt Rule in Bunkers	Your child can attempt a maximum of 3 shots in the bunker. If after an unsuccessful 3 rd attempt, they are able to pick up their ball and drop it to the side of the bunker without penalty
7	Tee it up Rule	Where developmentally appropriate, your child can tee up their golf ball anywhere on the golf course excluding from within hazards

Playing a Crush It Course

We encourage all of our juniors to play on the golf course as much as possible outside of Crush it programs classes or events as long as their experience is developmentally appropriate. When playing a Crush It program golf course, we encourage you to follow the steps below to ensure that your child's experience is appropriate for them as well as using the guidelines outlined in this guide.



Request a Crush It Scorecard

Speak to your child's coach about using a Crush It scorecard. This will include the yardage of each hole from each starting position and the par of the hole. This will help your child to learn how to score, use a scorecard and record their progress.

Find the correct starting tee or speak to their coach

It is important when you play with your child on the course, that they play from the correct tee. Use the table within this guide on page 11 or speak to your child's coach.

Look out for the cart path markers

Your child's course may have identified the starting positions on the cart paths. Look out for these and find a suitable place adjacent to these for your child to hit their first shot on each hole.

Playing a Non Crush It Course

If your child is presented with an opportunity to play a golf course without the Crush it Teeing system, you can use the information within this guide to build a golf course that is appropriate for them. Follow the steps below to ensure that you can adapt the golf course you are playing to their needs:



Find the correct starting tee or speak to their coach

It is important when you play with your child on the course, that they play from the correct tee. Use the table within this guide on page 11 or speak to your child's coach.

Hit the 1st shot on each hole from within the recommended hole yardages

Use the table on page 8 to identify the recommend minimum and maximum yardage for each par across the 5 teeing positions. Find an area on the hole within these yardages for your child to play from.

Vary the Hole types

Make sure your child gets an experience of playing a range of hole types and also different layouts. Make the course interesting but ensure that it remains developmentally appropriate for your child.

Frequently Asked Questions

We have put together some frequently asked questions to help you understand this area of the program and give you further guidance when playing on the course with your child. Of course, this list is not exhaustive and you should speak to your child's coach if you have any additional questions:

How many holes should my child play on the course? I notice course play events are only a maximum of 9 holes?

Course play events are a maximum of 9 holes partly due to time constraints of getting a number of children out on the course. We recommend that the decision of how many holes is appropriate to play should be made on a child by child basis. As a guide, we recommend those children aged between 4-6 or from the Tee 1 (20%) and Tee 2 (40%) starting positions should play 3 holes on the course. Those children aged 6+ and participating from Tee 3 (60%) & Tee 4 (80%) starting positions are recommended to play 6 holes and those children aged 6+ and participating from Tee 4 (80%,) and Tee 5 (Academy Tee) starting positions are recommended to play 9 holes.

When is the right time for my child to move teeing positions?

Children will develop their competency as well as their confidence and maturity on the golf course at different rates. All of this should be considered when moving children to the next teeing position. Consideration should also be made to the fact that your child will engage positively when they can play with children within their friendship groups or those of a similar age. Moving a child from one teeing position to another should primarily be based on when your child can consistently hit the ball the required distance with each of the clubs specified for each starting position, or when they demonstrate the physical maturity to achieve these distances.

Should I be placing an emphasis on score and competition?

The Course Play events present your child with an opportunity to experience playing the course, scoring and competitive experiences with others. However, as every child is different, competition should be introduced at the right time in your child's development. Your child's coach will be best placed to make this judgment given the personal relationship they will have with your child. However, using age as a guideline, for those aged 4-6 the focus on the course should revolve around children experiencing play on the course in a supportive, fun and safe environment. No emphasis should be placed on competition with others or attaching consequence to a certain score. The focus is on participation and experience. For those aged 6-11, the focus should revolve around playing the course safely, within rules of the game and appropriately with others. Children at this age should gain experience of scoring and navigating the course. When developmentally appropriate, children can be introduced to competitive experiences with others and the meaning of score within the game. For those aged 11+, the focus should be on emphasizing how children play the game socially and competitively with others within the rules of the game. An emphasis should be placed on scoring and appropriate competition within the child's peer group.

You mention in the guide assessing my child's starting position based on the 'total' distance across the 3 clubs. What does this mean?

Total distance relates to the eventual point in which the ball comes to rest. Just like the golf course, allowance must be made for the ball landing and rolling. Using a total distance assessment brings the assessment close to the actual performance on the golf course.

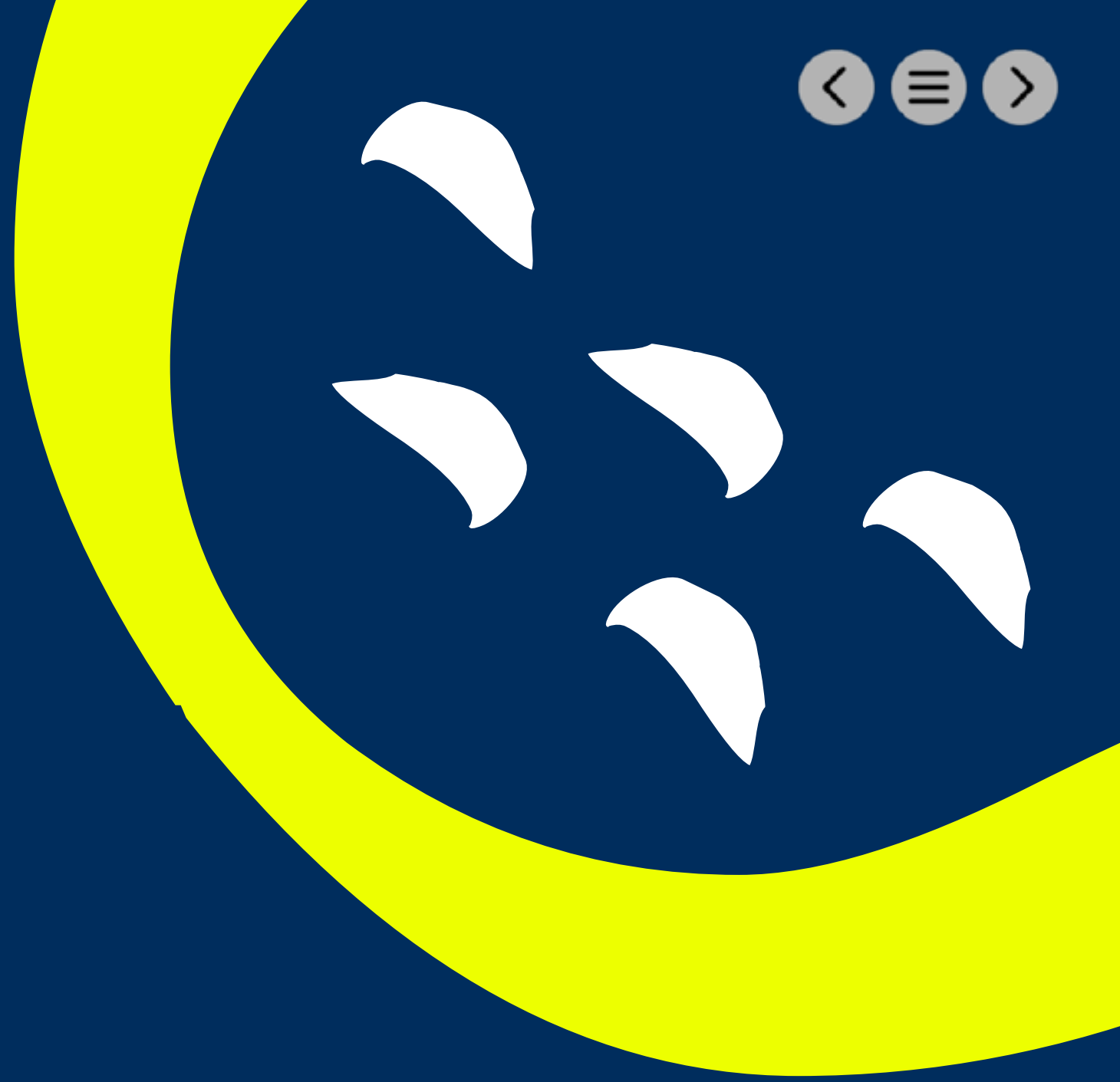
Frequently Asked Questions

How is the distance assessed? How should I decide where my child starts based on these distances?

Your child's coach will have the necessary expertise to make this assessment and we recommend you talk to them about the correct starting position for your child. However, your child's starting position is assessed either based on their physical maturity or consistency. If your child is demonstrating the physical maturity to achieve certain distances with each club, even if this is inconsistent then this will be considered. Otherwise, your child's current ability to demonstrate a level of consistency in the distance they hit the ball across each of the three clubs should be the main method used.

How do I know where the starting positions are on the course and what the yardages are?

Speak to your child's coach to arrange using the Crush It Scorecard. This will include the yardage of the hole from each starting position and the par of the hole. Your venue may also have marked the starting position on the cart path of the hole and you can play from adjacent to these.



Thank you.