



# REACHING YOUR POTENTIAL

## LEVEL 1 ORANGE RANK

**LEVEL 1 MASTERY RESOURCE BOOK**



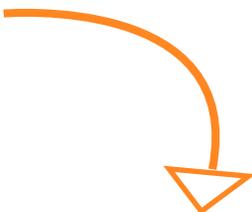


# REACHING YOUR POTENTIAL

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Someone who is considered talented has reached the highest level. For example, the players on the PGA Tour are considered talented. The basketball players who reach the NBA are considered talented. Those who may have a chance to reach the highest level are considered to have potential.

# TALENT



Talent is created by **hard work**. You have seen talented athletes, singers and teachers on TV. The announcers say they are talented and were born with this ability. No one is born with the skill set to compete at the highest level. If that was the case we would have 1 month old babies winning major championships in golf.

Truth is, anyone who is successful at anything has worked extremely hard. They have put in hours upon hours of focused practice. Practicing hard, listening to your coaches and competing against others to test yourself are 3 great ways to develop talent. Do you want to be a great golfer? Use the information in the Op 36 Learning System to develop your talent by working hard!



# THE GOLF COURSE

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# THE GOLF COURSE

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There are many different areas at the golf course. It is important to learn the lingo and purpose of each area!

3

WE FINISH ON THE  
PUTTING GREEN



2

OUR TARGET IS  
THE FAIRWAY

1

WE START THE HOLE AT THE TEE BOX

# THE GOLF COURSE

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### The Putting Green

- The Putting Green is where we end the hole.
- The surface is smooth and allows the ball to roll.
- We use a Putter to roll the ball into the cup.
- To allow it to be seen from far away the cup is marked by a flag stick.



### The Fairway

- The fairway is the short grass in between the hole and the tee box.
- On longer holes where you can not reach the green you will want to aim for the fairway.



### The Tee Box

- The Tee Box is the area where we start the hole.
- It is signified by two markers and a flat area.
- There are multiple tee boxes at different distances from the hole for different skilled golfers.



### The Club House

The Club House is the area where we check in to play golf and purchase golf equipment, merchandise and food.



# GOLF EQUIPMENT

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# YOUR GOLF EQUIPMENT

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Your equipment are the tools you use to get the ball in the hole. Understanding each of your tools will make you a great golfer!

### Your Putter

The Putter is used to roll the ball in the hole on the putting green

It is generally the shortest club in your bag, and you hit the ball the shortest distances with the putter.

Becoming a putting master will help you put the ball in the hole and lower scores!



### Your Irons

Your Irons are used to hit the ball from shorter distances.

You will use your irons to hit off the fairway and out of the rough.

Your goal with your iron is to hit it off the turf and onto the green!



### Your Driver/Woods

Your Driver and Woods are used to hit the ball far!

Your Driver is used off a tee and generally will be used to start the hole on the tee box.

Your Woods are shaped the same as your driver but can be hit off the ground from long distances.

Your Driver and Woods are the longest club in the bag.





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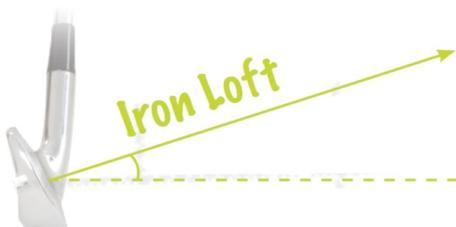
### Driver Loft

The driver has the lowest amount of loft in your bag that you will use for the full swing. It is designed to go the furthest and to be hit off of the tee.



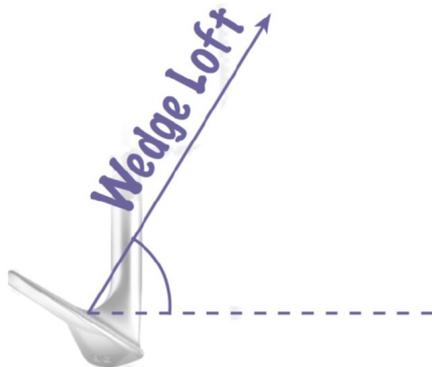
### Iron Loft

Each iron has a different degree of loft and is meant to go different distances. It is important to understand which irons will have higher or lower loft. The higher the number on the iron, the more loft the club will have. A 9 iron has more loft than a 7 iron, so it will go a shorter distance.



### Wedge Loft

The wedge is the highest lofted club in the bag. It is meant to go higher in the air and a shorter distance than any other club. This is to stop the ball on the green quickly. The wedge is used for chipping, pitching, and some full swing shots that are closer to the green.



# PARTS OF THE CLUB

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## THE GRIP

## THE SHAFT

## CLUB HEAD

## CLUB FACE



## REPAIR TOOL

When a ball impacts the green, it sometimes leaves a mark. The repair tool helps push the green back together to allow the grass to grow back in and provide a level putting surface.

## TEES

Tees are used to prop the ball in the air on the tee box. They are needed when hitting a driver and can be used for irons as well. When first starting out it is okay to use tees around the course, but it is against the rules if you are playing competitively.

## BALL MARKER

A Ball Marker is used when marking your ball on the putting surface. Lots of golfers collect ball markers from different courses. Will you start collecting?



# KEEPING SCORE

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# KEEPING SCORE

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The most basic skill you need to learn is how to keep score on the course. Learn the special terms and goal of golf below.

### THE GOAL OF GOLF

To play the ball from start (the tee box) to finish (the hole) in the fewest strokes possible.

### WHAT IS YOUR SCORE?

Your score is the total amount of times that you have hit the ball until the ball is in the hole. Each time you hit the ball it is called a "Stroke".

### PARTS OF A SCORECARD

PLAYERS SCORECARD		1	2	3	4	5	6	7	8	9	OUT	Hole
	Blue Tees	368	193	309	500	380	130	388	328	481	2953	Yardages
	White Tees	354	175	286	467	306	124	377	321	445	2737	Yardages
	Gold Tees	322	160	270	439	292	118	318	310	429	2513	Yardages
		4	3	4	5	4	3	4	4	5	36	Par
		2	13	14	6	10	18	1	7	15		Men's Handicap
	Player A											Score
	Player A											Score
	Red Tees	312	150	260	427	282	108	308	300	419	2513	Yardages
		2	16	12	8	10	18	1	6	14		Women's Handicap

HOLE	1	2	3	4
PAR	4	5	4	4
<b>Adalyn</b>	4	6	4	5

Your Name

WE DRAW SQUARES AROUND BOGEYS.



# THE SCORING SPECTRUM

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### WHAT ARE PARS BIRDIES & BOGEYS?

There are different length holes on the golf course. For each length of hole (short, medium, long) there is a certain amount of strokes that is considered PAR. Based on your ability you should be playing a tee box where you can make a PAR with a few good shots. If you get **1 stroke over par** it is called a **BOGEY**. If you finish the hole with **one stroke less than par** it is called a **BIRDIE**.

<b>BIRDIE (-1 UNDER PAR)</b>	<b>PAR = EVEN</b>	<b>BOGEY (+1 OVER PAR)</b>
<b>4</b>	<b>PAR 5</b>	<b>6</b>
<b>PAR 5's ARE THE LONGEST HOLES</b>		
<b>3</b>	<b>PAR 4</b>	<b>5</b>
<b>PAR 4's ARE THE MEDIUM LENGTH HOLES</b>		
<b>2</b>	<b>PAR 3</b>	<b>4</b>
<b>PAR 3's ARE THE SHORTEST HOLES</b>		

<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>TOTAL</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>36</b>
<b>3</b>	<b>3</b>	<b>5</b>	<b>4</b>	<b>2</b>	<b>36</b>

WE DRAW CIRCLES AROUND BIRDIES!



# THINK BEFORE YOU HIT CHECKLIST

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When playing golf, there are a few things we must think about before we hit each shot. It is important to remember, however, that when you have thought through each part of the checklist that you just focus on the shot in front of you and execute.

Read through the checklist and practice implementing these thoughts next time you go play! This will help you on your journey to shoot 36.



- Check your surroundings. Are your partners a safe distance away? Is the group ahead a safe distance away?
- Is there any trouble to avoid (Bunkers, Hazards, Out of Bounds, Trees)?
- 3. What club are you going to use (check distance, lie, wind)?
- 4. Where do you want the ball to start, and stop (high, low, draw, fade)?
- 5. Step into the ball...picture the shot...and execute.



# HOW FAR DO MY CLUBS GO?



YOUR NAME \_\_\_\_\_

Begin thinking about how far your clubs go to help determine which club to choose when hitting. If a marker on the ground/sprinkler heads says 74 yards, then it is nice to know that whenever you hit a pitching wedge, or maybe a 9 iron, that it can travel 75 yards. Utilize the spaces below to decide how far you think you should be hitting each of your clubs, then figure out on the range or the course, how far they actually go.

Club	Expected Dist.	Actual Carry Dist.	Actual Total Dist.	(Goal)Total
Dr/3W				
Fwy				
Hybrid				
Iron				
Wedge				