



**REACHING YOUR POTENTIAL**

**LEVEL 3 GREEN RANK**

**LEVEL 3 MASTERY RESOURCE BOOK**



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THIRTY SIX



# REACHING YOUR POTENTIAL

## LEVEL 3 GREEN RANK

There are characteristics and mindsets needed to become a champion. These excerpts describe some concepts that are important to understand to become the best you can be!

# 10,000 HOUR RULE



We have learned from Level 1 Orange Rank that we are not born talented, and that it takes a lot of deliberate practice to become talented in any field. In fact, researcher Anders Ericsson concluded that it takes 10,000 hours of deliberate practice to reach a world class level in any activity. Thus, if you don't master golf right away don't get discouraged. Understand that it takes a lot of time and effort to become great.

Do you want to be a great golfer? Use the information in the Op 36 Learning System to develop your talent by working hard!



# GOLF VOCABULARY

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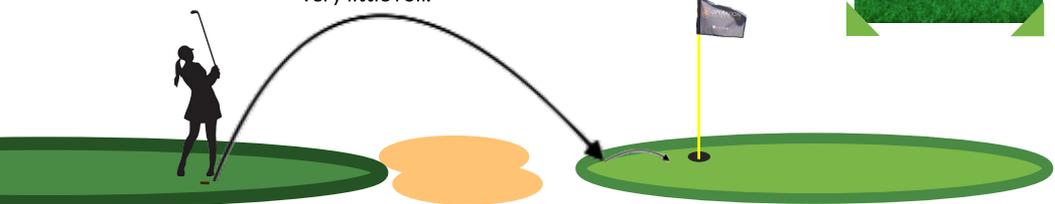


# SHOT TYPES

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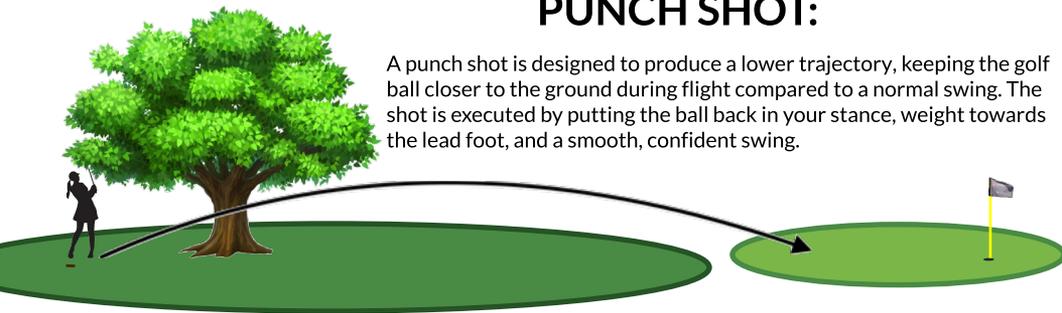
If it were easy to hit the fairway and green every time, we would not need a very big arsenal of shot types. Unfortunately this is not the case and we are presented with numerous situations that require all sorts of shot trajectories. Having an understanding of the following shot types can help you maneuver around the course and ultimately produce better scores.

**FLOP SHOT:** A short pitch shot played with a high-lofted wedge in order to create maximum height on the ball's trajectory. The intention is to send the golf ball on a high-arching trajectory, steeply up and steeply down, so that when it lands on the green it stops quickly, with very little roll.



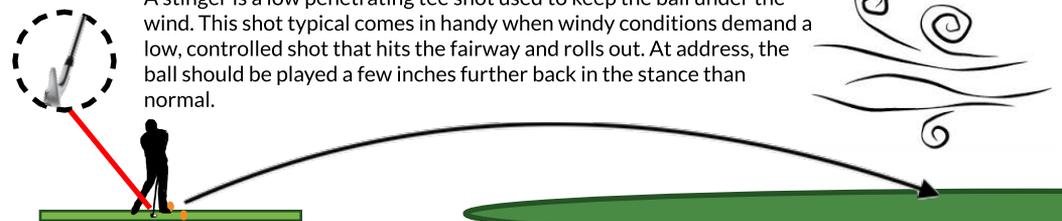
## PUNCH SHOT:

A punch shot is designed to produce a lower trajectory, keeping the golf ball closer to the ground during flight compared to a normal swing. The shot is executed by putting the ball back in your stance, weight towards the lead foot, and a smooth, confident swing.



## STINGER:

A stinger is a low penetrating tee shot used to keep the ball under the wind. This shot typical comes in handy when windy conditions demand a low, controlled shot that hits the fairway and rolls out. At address, the ball should be played a few inches further back in the stance than normal.



# 2/3 RULE (CLUB LENGTH)

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Clubs come in many different lengths. Some are short and some are long. Having clubs that are fit to your height specifications and swing specifications can yield tremendous improvements in carry distance, consistency and scoring potential. How do you know what length is right for you?

### “The 2/3 Rule”

Having a driver that is the correct length is very important for you to be able to hit it far and straight while developing good habits. A good rule of thumb is that your driver should be 66% or 2/3 of your overall height. Any longer than that and it makes it very easy to develop bad habits that will be hard to break when you are older.



# GOLF EQUIPMENT

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### Pull-Cart

Pull Carts are typically 3-wheeled devices that you can lay your clubs on. You push the cart around the course while you play instead of putting your bag on your back. Some push carts are electric, have remote controls and brakes.



### Rain Gear

Golf is played when it is nice outside and also when it rains. Be prepared for the rain by having a rain suit that keeps you dry underneath. Many golfers keep their rain suit in their bag at all times in case it rains.



### Golf Bag

Golf bags are used to keep your clubs and golf accessories organized. It is important to select a golf bag that is lightweight and fits your clubs. It is also useful to attach a towel to your bag to keep your clubs clean!



### Range Finder

A Range Finder is a device used to measure distance. Although not a requirement, range finders assist you in finding out how far away you are from objects (pin, bunker, water, etc) allowing for faster and more efficient play.



### Caddie

A caddie is someone who carries your bag during a tournament round. They help the players pick the right club, read putts, and keep them mentally prepared for each shot.



# GOLF STAFF

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It takes several staff members to operate a golf facility. Each employee has specific duties that tie together to make provide golfers an enjoyable experience. Without these staff members, everything would be unorganized and we couldn't play this great game!



### Ranger

Many golf courses have a ranger. This person is responsible for making sure the pace of play on the golf course is up to par. More importantly, the ranger checks in on each and every group to assure that the golfers are having an enjoyable experience.

### Starter

Similar to the ranger, the starter's number 1 responsibility is to make sure each group of golfers starts there round on time. A starter works by the first tee-box and reviews course rules with each group that plays before teeing off.



### PGA Professional

Having a PGA Professional at a golf course is an essential element for a golf operation to run smoothly. His or her duty is to manage the golf staff and deliver quality customer services to golfers on a regular basis.





# COMPETITION

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# COMPETING

## LEVEL 3 GREEN RANK

Competing against other junior golfers is a great way to meet new friends, test your skills and play new courses. For Level 3 you are required to compete in a Club event and a Local Event. Once completed, log your action under "PLAY" in the mobile app using the badges below.

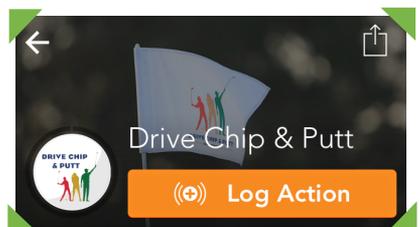
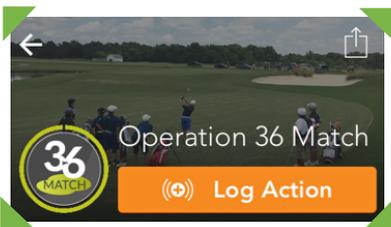
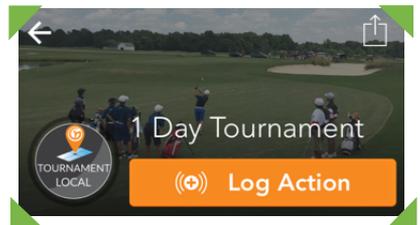
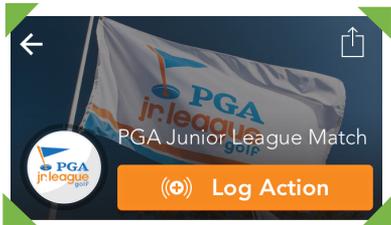
### Club Events

VS.

### Local Events

- Inter-club
- Junior Club Championship
- Parent Child
- Operation 36 Match 
- PGA Junior League 

- TYGA 
- AJGA 
- Drive, Chip, & Putt 
- NJGT 
- PKBT 





# COURSE MANAGEMENT

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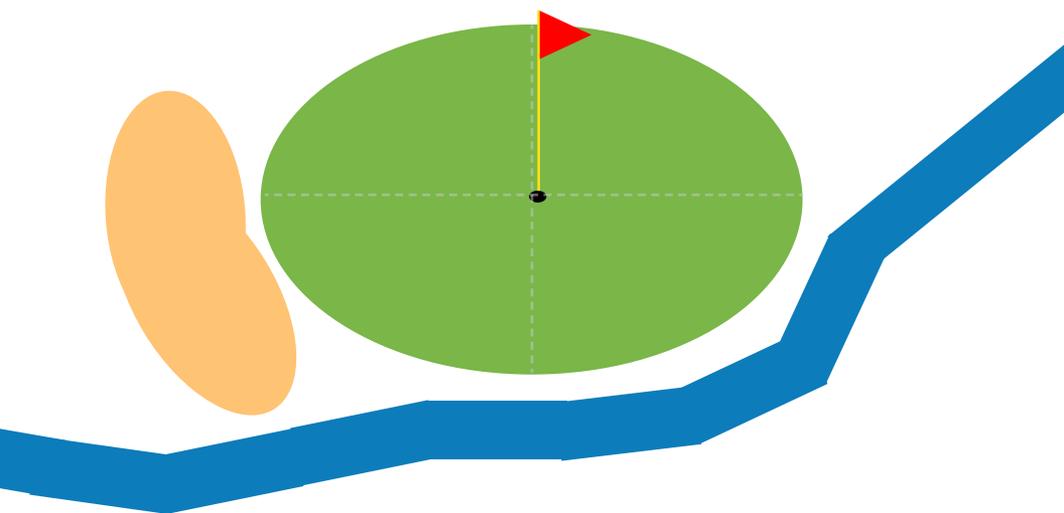


# COURSE MANAGEMENT

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### PLAN YOUR ATTACK!

The pin location on every green is changed daily by the superintendent. He does this for numerous reasons. Often we make the mistake as golfers to be overly aggressive when hitting our approach shots into the green by aiming directly at the flag. If we decide the aggressive route, there is very little room for error. Therefore, it is a smarter and safer play to aim at the middle of the green!



### The center is your friend!

Playing your approach shots to the middle of the green can eliminate trouble around the green (ex: bunkers, hazards, rough). Also, you will never be faced with a long lag putt from the middle of the green.

"It is difficult to lose a golf tournament from the center of the green."



# HOW FAR DO MY CLUBS GO?



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

The distance a ball travels in the air after being struck by a golf club, before coming back in contact with the ground is known as a club's "Carry Distance". Knowing how far you carry the ball with each of your golf clubs allows you to make a more precise decision on how to hit the front, middle or back of the green, or even how to make it safely across hazards. 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 Dist.
Dr/3W				
Fwy				
Hybrid				
Iron				
Wedge				