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Summer Prep: Girl's Golf 2014

- 1) Get in Shape: Aerobic Conditioning/ Strength Conditioning  
All Summer!
  
- 2) Golf in Competitions: Enter a golf competition at least once every two weeks.  
FJGA  
Top Fifty  
Meijers Tour  
Other Jr. Events
  
- 3) Practice: At least two times per week  
2/3 Short Game and Putting  
1/3 Long Game (Full Swings)
  
- 4) Play Golf for Fun:  
Play with friends, teammates or other juniors and just PLAY golf.  
Always walk when you play.
  
- 5) Take a week off around the first of August. Burnout is easy and common by the end of our High School season in Mid- October.

## Powers Girl's Golf -2014

Dates to Remember:

08-13 – Tryouts at Flint Golf Club-7:30

08-14 – Tryouts at Flint Golf Club-7:30

Players will play either, 18 holes, 9 holes, 5 holes or range depending on experience.

Players must have their athletic physical of file at Powers or on their person to play on those dates.

08-21 & 08-22 Traverse City Invitational – Need parents to coordinate rides and rooms.

08-25 – Charger Invitational / Pre-Season Conference Tournament @ FGC

10-01 – Conference Championship @ Fortress

10-09-or 10 Regionals TBD

10-17 & 10-18 – State Finals @ GVSU “The Meadows”

(This is a very condensed version of the schedule. Full schedule will be made available mid-summer.)