

Harrison Girls Golf

30 Week Off-season Improvement Program - Nov 2025 thru May 2026



Activity	Points	<u>Novice</u> Just enough to keep from going backwards	<u>Advanced Beginner</u> Starting to see some improvement	<u>Competent</u> Gaining on the rest of the competition	<u>Expert</u> Well ahead of the competition	<u>Master</u> Elite level dedication toward being my best
Play in a Tournament	20		1	3	4	7
Private lesson	10			2	4	8
Play 18 holes (own ball)	10		2	4	5	8
Play 9 holes (own ball)	5	4	8	9	10	11
Chip and putt practice (at least 45 minutes)	5		12	16	20	24
Driving range session (at least 45 minutes)	5		8	12	14	16
Semi-private lesson	5		2	3	4	5
Team Indoor Practice (complete full practice plan)	5	9	10	11	12	13
Self Indoor Practice (complete full practice plan)	5	7	8	9	10	13
Golf-specific workout from team website (at least 25 minutes)	5		14	26	36	58
Point Totals *		100	350	550	700	1000
Award		Silver Bag Award (qty 1)	Silver Bag Award (qty 3)	Silver Bag Award (qty 5) Dairy Queen \$20	Silver Bag Award (qty 7) Dairy Queen \$30	Silver Bag Award (qty 10) Dairy Queen \$40 Dozen personalized balls

* Point totals above are examples. You can use any combination of activities to reach the required total for the next level. For example, for "Expert" level, if you only play in 3 tournaments instead of 4, but you play 18 holes and extra 2 times, then the point total is the same.