

## Your Goals & Required Commitment

Desired Scoring Average	Self Practice Time Commitment	Playing on your own (minimum # holes weekly)	Outside Swing Instruction	Fitness	College (Division / Level)	Max Tournament Handicap	Necessary Tournament Experience
75 and below	5-6 days a week for a total of at least 8-10 hours	36	weekly	Training 4-5 days/week (total of 4-5 hours)	High NCAA D1	3	Top finishes at national and state level. Several years competing at AJGA, USGA, and state tournaments resulting in a high national ranking. Full summer golf schedule with multiple-day tournaments.
80 and below	4-5 days a week for a total of at least 6-8 hours	27	2-3x a month	Training 3-4 days/week (total of 3-4 hours)	Low NCAA D1	8	Completes at the regional and state levels. Acquired a national ranking. May have earned high school recognition such as first or second team all-state.
85 and below	3-4 days a week for a total of at least 4-6 hours	18	1-2x a month	Training 3 days/week (total of 2-3 hours)	NCAA D2 and top NAIA	12	Competes at the regional and state levels. Experience competing in multiple-day events. May have earned high school recognition such as all-conference, all-sectional, or all-district.
95 and below	1-2 days a week for a total of at least 2-4 hours	9	monthly	Training 2 days/week (total of 90 minutes)	NCAA D3 and low NAIA	20	Competes in state and local tournaments.