

Rosemount Irish Girls' Golf

"What to Wear..."

Please wear appropriate clothes:

• In order to swing the club, the golfer must be able to turn comfortably. This means that some clothes are not permitted. Short or tight skirts/shorts/pants, tank tops, wide-necked blouses or sweaters, T-shirts, torn jeans, bib overalls, and heeled shoes are not acceptable at any time throughout the season. Please be aware that it is incredibly awkward trying to coach someone who is not appropriately dressed for golf.

Our rule for practice: If it has a collar, it doesn't need sleeves. If it has sleeves, it doesn't need a collar.

- Be careful with watches or jewelry. Watches can cause tendonitis. Repeated impact loosens stones in rings. Please put these valuables in your golf bag for protection.
- For indoor practices, wear tennis shoes in the gym, and have a "scrunchie" for your hair. If the weather turns fair, be prepared for outdoor practices.
- For outdoor practices, wear warm clothes, and be prepared for rainy, cold weather. Keep a warm hat, a pair of gloves, and a waterproof rain jacket in your locker just in case. The weather changes frequently at this time of year so be prepared. When we go to the course, you must wear flat-bottomed shoes. No Doc Martens or cleated shoes will be allowed on the greens. Please do not wear cheap sunglasses. They distort your vision. Please wear waterproof, spikeless golf shoes. Have a golf hat with brim with you at all times.
- For matches, wear shorts/skirt/rain gear bottoms and a collared shirt. Skorts are a good choice. When you look good, you play better. Keep those warm, waterproof clothes handy just in case.
- Always have a waterproof windbreaker that you can put on in case of rain.

To be best prepared against rain and cold (listed in order of importance), make sure you have:

1. A great attitude!
2. Waterproof, spikeless golf shoes (look for a two-year warranty)
3. Waterproof rain suit (Gore-Tex is best but treated nylon works fine) with hood. Nothing bulky.
4. Warm hat (stocking cap or beanie) or golf hat with visor
5. Cart gloves or other warm gloves
6. Polypropylene or polypropylene/wool blend socks
7. 85% polyester/15% spandex Lycra long-sleeve top, made for warmth not compression (brand names lululemon, UnderArmour)
8. 85% polyester/15% spandex bottoms, made for warmth not compression (brand names lululemon, UnderArmour). NO COTTON in rainy or cold weather, please.
9. Polarfleece® or brushed fleece top. Again, no bulky sweatshirts and NO COTTON when it's cold or rainy.
10. Umbrella

What to put in your golf bag:

Items that should be in your golf bag include:

___ up to 14 of your golf clubs ___ extra golf balls ___ tees ___ rulebook ___ golf glove
___ ball markers ___ golf towel ___ umbrella ___ hat/visor ___ extra shoe laces
___ rain suit (a waterproof rain jacket at a minimum) ___ kleenex ___ golf pencils
___ a "scrunchie" to tie back your hair ___ bandaids ___ carmex/chapstick
___ a small notebook to help you remember your progress

Depending on the season, you will also want:

___ a stocking cap ___ mittens ___ bug spray ___ sun screen lotion (no oils) ___ a water bottle