

Rosemount Irish Girls' Golf Team Covenants

Be prepared.....Be dedicated.....Be positive.....Be safe.....Communicate well.
If you agree, please sign and date both copies. Return one copy with your eligibility card.

I will be prepared.

Wear appropriate clothes (see the "What to Wear..." sheet). Have everything that you need to play golf with you at school. Know the schedule. Set your priorities. Do your best in school. Use your time wisely. Know the rules of golf. Know how to compete. Know the strategies for playing golf well. Know how far you hit each club. Have the recommended items in your golf bag (also on the "What to Wear..." sheet). Play golf with an uncluttered mind. Know when the bus leaves and always be on it. Check in with your coach each day. Have enough golf balls.

I will be dedicated.

Attend every practice. Be on time. Work hard. Be chemically free. Focus on golf at practice. Be loyal to your teammates and coaches. Keep your commitments. Do your best in school. Keep track of your score. Follow the rules of golf, even if it means calling a penalty on yourself. Give your best effort. Stay at practice for the duration. Keep track of your fellow competitors' score.

I will be a positive role model.

Have fun. Get along with your teammates. Smile a lot. Say hello and good-bye to your teammates and coaches. Be coachable. Build trust. Enjoy each other's company. Keep your perspective. Use appropriate language. Behave on the course and in the clubhouse. Be polite and courteous to employees of the school, the golf course, and the public in general. Pick up a few more golf balls than you hit. Help set up and take down the practice area. Show your commitment to improve. Leave all distractions outside of practice. Take good care of our practice facilities, especially the course. Respect your teammates and your coaches, and insist that everyone else does.

I will be safe.

LOOK all around you before you swing. **Never** walk near swinging clubs. **Never** walk out into the range to get golf balls while others are hitting. Swing clubs only in designated areas. Be careful not to accidentally hit stones, dirt, etc. at others with your practice swings. If a coach yells **STOP**, it means "stop immediately." Do not hit even one more ball. Left-handed golfers will hit on the right end of the driving range.

I will communicate well.

Stay informed. Practice times change occasionally. Check in with the coach at the golf course prior to starting any round. Inform the coaches of all injuries. If you've had a bad day, let us know, let's deal with it, and then let's move on. Please express gripes/dissatisfactions to the coaches or the captains immediately. Don't let hurt feelings sit inside you, they turn into bitterness too quickly. TALK to the coaches. TALK to the people involved. Leave uninvolved girls out of it. If you are going to miss practice, leave a message on your coach's voice mail. Call Coach Wallin or Coach Regalado. If you are going to miss a match, you MUST contact the coach personally. If you are calling in about missing a match, tell the office it is an emergency and have them patch you through to Coach Wallin's room directly.

Consequences:

Abuses or violations of these rules have consequences: verbal warning, forfeiture of practice time, forfeiture of match participation, forfeiture of letter, forfeiture of captaincy, and/or dismissal from the team.

Any girl who gets a violation for alcohol, drug, or tobacco use will serve the MSHSL suspension, as well as forfeit any season awards earned for that year such as her Varsity letter, any all-Conference or all-State awards, and captaincy of this team. First violation=2 weeks or 2 contests, whichever is longer. Second violation=6 weeks or 6 contests, whichever is longer. Third violation=12 weeks or 12 contests, whichever is longer. She will also be required to do additional reconciliation tasks as directed by the coach before being allowed to rejoin the team.

Any girl who gets a violation for alcohol, drug, or tobacco use *after her sophomore season* will be ineligible for captaincy of this team.