

## CALIFORNIA HIGH MEN'S GOLF

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The California High School men's golf team plays in the spring season (February – May) and it consists of 12 players. Although there is one team, only the top six players compete in the varsity matches. The remaining six compete in JV matches. Players can move up from JV to varsity and vice versa based on performance during the course of the season.

**Tryouts will begin the week of February 7, 2022, at The Bridges Golf Course in San Ramon.** Tryouts will be held Monday-Thursday that week. Depending on the number of students trying out, some cuts will be made at the end of the first week and the remaining cuts will be made by the end of the second week. Each student will be given the opportunity to play a minimum of three 4-hole rounds at The Bridges. There will be at least one mandatory meeting in late January before tryouts begin. Students must submit online all required forms that are listed on the school website, including one for a completed physical, before tryouts. All forms can be found online in the [Athletic Online Registration](#) section. Once you turn all forms, the school will provide coaches with a list of students who are eligible to try out for the team. Don't wait until the last minute, especially with your physical. Schedule it early.

Although each year is different, juniors and seniors should be able to shoot in the 30s on a regular basis for 9 holes and in the 70s to low 80s for 18 holes, to qualify for the team. Seniors should be able to qualify in the top five and juniors in the top eight. Freshmen and sophomores should be able to consistently shoot around bogey golf.

The scores shot during tryouts are important, but not the sole criteria used for deciding who makes the team. Anyone can have a good or bad week, so we try to look at a player's swing, course management, potential, attitude, grade level in school, and GPA. **ATTITUDE, BEHAVIOR ON THE COURSE AND FIRST SEMESTER GPA, WILL PLAY A KEY ROLE IN DETERMINING WHO MAKES THIS YEAR'S TEAM.**

Grades are extremely important to us as coaches because players are student-athletes whose studies should come first. Grades are also important because the team cannot afford to lose anyone to eligibility during the course of the season because of a low GPA. It is essential that all players maintain their eligibility. It's also important to have self-motivated and self-disciplined students on the team because some class time will be missed because of early departure for matches and tournaments. It's hard to justify having students miss class for golf if they're struggling with their studies. Students need to have a minimum 2.0 GPA to be eligible to play any sport, but they should have a minimum 2.5 to be seriously considered for the varsity team this season. We like players to maintain a minimum 3.0, especially if they're going to miss class time for matches and tournaments. **Students will not be allowed to play in a match or tournament if they have an F or multiple Ds at the time of a team progress report check.**

Once the season begins, the team has practices and/or matches Monday through Thursday. Practices begin at 3:30 and usually end around 6 p.m. Matches start between 3 and 3:30 p.m. and usually end between 6 and 6:30, depending on the location. **ALL PRACTICES ARE MANDATORY.**

## **10 THINGS YOU CAN DO TO PREPARE YOURSELF FOR THE SEASON**

1. **KEEP UP YOUR GPA** – You need a minimum 2.0 GPA for the first semester to be eligible to play.
2. **GET YOUR FORMS IN ON TIME** – Make sure you submit all of your forms online and get your physical exam scheduled early. Don't wait until the last minute. **WE CANNOT LET YOU TRY OUT FOR THE TEAM UNTIL ALL COMPLETED FORMS ARE SUBMITTED TO THE SCHOOL.**
3. **WORK ON YOUR SHORT GAME** – In addition to hitting balls and playing, you should spend more than half of your practice time on and around the practice greens working on your putting, chipping and pitch shots. More than 60 percent of the game is from 100 yards in.
4. **PRACTICE PLAYING SMART GOLF** – Decision making on the course and short game will be two of the main factors that will determine which players make the team and which players don't. They'll also be the two aspects of the game that distinguish the varsity from the JV players. Practice making good decisions on the course whenever you play. Don't always pull out your driver on a 300-yard hole when a 3-wood or hybrid will suffice. Don't go for sucker pins. Practice playing smart golf!
5. **BRING A GOOD ATTITUDE TO THE COURSE** – In addition to playing smart golf, you should get in the habit of staying positive on the course/range. This means avoiding negative self talk and keeping your emotions under control. Remember, it's just golf. It's not the end of the world if you hit a bad shot or have a bad hole. Keep things in perspective and have fun on the course.
6. **PLAY THE COURSES WE SEE IN LEAGUE** – You have access to most of the courses played for league matches. These courses include The Bridges (home course), San Ramon GC, Canyon Lakes, Wente, Poppy Ridge and Callippe. The country clubs we play are Crow Canyon, Ruby Hill, Diablo, Blackhawk Falls, and Castlewood.
7. **GET YOUR EQUIPMENT READY** – If you plan to get new clubs, do it **BEFORE** the season begins. Try to avoid major equipment changes during the season. Also, check the grips on your clubs and spikes in your shoes. We play during the rainy season, so come prepared.
8. **GET RAIN GEAR** – Make sure you come to tryouts with rain gear and a golf umbrella. You can't expect to play well in the rain if you're soaking wet. We're looking for players who are prepared to play no matter the conditions. It's a good idea to practice playing in poor conditions if you can.
9. **GET YOUR SWING IN SHAPE** – Take lessons or work with a swing coach before the season begins. It's OK to do this during the season, but you want to avoid making whole-scale changes to your swing during the season. It generally does not go well.
10. **PARTICIPATE IN TEAM'S OPEN RANGE/OPEN COURSE DAYS** – Open range and open course days at The Bridges are great opportunities to get ready for the season and get to know prospective members of the team. Attendance is strictly optional. **Open range dates will be from 3:45 to 4:45 p.m. on the following Thursdays: Dec. 9, 16, 23. Open course dates will be Jan. 13, 20, 27, and Feb. 3.**

## **How to register for spring sports**

- 1. Registration is entirely on-line. In addition to completing the information on your account, a current physical and proof of medical insurance must be uploaded onto your account. You must be cleared for Golf on [athleticclearance.com](http://athleticclearance.com) in order to try out. If you have an existing account (meaning you've signed up before for a sport at Cal High, even in previous years), please use that. If not, create an account.**
- 2. If you need a physical, now is the time to make arrangements to see your doctor.**
- 3. Registration for Spring Sports will open on [athleticclearance.com](http://athleticclearance.com) on December 17th. Please have your account complete by January 31st. Tryouts begin February 7th. Please allow 3 school days for a response about your account status (cleared or denied).**