

## Juniors Checklist

It is important to develop your own independence within golf and to learn to take responsibility for your own performance, on and off the course. Below is a checklist that can help you see what you should be responsible suitable for your age!

### 8-11 year olds

- Get your gear ready the night before
- Pack your bag, water bottle, rain gear, etc.
- Learn basic rules

### 12-14 year olds

- Look after your own equipment
- Warm-up properly
- Develop a drinking routine on course
- Develop a nutritional routine including healthy snacks

### 15-18 year olds

- Review your own performance using statistic sheets, etc
  - Arrange your own coaching lessons outside of group sessions
  - Send in tournament entries yourself
  - Develop quality practice routine(s)
  - Review courses before tournaments and arrange practice rounds
  - Find your own effective pre-tournament routine
  - Evaluate your own performance and make necessary adjustments consulting with support, such as coach, physio, etc. It is important to prepare yourself so that you are able to perform independently as you will not always have your parents with you. In building up independence you will also build up self-confidence.
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