



**TRAIL
LIFE
USA**

Golf

Name _____

- ____1. Do the following to learn about golfing:
- ____a. Explain the basic rules of golf and how calling penalties on yourself makes golf different from other sports.
 - ____b. Describe the proper way to score and define the basic scoring terms. Define the following scores: ace (or hole-in-one), double eagle, eagle, birdie, par, bogey, and double bogey.
 - ____c. Explain the following terms: pace of play, hazard, loose impediment, unplayable lie, taking a drop, out of bounds, stroke and distance, ground under repair, playing it as it lies, and casual water.
 - ____d. Explain the basic etiquette of golf, especially related to playing safely, keeping up the pace of play, and taking care of the course.
 - ____e. Explain how the game of golf will provide an opportunity for you to display your honesty, integrity, and patience.
 - ____f. Explain how to stay safe while playing golf, and describe unsafe weather conditions for golf.
 - ____g. Describe the following golf course features: clubhouse, driving range or practice area, tee, fairway, rough, green, flag, hole, water hazard and sand bunker.
 - ____h. List the situations for which irons, woods, and putters are most useful, and explain how to choose the correct club for each shot.
 - ____i. Explain what a handicap is in golf, why it is used, how it is calculated, and how it is used in either match or stroke play.

- ____2. Do one of the following:

- _____a. Read a biography of a famous golfer.
 - _____b. Attend or watch a professional golf tournament.
 - _____c. Visit a golf show to view the latest clubs and compare them to your clubs. Hit some balls at a computerized driving range and participate in a putting contest while you are there.
- _____3. Demonstrate the following:
- _____a. Golf club grips: ten fingers, overlapping, and interlocking
 - _____b. Proper swing with a driver, an iron, a wedge, and a putter
 - _____c. Proper divot repair
- _____4. Over a period of at least six weeks, participate in at least twenty sessions on different days where a session can be any of the following:
- Team practice for an organized team or league
 - League or team golf games, tournaments, or scrambles
 - A professionally coached skills session, lesson, class, or one day of a golf camp
 - At least one hour of skills practice on the driving range or putting green
 - At least one hour watching an instructional golf video about golf and practicing the skills that you have learned
 - Golfing at least nine holes with family or friends

Trail Badge Mentor Signature

Date

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