



# Junior Golf

# Policies & Handicap





## **Names & Contact Details**

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### **Junior Club Captains**

Rory O'Connell  
Sophie Mc Mahon

### **Vice Captains**

Barry Coffey  
Sheila Sheahan

### **Junior Officers**

Sean Sheehan  
Miriam Ingerton

### **Club Pro**

Gary Howie                      061-335753  
castletroyproshop@gmail.com



On behalf of Miriam and Myself we would just like to wish all our Juniors in Castletroy GC a fantastic golfing year ahead in 2026. Our Junior programme is the envy of many golf clubs across Munster and in fact Ireland.

We have a very experienced Junior committee and Volunteer group that make our programme what it is today. I would just like to thank all those who take time out of their personal lives to help us in Castletroy GC with our Juniors on a weekly basis.

Over the summer months we have a comprehensive golfing calendar with 3 weekly competitions over 9 and 18 holes. Also we have our short course golf which is part of our progression plan to get Juniors a golfing handicap.

Group Juniors lessons start in early summer for an 8 week period and this is a great opportunity for Juniors to get coaching from Gary & Jack who we are forever grateful for their commitment to our Juniors.

Best of luck to Sophie & Rory as our Junior Captains for 2026.

Sean Sheehan & Miriam

# Progression to getting a handicap

- 1. Join Club (fully paid member).**
- 2. Attend organised junior lessons, available every weekend and /or “New Junior Member” lessons generally in Easter Holidays and also in late Spring in run up to summer holidays.**
- 3. Commence short course golf with mentors, including Pro Shop staff Member who will be on hand throughout Short Course Golf to coach, assist and mentor Juniors through the Progression Targets.**
- 4. Progress through Progression Targets 1, 2 and 3 (see next slides with details) with Pro Shop Staff Member involved.**
- 5. Complete the 9 hole short course golf holes (set up within holes 15-18 each Monday/Wednesday and Friday during school holidays) in less than 55 strokes (or stableford equivalent) on 3 occasions.**
- 6. Complete 54 holes from green tees under supervision of an adult or current Golf Ireland player with a handicap and return cards to Junior Handicap committee.**

# Progression Points Part I

- **Hit a ball up in the air.**
- **Get a 10-Foot putt (about 3 putter lengths) inside a circle the diameter of your putter**
- **Chip a ball on to the green and let it run out to a (large) target**
- **Hole 3 out of 6 putts the same length as your putter to the start of the grip (about 3 feet).**
- **Explain a little about what the different clubs in your bag do (why does a sand wedge point more to the sky than a 6 iron, when do you use a driver, will the longer length clubs go further or shorter than the shorter length clubs?)**
- **Show how to rake a bunker and explain why this is important**
- **Show how to replace a divot**
- **Show one warm up exercise you should do before golfing- (5 vertical jumps before teeing off)**
- **What do I need in my golf bag every day that I come to play- tees, pencil, pitch mark repairer, balls, water, jacket, sunscreen, hat.**

# Progression Points Part 2

- Hit a ball up in air with a mid iron.
- Get a 20-foot putt (about 6 putter lengths) into a circle the diameter of your whole putter.
- Hole 3 out of 6 putts the length of your putter (about 4 feet).
- Play a chip shot with a lofted club and a straighter faced club and let them run out to the same target
- Explain the rules and set- up of when you are in a bunker and then play a bunker shot
- Repair a pitch mark correctly and explain why we do this
- Explain why divots should be replaced ASAP.
- Show knowledge of etiquette re:
  - where trolleys can and cannot go on the course,
  - pace of play and when to let others pass through on the course,
  - counting scores,
  - calling FORE
- Show a knowledge of what makes the golf ball go further and how players can improve distance (faster swing, better contact, hitting up with a driver, being stronger)
- Show an exercise that you could do to help hit the ball farther.

# Progression Points Part 3

- **Hit the ball up in air regularly with irons/rescue.**
- **Chip 3 different distances- Front, middle and the back of green from same position with same club**
- **Show a good understanding of how to control distance with a putter- putt within the boundaries of a large circle from three different lengths**
- **Explain and show how to sign into a competition, correctly mark a scorecard and return the score into the computer.**
- **Show an understanding of how, when and where to mark scorecards,**
- **Show knowledge on Rules regarding: out of bounds, lost balls, hazards and when and where to drop, various formats of play—Strokeplay, Matchplay, Stableford.**
- **Explain why a ball goes a certain direction (to the left or to the right) and why it might curve in the air and why it might go low or high.**
- **Show a warm-up routine that would be beneficial before playing golf and explain what the exercises do and why they are important**

# Progression file for all non handicap Juniors:

DOB	Age	(Mobile)	Card No.	Lessons	PROG 1	PROG 2	PROG 3	Short 55	Cards
02-04-2010	14	876590826	21730349						
07-05-2011	13	874597145	21730552						
22-02-2012	12	868837063	21730387						
28-12-2011	12	872799717	21730423						
11-02-2012	12	871255763	21730508						
08-06-2010	14	871313127	21730507						
26-09-2013	10		21730542						
01-02-2012	12	087 9194027	21730500						
13-12-2012	11	871413344	21730374						
19-08-2012	11	879676687	21730422						
13-11-2006	17	879254274	21730497						
17-03-2012	12		21730475						
26-08-2011	12	872618661							
12-01-2010	14	876822479							
03-04-2010	14	863963879	21730506						
23-04-2010	14	863885125	21730413						
19-05-2009	15	876840474	21730503						
22-04-2011	13	876715574	21730301						
17-06-2009	15	868110846	21730128						
06-06-2012	12	086 8132323	21734794						
21-04-2007	17	868155680	21730383						
29-08-2012	11	863963879	21730550						
13-08-2013	10	868620069	21730555						
07-05-2011	13	876702660	21730554						
19-10-2012	11	083-4043299	21730321						
13-12-2012	11	876489168	21730520						
05-11-2012	11	877863986	21730514						
24-07-2008	15	830352050	21730378						

# Junior Coaching Plan for new Members to Castletroy Golf Club

## Lesson One

### Putting:

- **Grip**
- **Target**
- **Aim**
- **Stroke movements**
- **Starting direction and what controls this**
- **Distance control and how we control this**
- **Slopes, uphill, downhill**
- **Etiquette on the green- bag/ trolley placement, flag in/out, Pitchmarks, walking on other players' lines, removal of flag and placing on green, order of play, not twisting spikes**
- **Drills to practice**

# Junior Coaching Plan for new Members to Castletroy Golf Club

## Lesson Two

### Chipping and short game:

- **Grip**
- **Target**
- **Aim**
- **Posture and set up**
- **Club choice and why**
- **Swing technique**
- **Distance control and how we control this**
- **From the rough/ the sand/the shortgrass**
- **Etiquette on Pitchmarks, raking bunkers, replacing divots, bag/ trolley placement**

# Junior Coaching Plan for new Members to Castletroy Golf Club

## Lesson Three

### Iron play:

- **Grip**
- **Target**
- **Aim**
- **Posture**
- **Ball position and why**
- **Swing technique to control direction**
- **Club head speed to control distance**
- **Club choice and why**
- **Playing from different lie angles and different length of grass**
- **Warm up routines**
- **Etiquette on replacing divots, pace of play,**

# Junior Coaching Plan for new Members to Castletroy Golf Club

## Lesson Four

### Driving the ball and fairway metals:

- **Grip**
- **Target**
- **Aim**
- **Posture**
- **Teeing the ball up**
- **Ball position and why**
- **Swing technique to control direction**
- **Club head speed to control distance**
- **Etiquette on speed of play, trolleys not on tee box, where you can tee up in relation to markers**

# Junior Coaching Plan for new Members to Castletroy Golf Club

## Lesson Five

### Review of first 4 sessions:

- **Grips- Aims- Basic techniques- Club speed**
- **Starting to look at the progression points (for certain players)**
- **Lots of questions (and hopefully answers)**
- **Discussion on practice- where, how often, when and why**
- **Physical training for golf and warm up exercises**
- **Marking scorecards, explanation on how we progress to handicap from here**

# How scoring works in golf - Stableford

## Stableford Golf Scoring System

0 Points - Double Bogey  
1 Point - Bogey  
2 Points - Par  
3 Points - Birdie  
4 Points - Eagle  
5 Points - Albatross  
6 Points - Condor



# How scoring works in golf - Stableford

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# Marking your card:

## Stableford

HOLE	FRONT NINE			Player 1 (7 handicap)		Player 2 (20 handicap)		
	Mtrs	Par	Hole index	Strokes	Stableford points	Strokes	Stableford points	Hole index
1	309	4	7	4	3	4	3	7
2	321	4	13	5	1	5	2	13
3	134	3	18	4	1	4	2	18
4	389	4	3	4	3	4	3	3
5	392	4	1	5	2	5	3	1
6	440	5	10	5	2	5	3	10
7	139	3	11	4	1	4	2	11
8	343	4	8	4	2	4	3	8
9	411	4	2	7	-	7	1	2
OUT	2878	35		42	15	42	22	

2 shots

2 shots

A standard Stableford card, showing the scores for both a 7 marker and a 20 marker

# Marking your card:

www.rugby.org.uk

COMPETITION **MIDWEEK STABLEFORD**

DATE **28.6.20** TIME **9:18** ENTRY No. \_\_\_\_\_ Handicap **18.4** Strokes Rec'd **18**

Player A **BEN**

Player B \_\_\_\_\_

Player C \_\_\_\_\_

Player D/Marker **LUKE** **15.1** **15**

Hole	D/Marker	White Yards	Yellow Yards	Par	Stroke Index	A	B	C	Nett	Red Yards	Par	Stroke Index
1	4	322	316	4	11	4			3	310	4	11
2	7	447	439	4	5	5			2	433	5	5
3	5	380	373	4	7	6			1	325	4	7
4	5	305	300	4	13	4			3	301	4	13
5	4	134	121	3	17	5			1	115	3	17
6	5	346	338	4	1	7			0	300	4	1
7	5	294	286	4	15	4			3	276	4	15
8	4	266	251	4	18	4			3	245	4	18
9	5	441	437	4	3	6			1	427	5	3
	44	2935	2861	35	OUT	46			17	2732	37	OUT
<b>PLEASE AVOID SLOW PLAY AT ALL TIMES</b>												
10	5	353	346	4	9	7			0	337	4	9
11	5	174	166	3	14	5			1	154	3	14
12	4	325	325	4	16	4			3	320	4	6
13	6	423	405	4	4	4			3	392	5	4
14	5	374	360	4	10	6			1	326	4	10
15	6	446	423	4	2	5			2	407	5	2
16	6	466	456	4	12	7			0	435	5	12
17	5	220	192	3	6	5			1	146	3	16
18	6	513	497	5	8	6			2	468	5	8
	42	3294	3170	35	IN	49			13	2985	38	IN
	44	2935	2861	35	OUT	46			17	2732	37	OUT
	92	6229	6031	70	TOTAL	94			30	5717	75	TOTAL

STABLEFORD POINTS OR PAR RESULT **30** HANDICAP **18** NETT **76**

Marker's Signature *LUKE* Player's Signature *BEN*



# Junior Club Bye Laws – The Clubhouse

- Junior members are not allowed in the members bar at any time.
- Junior members are not allowed in the clubhouse after 7pm except in the company of an adult in the Lounge or Restaurant.
- Junior members completing their round of golf after 7pm may use the locker room facilities only except in the company of an adult in the Lounge or Restaurant.
- On the day of a junior competition commencing in the afternoon, junior members may use the restaurant and locker room facilities only up to 9pm.

*Failure to observe the above rules will lead to disciplinary action.*

- Food must be consumed in the dining area and lounge only. Only food prepared by the club may be consumed in the clubhouse.
- Wearing of any type of headgear including caps and sun-visors is not permitted in the clubhouse. Wearing of golf footwear is not permitted in the Clubhouse but appropriate footwear always needs to be worn in the Clubhouse.



# Golf Etiquette

- Always show respect for playing partners and members
- Never cheat
- Always be early for your tee time
- Play at a brisk pace, be ready.
- Have your golf ball, pencil, tees and prepared scorecard to hand on 1st tee.
- Help playing partners and opponents when their ball is lost
- Never shout, argue or throw a club
- Always shout “Fore” if your ball appears to be going in the direction of another player.
- Rake Bunkers, Replace all Divots ,Repair all Pitch-marks on the putting green.
- Never walk through a player’s putting line.
- Always give right of way to course staff (workers) on the golf course.
- Mobile phones not seen, not heard.
- Always check scorecards for signatures, handicap, date and name of competition.



# Short Course Golf

- For beginners and those without a handicap there is supervised short course golf.
- Takes place every Monday, Wednesday and Friday.
- What to expect.
- Volunteers are welcome.



# Volunteers & Code of Conduct

- We have a core group of volunteers that are members of the Junior Golf Committee, parents who wish to volunteer are always welcome.
- All volunteers must abide by and sign the Club Code of Conduct form annually, which will be available from the office.
- All junior club volunteers must complete Garda Vetting and Sport Ireland's Safeguarding Training.
- Our Child Welfare Officer is Mr. Paul Kennedy who can be contacted via either Junior Convenor.



# Junior Handicap Policy

- The junior handicap committee comprising of Gary Howie and Eugene Hanrahan will convene at regular intervals to review the cards and consider junior handicap applications. A notification will be issued to the applicant on the outcome of the review.
- The following conditions must be met to get a golf handicap
  - Be a junior member of Castletroy Golf Club
  - Have completed a coaching programme provided by the club
  - Have regularly attended the supervised short course programme at the club
  - Have played three 18-hole rounds of golf or six 9-hole rounds of golf in Castletroy in the company of an adult member where the card recording their score at each hole is fully and accurately completed and submitted to the junior committee through the Office.



# Junior Handicap Policy

The provision of a handicap to a junior member is an indication that the junior

- Is physically capable of playing the 18-hole course in a timely manner
- Has a knowledge of general golf rules and etiquette and the club's local rules
- Can play in all junior club competitions, Inter-club junior competitions and GUI junior competitions
- Has consideration for their own safety and fellow players safety on the course
  
- Any questions relating to the policy or any appeals regarding the outcome should be addressed to the Junior Committee and submitted in writing to the club

# Junior Photos



**THANK YOU!**

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