



HIGH SCHOOL GOLF

PLAYER DEVELOPMENT GUIDE

Helping Young Golfers Prepare, Develop & Compete

High school golf is more than just a game — it's a great opportunity for personal growth, discipline and lifelong skills. Stu Golf provides year-round supplemental instruction to help young golfers build their skills, prepare for competition and develop the confidence they need on and off the course.



FUNDAMENTALS

Developing repeatable setup, swing and short-game fundamentals.



SCORING SKILLS

Improving the areas that have the greatest impact on scoring.



PREPARATION

Helping players practice with purpose and prepare for tryouts, matches and tournament golf.



CONFIDENCE

Giving players a better understanding of their game so they can make better decisions and compete with greater confidence.

A YEAR-ROUND APPROACH



FALL

In-Season Support

Individual development and help with specific areas of a player's game.



WINTER

Offseason Development

Build a stronger foundation and make real improvements without the pressure of competition.



SPRING

Development & Preparation

Continue improving fundamentals, scoring skills and overall consistency.



SUMMER

High School Tryout Preparation

Prepare incoming freshmen and returning players for tryouts and the upcoming fall season.

"The objective isn't to build a perfect swing. It's to help each golfer develop a more dependable game."



FOR HIGH SCHOOL COACHES

A VALUABLE PARTNER IN PLAYER DEVELOPMENT

Supporting Your Program. Helping Your Players Improve.

High school golf coaches face the challenge of developing a diverse group of players with limited practice time. Stu Golf provides an additional local instructional resource for players who would benefit from more individualized attention outside of regular team practices.



COMPLEMENTING YOUR PROGRAM

Stu Golf instruction is designed to complement the direction of the player's high school coach. We communicate with coaches and respect what each player is currently working on with their school team. Our goal is to help players become more consistent and productive — not to introduce competing swing thoughts.

WHEN A PLAYER MAY BENEFIT FROM ADDITIONAL INSTRUCTION

- Recurring ball-striking or contact issues
- Struggles around the greens
- Needs additional putting development
- Difficulty transferring practice to the course
- Needs more individualized attention
- Preparing to compete for a varsity position
- Incoming freshman preparing for tryouts
- Wants structured offseason development

AREAS OF DEVELOPMENT

Full Swing

- Setup and alignment
- Contact
- Ball flight
- Consistency
- Driver and iron fundamentals

Scoring

- Putting
- Chipping
- Pitching
- Wedge play
- Distance control

Playing the Game

- Shot selection
- Course management
- Pre-shot routines
- Practice habits
- Understanding strengths and weaknesses

TEAM & SMALL-GROUP CLINICS



- Short Game & Scoring Clinic
- Putting & Distance Control Clinic
- Wedge Development Clinic
- Ball-Striking Fundamentals Clinic
- Preseason Fundamentals Clinic
- Incoming Freshman / Tryout Preparation Clinic



LET'S SUPPORT YOUR PLAYERS

Individual instruction that complements your high school golf program.

630-480-4255 • info@stugolf.com • stugolf.com



FOR PARENTS

HELPING YOUR GOLFER NAVIGATE HIGH SCHOOL GOLF

Guidance. Support. A Stronger Future.

For many families, high school golf is a player's first experience with competitive team golf. Stu Golf helps players prepare, develop and gain confidence so they can make the most of this exciting opportunity.

WHAT HIGH SCHOOL GOLFERS NEED

- Make reasonably consistent contact
- Understand basic setup and alignment
- Keep the ball in play
- Chipping and pitching effectively
- Developing putting and distance control
- Understand golf etiquette and rules
- Play at an appropriate pace
- Manage mistakes and stay positive



HOW STU GOLF APPROACHES INSTRUCTION

- Player-focused, not a predetermined swing model
- Identify where the player is now
- Find the areas that will make the biggest impact
- Create a manageable plan tailored to their goals
- Build confidence through progress



PREPARING FOR TRYOUTS

The sooner a player begins preparing, the better. Tryout preparation can include:

- | | |
|------------------------------|------------------------------|
| • Swing and setup evaluation | • Practice planning |
| • Ball-striking fundamentals | • Course management |
| • Short-game assessment | • Playing expectations |
| • Putting | • Confidence and preparation |



QUESTIONS PARENTS SHOULD ASK THEIR GOLFER

- What part of your game costs you the most strokes?
- What shot makes you the least confident?
- Do you know what you should practice?
- Can you recover mentally after a bad hole?
- What would you most like to improve before next season?

“Support, encouragement and the right instruction can make a big difference in a young golfer's high school experience.”



FOR PROSPECTIVE PLAYERS

WANT TO PLAY HIGH SCHOOL GOLF?

Learn. Practice. Compete. Grow.

You don't have to be the best golfer at your school to start preparing for high school golf. But you do need a willingness to practice, learn and compete.

WHAT SHOULD YOU WORK ON?

- Get the ball in play
- Hit reasonably consistent iron shots
- Get the ball onto the green
- Control putting speed
- Make smart decisions
- Understand basic golf rules and etiquette
- Keep moving after a bad shot
- Practice with a purpose



BEFORE TRYOUTS, ASK YOURSELF:

- Can I play 9 holes comfortably?
- Do I understand basic golf etiquette?
- Can I keep my own score?
- Do I know when to take a penalty?
- Can I play without someone telling me what to do every time?
- Can I stay composed after a bad shot?

*You don't have to answer yes to everything.
That's why you prepare.*



YOUR DEVELOPMENT PLAN

Stu Golf can help identify the areas of your game that deserve the most attention and create an instructional plan based on your goals. That may mean working on your putting, course management or a combination of all three.



READY TO BUILD YOUR GAME?

Schedule a lesson or learn more about our high school programs.

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