



Bishop Auckland Golf Club

Land of the Prince Bishops

WELCOME TO BISHOP AUCKLAND GOLF CLUB AND THE WORLD OF GOLF

If you are new to golf we hope this booklet will help you learn who are some of the people you might meet in the club, what sort of clothes you should wear, what sort of equipment you will need and what sort of help you can expect.

THE SECRETARY, David Perris is the person to ask for if you want to find out how to join the golf club and become a member. He is in the office Monday to Friday 9a.m to 1.00pm and can be contacted on 01388661618 ext 2

THE JUNIOR LIASON OFFICER - Phil Vaulks will tell you about the Club's junior programme and help you to meet other junior golfers. Anthea Rowntree also looks after the junior girls. Their contact details are on the club website www.bagc.co.uk

PLEASE check the Club Handbook for Junior & Dress Rules

SERVICES OF THE GOLF PROFESSIONAL

My name is Michael Pilgrim. I am the PGA Golf Professional at Bishop Auckland Golf Club.

I would like to take the opportunity to welcome you to the golf club. It hosts a wonderful golf course and I am sure you will enjoy playing it.

Coaching and Development

Junior member group coaching sessions are carried out throughout the season, mainly on weekends. These sessions are free of charge to members and cover the following aspects of the game:-

- JUNIOR GOLF PASSPORT
- BASIC FUNDAMENTALS
- THE LONG GAME
- THE SHORT GAME
- RULES ETIQUETTE
- COACHING ON THE GOLF COURSE
- TROUBLE SHOTS

Information about group sessions is available in the Pro's Shop, on our website, and on the junior notice board. Individual lessons are also available. Simply, contact me in the pro shop to arrange a time and date.

The Pro's Shop

The Pro's Shop holds a large selection of products in all the major brands in golf including Titleist, Taylormade, Mizuno, Callaway and Ping - all at competitive prices. If you do need any help selecting golfing equipment, please do not hesitate to call into the pro shop and ask myself or my assistant, Greg. We will be happy to help.

Contact Details

PRO SHOP: 01388 661618 ext 3

MOBILE: 07709043166

EMAIL: mike_plgrm@yahoo.co.uk

HOW TO GET A JUNIOR HANDICAP

When you can play a few holes and score more or less 3 over par (or better) at each hole it is time to be thinking about getting a junior handicap which can be done by playing 6, 9 or 18 holes

Firstly, you need to get someone, a MARKER to keep your score. This can be someone who currently has a handicap, or someone who has had one previously.

Secondly, you must put the following information on the card:-

- your NAME (the PLAYER)
- the DATE on which the score was marked
- your marker should have recorded your score on each hole you played
- the SIGNATURE of the marker (to say the score is correct)
- YOUR SIGNATURE (to say you agree that the score is correct)
- Thirdly, give your card to your JLO
- Fourthly do this as many times as needed to have played 54 holes. If you have a really bad score and don't want it to count, don't give it to your JLO, but have another try later. This should be done within 6 months

GOOD LUCK and remember to put your own special mark on your ball (so you are sure it's yours when you find it) and take a RULE BOOK with you!

PRACTISING

If you want to improve your golf you should try to hit some golf shots on the practice area or at a Driving Range. You should also practise Putting - after all, the aim of the game is to get the ball into the hole!

WARM UP before you start. Stretch your body, your arms, your fingers and hands, legs ankles and trunk, also turn gently as far as you can in all directions especially with your head. When you have loosened up, get your body warm by swinging your arms and gently jogging on the spot. Follow this with a few easy swings with a golf club and you'll be ready to hit the ball.

PLAY TO A TARGET and look to see which direction other people are hitting their golf balls, then do the same. Be very careful when you go to pick up your golf balls and make sure that you are not going to get in the way of someone else. If it is not safe, then wait until it is!

EASY DOES IT, start with short easy shots and swing gently until you get the feel of your swing. Take your time with every ball and pretend it is a really important shot on a golf course. It helps to keep the stack of balls just out of reach so you have to take them one at a time.

WARM DOWN after you've finished, especially if you have been practising putting or chipping and have been bent over for a while. Make sure you stretch up and get our back nice and straight again. Also your fingers will enjoy a stretch after being curled round a golf club for a while.

PLAYING ON THE COURSE

When you have had a few lessons and are able to hit the ball nearly every time you will be keen to get on to the proper golf course. Because a lot of other people will also be playing on the course it is important for you to know what to do, first for your own safety and enjoyment and second so that you don't spoil other peoples' golf!

- Ask your JLO for a copy of 'Golf Rules in brief'
- Before you begin, put a small identifying mark on your golf ball -so that you can recognise it and know that it is yours. There will be a lot of other golf balls on the golf course!
- Always talk quietly and don't run about.
- Always stand absolutely still and quiet when other players nearby are taking their shot. (Golfers are very easily distracted and will blame YOU !)
- Help to look after the golf course by always :-
 - replacing divots and stamping them down into the ground
 - raking bunkers after you have played out
 - repairing any damage to the green, such as pitch marks
 - replacing the flagstick carefully so the hole is not damaged
 - putting your golf bag down carefully, not in a bunker or on a green
 - if you have a trolley, taking it round the edges of the greens and tees
- Always walk quickly and be ready to play your shot when it is your turn.
- Keep your clubs beside you so that you don't have to go back to pick them up.
- Leave the green as quickly as possible when you have finished playing the hole.
- Watch carefully to see where your ball has gone and try to pick a 'marker' (for example, towards a bush or tree) to make it easier to find.
- If you are holding up the group behind, always stand aside and wave them through.
- Remember, the player whose ball is further from the hole always plays first and the player with the best score at a hole goes first off the next tee (This is called 'Having the Honour')
- On the putting green, the player whose ball is nearest the hole should attend the flagstick and the player who finishes the hole first should put it back when all players have finished the hole.
- If your ball is on the putting green and in the way of another player's ball, you will need to mark your ball with a marker. If you don't have a ball marker a penny or other small

coin will do. You mark the ball behind it, at the furthest point away from the hole in play. You may now pick it up and replace it when it is your turn to play.

- At the end of your game, shake hands with the rest of the group.

WHAT TO WEAR

Golf courses are wide open spaces which can be very cold, very hot, very wet and very windy -sometimes all in a day!

It is important to have two or three layers of clothes which you can put on or take off according to the weather.

As playing a round of golf will probably take over 3 hours, your clothes need to be comfortable and if the sun is shining they need to protect you from sunburn. A good quality suncream should also be used.

Because the course is hilly and can be slippery, a pair of golf shoes should keep you safe and also give you a good firm base for your swing. Shoes with metal spikes are a good idea in the winter.

A golf glove will give you a good grip on your club and help prevent blistering. During the winter it is a good idea to have a pair of thick mitts to wear between shots and a waterproof jacket and trousers will also be a good investment when you are good enough to play in competition

SAFETY AT ALL TIMES

GOLF CAN BE A DANGEROUS GAME!!

ALWAYS be aware of other players on the course and watch them hit their shot so that you can see at once where their ball is going.

NEVER play if you think your shot might hit anyone, wait until it is safe.

ALWAYS make sure that you have enough room to swing your club and look behind you - to make sure.

ALWAYS stand in a safe place, facing the person who is about to hit whenever possible.

ALWAYS wait behind the hitting line or the tee until you are sure it is safe to go forward.

NEVER swing your club towards anyone even in fun or not hitting a ball. You might lose your hold on the club and then it could hit someone.

WATCH THE WEATHER

Always try to check the weather forecast before you go out to play. Keep watching for clouds coming over or the wind suddenly getting up as both of these can mean rain is coming.

If you hear thunder or see lightning, stop playing and head for the clubhouse as quickly as possible. If you hear a klaxon blowing you **MUST** come off the course immediately.

Be aware of the sun, especially if you play early in the morning. A cool start can soon turn into a 'Scorcher'

These are some of the things you should always have in your golf bag -depending on the time of year!

- ✓ Waterproof jacket
- ✓ Hat or cap (to keep off rain /sun)
- ✓ Sun block cream
- ✓ Small towel (to dry your hands)
- ✓ Handwarmers
- ✓ Spare jumper (unless you are wearing it!)
- ✓ Waterproof mittens (to keep your hands dry)
- ✓ Umbrella (better not to have a metal frame because of lightning)
- ✓ Bottle of water or drink of some kind -even in winter
- ✓ Small amount of food like energy bars, fruit, biscuits or a sandwich
- ✓ Elastoplast - for emergencies