



**Dates of Season:** July 28 - October 5 (Varsity postseason can extend until late October)

**Tryout Dates:** July 28 and July 29 (**MUST attend tryouts**). Practice and matches will begin immediately following tryouts. Please have vacation plans completed by 7/27/25.

**In-season Practices/Matches:** Monday-Thursday (generally 2 practices and 2 matches but that varies). Fridays and weekends are typically off with the expectation that you play/practice on your own. There are a few tournaments (or a practice round on the weekend prior to tournaments) that might fall on Friday, Saturday, or Sunday. Practices are at Aston Oaks after school between 3:30-5:30 p.m.

**Summer Practice (optional but highly encouraged):** Beginning June 9, Monday afternoons from 3:30-5:00 pm at Aston Oaks. Practice/Play at Neumann will be Thursday evenings from 6:00pm-8:30pm.

**Conditioning:** We highly recommend preseason conditioning. It reduces injury and helps you stay strong through the season. Beginning mornings in June/July at Seton's gym. Dates, times and fee - TBD.

**Lessons:** We encourage you to take lessons. Best practice is to take a lesson and then practice/play a good amount before your next lesson. This allows you to determine where you are struggling and what to work on at the next lesson. Most courses have pros that offer lessons so check with a local golf course. John Timmers at Bonus Golf and WHCC, Matt Starr at Meadow Links, and Mark Martin at Robins Nest, are good choices. In addition, Ben Chandler at Neumann GC is holding camps in July aimed specifically for grade school and those players entering high school to get ready for tryouts. Check the website for sign up or call Ethan at Neumann golf course for more information.

**Seton Golf Camp:** June 17, 2025 at Robin's Nest 9 am-3 pm **for all incoming freshman** and grade school age interested in golf. See Seton website.

**Seton Golf Commitment Challenge:** This is an opportunity for all Seton golfers to improve their game and stay engaged in golf throughout the year. While there are no required activities, we encourage you to focus on playing and practicing golf throughout the year as much as possible, to build skills, gain experience, and prepare for the season. This is so important with a fall golf program as the season starts immediately after tryouts and is short. **Please keep a log of your activities to be submitted at tryouts.**

- **Get on the Course:** Regular 9-hole and 18-hole rounds (both recreational and tournament) are great ways to sharpen your skills. Varsity golfers are encouraged to play **at least 10** nine-hole rounds, and JV golfers at least 7. **To be eligible for Varsity, a minimum of 2 summer tournaments is required.** Individual time spent at the range or putting green is invaluable
- **Private Lessons:** Provide focused, one-on-one instruction to improve your game.
- **Team Activities:** Attending team summer practices, summer conditioning, and the Seton Golf Camp on June 17 will help you stay connected and continue developing.
- **Community & Volunteering:** Throughout your high school years, we will provide opportunities to give back through volunteer days with First Tee, Seton's Golf Outing (July 14), LPGA Tournament, etc. These are great ways to support the game and your community.

We look forward to your joining the Seton Golf Team! If you have any questions, please contact:

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