



# Youth Programs

## Recommended Equipment List

### Basic equipment for all youth programs:

- CLUBS:** Everyone will get the most out of their ability by having clubs that are the appropriate length, weight and shaft flexibility—which is based mainly on your height and how fast you swing. Our experienced staff is available for custom club fittings to help you find the perfect clubs for your game. For more information contact us at [info@thegolfpractice.com](mailto:info@thegolfpractice.com).
- GLOVE:** It should fit tight across the palm and have no loose material anywhere, like at the top of the fingers. If you swing right-handed, a glove should be on your left hand, and vice-versa.
- BALLS:** Make sure to have enough golf balls in your bag so that you don't run out during a round, or even feel the pressure of thinking you might. It comes down to your ability on what the appropriate number is, but we'd recommend having 8-12.
- TEES:** For only a few dollars, you can buy wooden or plastic tees. Since tees are light and don't take up much space, quantity isn't really something to worry about. A pouch with anything over 20 tees is fine. Just make sure to re-stock when it gets below that.
- BALL MARKERS:** These are used on the green, placed right behind your ball to remove it from someone's line or clean it with a towel. There are golf-centric ball markers or you can simply mark your ball with a quarter. Having a handful in your bag at all times is a good idea.

### Additional equipment for advanced youth programs:

*(Travel League, High School Prep, Varsity Prep)*

- WATER BOTTLE:** Especially important during tournament competition, have one in your bag to refill every few holes. There will be water available near tee boxes throughout the course. Making sure you're drinking enough water and staying hydrated is essential in maintaining your concentration and stamina on hot summer days and long tournament rounds.
- UMBRELLA:** An umbrella is key to keep you and your clubs dry in rainy conditions. It's not always necessary to have one in your bag, but it's also better to be safe than sorry. At worst, during a tournament, you have one in the car or on-site – maybe with a parent – that you can access when the weather gets bad.
- RANGE FINDER:** To eliminate any guessing and improve pace of play, these devices are common in today's game. There are different versions out there, but the reliable and accurate ones are precise to the yard. Range finders are permissible at junior tournaments, though some features might not be allowed. It's best to check with tournament officials.
- PUSH CART:** Carrying your own clubs, especially in multi-day tournaments and for younger kids, can be exhausting. Push carts help relieve some of that strain on your body. Clicgear push carts are as good as it gets and can be ordered by emailing [info@thegolfpractice.com](mailto:info@thegolfpractice.com).
- RAIN GEAR:** A light rain suit – pants and jacket – is needed to stay dry and warm in poor conditions. Make sure it's not too large or too small, as both can make it uncomfortable and difficult to swing the club.
- COLD WEATHER APPAREL:** It's important to be prepared for any type of weather on the course. We recommend having an outer layer, knit cap, mits and hand warmers at your disposal when the forecast projects frigid temperatures.
- GOLF SPIKES:** Spikes can create a better connection with the ground, which can help your golf swing and keep you swing more stable in subpar conditions.