



Cambridge Meridian Golf Club Junior Handbook 2019

Inspiring the next generation of golfers



**CAMBRIDGE
MERIDIAN
GOLF CLUB**



2019 Junior Captain, Callum Dunlop



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Junior Club Membership:

Cambridge Meridian Junior Section was established in May 2017 and during this relatively short period we have managed to develop an active junior section and academy who are all enjoying the excellent on-course golfing opportunities available at Cambridge Meridian Golf Club (CMGC). In the first full 2018 golfing season Cambridge Meridian Juniors won the Cambridgeshire County League 2 Championship which underpins just how far the section is progressing. A main attraction at CMGC is the excellent opportunities available for juniors of all playing abilities to get out onto the course to play and practice their golf on a Championship standard 18 hole golf course. Playing golf for fun is the first priority, but we would also like to encourage juniors to develop their golfing skills and ultimately progress to represent the club at local inter-club-matches, regional and national events in 2019 and beyond.

If you would like to find out more, please call into the club and speak to the team in the Pro-Shop or email at golf@cmgc.co.uk or call 01223 264700 or email Jim at jimcousen@hotmail.com the Junior Organiser to find out more information about junior club membership's.

The Ian Cochrane Junior Golf Academy:

The Club Professional, Ian Cochrane, supported by L2 Volunteer coach Jim Cousen have established a growing academy which meets on alternate Saturdays for group coaching sessions from 1pm until 2.15pm. Each session costs £7.00 per child or £14.00 per month, per child with any second siblings charged at £5.00 per session or £10.00 per month.

Academy sessions are open to all juniors, including non junior club members. Ian also provides many other coaching opportunities throughout the year - including over half term and summer holiday periods - and caters for individual, small or large groups. Beginner junior coaching sessions are delivered following the Golf Foundation scheme and are coached to bronze, silver and gold awards for juniors.

If you are interested and would like to find out more about Ian's Junior Academy, or other coaching sessions available, please visit the club website or you can contact Ian at ian@getinspiredgolf.com Tel 07940162930 or call into the Pro shop and speak with Ian in person.



2019 Junior Club Champion Rhys Davies

Junior Members' On-Course-Playing-Rights:

It is important juniors get access onto the main course at every opportunity, so juniors can put into practice what they are learning under instruction by the PGA professional, or supportive golfing parents.

CMGC wish to generate a positive sense of improvement for all golfing abilities, whilst importantly having lots of fun in the process. You never know, they might also improve their golfing handicaps at the same time which is ultimately what we are all trying to achieve.

Junior Playing Options:

Midweek Monday to Friday - Junior club members can play on the course any time during the week, as long as this doesn't clash with any internal pre-booked club competitions, society, or corporate bookings.

Weekends Saturday and Sundays - junior club members can play on the main course any time **after 1pm**, understanding there may be the occasional playing restrictions put in place for club matches, or society bookings.

Supervision - Jim Cousen, CMGC Junior Organiser, with the assistance of some very supportive parent volunteers' will help to supervise juniors during on course roll ups. If there are any additional parents who would be happy to stay behind and assist the team to keep a watchful eye over the children that will always be appreciated.

Saturday Roll Ups - Organised on alternate weekends to Ian's Junior Academy coaching programme which starts at 1pm unless otherwise informed. Please turn up at least 5 min before published start times so we can quickly organise juniors into groups and get them out onto the course as quickly as possible.

Monthly Club Competitions - As per the junior events calendar listed below. Having a busy junior events calendar with variety of competition formats catering for all playing abilities is what we strive to achieve at CMGC. We want to encourage juniors to get into the habit of signing up for competitions, using a start sheet located inside the club house on the junior notice board. We have established good email communication channels with most parents which have proved extremely helpful. We are always open to suggestions going forwards, especially if you feel it will increase participation and improve efficiency.

Regional and Inter-Club competitions - As the current 2018 Div 2 Cambridgeshire Inter-Club Champions, we would hope this in itself reflects the importance we place on providing opportunities for juniors to represent CMGC in competitions for all playing abilities.

Junior Golf Handicaps:

The CONGU handicap system is designed to allow golfers of all playing abilities the opportunity to play golf and compete on a level playing field.

At CMGC junior beginner members will be allocated a starter handicap of **54** on joining the club for both boys and girls. If you're already an active junior golfer, then the club pro, or qualified member of the junior coaching staff can assess your playing abilities and set your club handicap accordingly.

Further guidance on junior score card submissions will be published on the junior section notice board.

Junior Playing Categories:

It is important that juniors, when playing on the course, use the correct tees which have been designed to support their playing abilities and official handicap categories as follows.

Junior Purple Tees - are for juniors with handicaps between **54 to 45** for both boys and girls. The purple tees are located down the side of each fairway, at or around 150 to 200 yards from the front of each green.

Ladies Red Tees - for juniors with handicaps of **44 and below** for both boys and girls. Once junior boys achieve a handicap of 36 or below, they are then required to play from the men's yellow tees. Junior girls will always continue to play from the red tees regardless of handicap.

Yellow Tees - for junior boys in general play or practice with handicaps of **36 or below**.

White Tees - for junior boys with handicaps of **28 or lower** when playing in official club competitions, or inter-club matches, otherwise juniors must play off the yellow tees in general play or practice.

If in doubt, please call into the pro shop, or ask the club professional before you start your game/match, just in case of any local rule changes to any of the above guidance.

Junior Dress Code & Etiquette:

It is important to the club that juniors all enjoy themselves when playing on the course. Juniors should dress appropriately and adhere to the Cambridge Meridian website dress codes and etiquette standards.

It is understood that children can get excited whilst out on the course, but juniors should understand, that it's not appropriate to shout or make sudden loud noises around other players.

Safety

Whilst Cambridge Meridian is a safe environment the club is concerned that all of its members, especially the young, are offered as much protection as possible. The Club has a Child Protection Policy but you also have a responsibility for your own safety.

You are advised

- Never to play on your own.
- To arrange for your parent/guardians to pick you up and drop you off during daylight.
- To get your parents to check that their household insurance covers you for public liability.
- If you have a mobile phone, take it with you onto the course, (remember to put it on silent or switch it off). This can be used in an emergency, make sure you have the phone number of the Pro shop or bar staff. Main number is 01223 264700.

On the Course - Safety First!

- Always remember that golf is dangerous if certain rules aren't followed.
- Be aware of other players.
- Stand a safe distance from anyone swinging a club; they may not know you are there. Never step in front of the hitting line or tee until it is safe to do so.
- Make sure you have room to swing. Never swing a club towards anyone else.
- Shout "Fore!" immediately if you think that your ball may hit someone.
- Duck and cover your head if you hear "Fore!" shouted at you!
- Always replace divots, repair pitch marks and rake bunkers.
- Do not throw clubs or use bad language.
- Avoid slow play and keep up with the group in front (call faster playing groups through).
- Follow the dress code and rules both on and off the course.

Junior Forecast of Events 2019:

MARCH 2019

Event	Dates/Time	Tees	Lead	Remarks
Captain's 9 Hole Team Texas Scramble Juniors/Parents	Sat 16 th Mar Start Time 1pm	Purple, Red & Yellow Tees	Jim Cousen	Junior Captain's fun 9 Hole event to start the new golfing season.
Monthly Comp Junior 18 or 9 hole Stableford	Sat 30 st Mar Start Time 1pm	Purple, Red, Yellow & WhiteTees	Jim Cousen	Juniors Purple tees can play & practice on holes 1 to 4

APRIL 2019

Event	Dates	Tees	Lead	Remarks
Monthly Comp Junior 18 or 9 hole Medal	Sat 13 th Apr Start Time 1pm	Purple, Red, Yellow & White Tees	Jim Cousen	Juniors Purple tees can play & practice on holes 1 to 4

MAY 2019

Event	Dates	Tees	Lead	Remarks
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Monthly Comp Junior 18 or 9 hole Stableford	Sat 11 th May Start Time 1pm	Purple, Red, Yellow & White Tees	Jim Cousen	Juniors Purple tees can play & practice on holes 1 to 4
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JUNE 2019

Event	Dates	Tees	Lead	Remarks
Monthly Comp Junior 18 or 9 hole Medal	Sat 8 th June Start Time 1pm	Purple, Red, Yellow & White Tees	Jim Cousen	Juniors Purple tees can play & practice on holes 1 to 4

JULY 2019

Event	Dates	Tees	Lead	Remarks
Juniors Vs Ladies, Seniors & Men's sections	TBC	All Tees	Junior Captain & Jim Cousen	Details to follow on the club notice boards
Monthly Comp Junior 18 or 9 hole Stableford	Sat 20 th July Start Time 1pm	Purple, Red, Yellow & White Tees	Jim Cousen	Juniors Purple tees can play & practice holes 1 to 4

AUGUST 2019

Event	Dates	Tees	Lead	Remarks
Monthly Comp Junior 18 or 9 hole Medal	Sat 17 th Aug Start Time 1pm	Purple Red, Yellow & White Tees	Jim Cousen	Juniors Purple tees can play & practice holes 1 to 4

SEPTEMBER 2019

Event	Dates	Tees	Lead	Remarks
Monthly Comp Junior 18 or 9 holes Stableford	Sat 14 th Sep Start Time 1pm	Purple, Red, Yellow & White Tees	Jim Cousen	Juniors Purple tees can play & practice holes 1 to 4
British Junior Golf Tour / Cambridge Meridian GC 2019 Open	Sun 22 nd Sep Start 09.30am	All Tees in play	BJTF rep & Jim Cousen	This event doubles up as CMGC Junior Open & Club Champs 2019

OCTOBER 2019

Event	Date	Tees	Lead	Remarks
Monthly Comp Junior 18 or 9 holes Medal	Sat 11 th Oct Start 1 pm	Purple, Red, Yellow & White Tees	Jim Cousen	Juniors Purple tees can play & practice holes 1 to 4

NOVEMBER 2019

Event	Date	Tees	Lead	Remarks
Junior Winter league starts	9 th Nov	Red, Yellow Tees	Jim Cousen	Watch Junior Notice Board Monthly Stableford comps running Nov, Dec, Jan, Feb.

DECEMBER 2019

Event	Date	Tees	Lead	Remarks
Christmas 9 Hole Texas Scramble	14 th Dec	All Tees	Jim Cousen	Watch junior notice board

Other junior events will be advertised separately so please keep an eye on the junior club notice board.

1. Welcome junior/parent fun 9 hole Texas scramble
2. Junior matches Vs Seniors, Ladies, Mens sections
3. County Inter-club-match, home & away during summer holidays
4. End of season junior champions of champions
5. 2020 Junior Captain's drive-in, date TBC in December

Helpful points of contact:

Name	Appointment	Email
Scott Morley	General Manger	s.morley@cmgc.co.uk
Ian Cochrane	Club PGA Professional	lancochranegolf@outlook.com
Jim Cousen	Junior Organiser	jimcousen@hotmail.com
Jan Harmer	Welfare Officer	harmer.jan59@outlook.com



Everyone needs to

Keep up with Play and be Ready to Play!

And remember, golf is supposed to be fun!

