



***Special  
Olympics***  
*Leinster*

# Golf

## Training Logbook

## Logbook Guidelines

The information below will assist you in maintaining an accurate logbook for athletes training in your club. A logbook is a valuable piece of information for athletes' that are training for competition as it will give you a clear picture of an athlete's performance. An accurate logbook can also help minimise any issues when submitting times for events and thus giving your athletes the best possible chance of competing.

Should you require any assistance in maintaining this logbook or have any general queries regarding athletics please do not hesitate to contact your regional development officer.

Name	Phone	Email
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A summary of Special Olympics golf events are outlined below and designed to offer competition opportunities for all ages and ability levels.

**Level 1 – Individual Skills Contest:** This level is designed for entry level athletes or those with lower ability to test the athletes in six skills: short putt, long putt, chip shot, pitch shot, iron shot and wood shot.

**Level 2 – 9 Hole Alternate Shot Play:** This level is designed to give the Special Olympics golfer an opportunity to transition from skill to individual play. It allows for progress under the guidance of a partner whose ability and knowledge of golf is more advanced than that of Special Olympics athletes. As a result, this level does not function in the traditional Unified Sports™ model where the partner and Special Olympics athlete are of a similar ability. The format will be Foursome - Alternate Shot, which means the players play alternately from the teeing grounds and then alternate strokes until the ball is holed.

**Level 4 – 9 Hole Individual Play:** This level is designed to meet the needs of those Special Olympics golfers wishing to play individually in a tournament where the stipulated round is nine holes. The player should be capable of playing independently in stroke play competition.

**Level 5 – 18 Hole:** This level is designed to meet the needs of those Special Olympic golfers wishing to play individually in a tournament where the stipulated round is 18 holes. The player will be capable of playing independently in stroke play competition.

**Level 3 – Unified Sports™ Play:** A team shall consist of one Special Olympics golfer and a partner. This level is designed to give the Special Olympics golfer an opportunity to play in a team format in the traditional Unified Sports™ model where the partner and Special Olympics athlete are of a similar ability. This is designed for an alternative competition for the player capable of playing at Level 5.

## **Attire**

Athletes participating in golf should wear pants/slacks, polo shirt and sweater and golf shoes.

## **Development**

There are significant numbers of athlete participants in the Individuals Skills competition. It is recommended that if an athlete consistently scores 60 points or over, they should move to the next level which is Level 2 – 9 Holes Alternate Shot. Coaches should look to source partners for those athletes in a number of ways - family member, friend, member of a local golf club or other volunteer.

## **Equipment**

Local golf clubs are a good source of obtaining equipment which may be quite suitable for beginners to the game.

For more detailed information on Special Olympics Aquatics rules, coaching and divisioning please take a look at the link below;

<http://www.specialolympics.ie/WHATWEDO/SPORTS/GOLF.aspx>

# Golf Practice Logbook

Club \_\_\_\_\_  
Coach \_\_\_\_\_  
Venue \_\_\_\_\_

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Date	Time	Athlete	Holes	Final Score	Comments



## Golf Skills Practice Logbook

**Club** \_\_\_\_\_  
**Athlete** \_\_\_\_\_  
**Coach** \_\_\_\_\_

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Date:		Time:				
Short Putt	Long Putt	Chip Shot	Pitch Shot	Iron Shot	Wood Shot	Comments
						Totals
Date:		Time:				
Short Putt	Long Putt	Chip Shot	Pitch Shot	Iron Shot	Wood Shot	Comments
						Totals
Date:		Time:				
Short Putt	Long Putt	Chip Shot	Pitch Shot	Iron Shot	Wood Shot	Comments
						Totals
Date:		Time:				
Short Putt	Long Putt	Chip Shot	Pitch Shot	Iron Shot	Wood Shot	Comments
						Totals