

Performance Benchmarks	Learn to Compete Males (14-17) Females (13-16)	Train to Compete Males (17-22) Females (13-16)
Ball Speed	M: +130mph F: +130mph	M: +150mph F: +130mph
Greens in Regulation	M: 6-10 F: 6-10	M: 10-12 F: 10-12
Up & Down % within 50yds from Grass	M: 30-40% F: 35-45%	M: 45-60% F: 45-60%
Up & Down % within 50yds from Sand	M: 20-30% F: 20-30%	M: 35-45% F: 30-40%
Putting from 1-3ft	M: >90% F: >87%	M: >95% F: >95%
Putting from 4-5 ft	M: 60-75% F: 60-70%	M: 70-75% F: 70-75%
Putting from 6-10ft	M: 30-40% F: 30-35%	M: 40-45% F: 35-45%
Putting from 11-15ft	M: 10-20% F: 10-20%	M: 15-25% F: 15-25%
Trackman Combine Scores	M: 68 plus F: 66plus	M: 73 plus F: 72 plus
Practice Plan	Individualized. Random/blocked	Individualized. Random/blocked
Timeline for Practice	32-42 weeks/yr (indoor & outdoor)	32-42 weeks/yr (indoor & outdoor)
Training hours per week	30-40 hours (on and off course training)	30-40 hours (on and off course training)
Practice session length	2-3 hours with breaks	3-4 hours with breaks
Distribution of Practice (coach review)	30% putting, 30% short game, 40% long game	40% putting, 20% short game, 40% long game
Rounds in Practice	2-3 18 holes + 2, 9 holes (max 72 holes) per week	2-3, 18 holes per week
Course Length	M: 6100-6700 yds Course Rating: 75 F: 5500-5900 yds Course Rating: 73	M: 6700-7200 yds Course Rating: 75 F: 5900-6400 yds Course Rating: 73
Competitions per Year	18 holes 4-5 events 36 holes 5-6 events 54 hole 4-6 events 72 hole: 1-2 events	15-25 multi round competition rounds