



**Play Collegiate Golf**

"creating academic and athletic success"

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## ***What Is It Like to Play Collegiate Golf?***

*Understanding now what college golf will be like will help you prepare successfully*

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Many of my clients ask “What is it like to play collegiate golf?” During my days competing for Washington State University I remember being busy with both academics and athletics. Ensuring my time management skills were strong definitely helped keep me organized throughout the season and during the semester.

The NCAA mandates a maximum of 20 hours per week of “contact” time with coaches during the in-season period. “Contact” is defined as team practice with a coach present, team and individual meetings with a coach, qualifying rounds of golf, competition, and physical workout sessions. In-season for golf is normally September/October/early November during the Fall semester; in the Spring semester it includes the months of February/March/April/May.

During the off-season, coaches may require each individual to attend eight hours of weekly strength training supervised by a college official (normally a strength and conditioning coach assigned to the golf team). A coach can also request each player attend two hours of weekly skill assessment sessions. This allows the coach to review each player’s swing/short game strengths and weaknesses in an effort to make suggestions for practice routines in an effort to improve as the next season of NCAA competition nears.

Junior golfers should understand that playing collegiate golf is an intensive undertaking that requires balancing academics and athletics. Realizing this early during the high school playing career will help with the planning effort it will take to be successful in the classroom and on the golf course. Playing collegiate golf involves...

- Approximately 12 - 15 hours of weekly class contact time which means between four and five academic classes (class schedules are normally blocked together from 8.00 am to 1.00 pm to provide afternoon practice time without disruptions for all team members; 15 hours is considered full-time status).
- Expect about three to five hours of academic work and preparation per week for each class enrolled in during the semester with more intense work as you become more involved in your major coursework as a junior and senior level student.
- Weekly meetings with academic athletic counselors to ensure satisfactory academic progress in each class along with potential meetings with coaches to ensure you are meeting your athletic goals each semester.
- Three to four days of physical strength training on-campus per week of approximately 75 - 90 minutes in length and normally in the morning (at Washington State University we worked out in the mornings during in-season, but when the course was closed due to winter snow our workouts were moved to the afternoon and became much more intense in comparison).
- Daily practice with team that incorporates all facets of the golf game.
- Potential tournament preparation and travel for those qualifying which means normally leaving campus Saturday (travel day), playing Sunday (practice round), competing Monday (36 holes walking) and Tuesday (18 holes walking), and returning to campus late that night in preparation for classes the next day.
- Regular day-to-day activities such as cooking, cleaning, socializing, etc.

First year students often struggle with the academic and personal transition from high school to college regardless if they play a sport or not. Academically what is often noticed is that the study patterns of high school are continued at the college level and with the high volume of work this is a practice that normally creates poor results. College offers a great deal of freedom and having to manage one's time is an important aspect of a successful personal transition.

Adding a sport challenges these transitional aspects as the student is pulled in several different directions and junior golfers, just as their freshmen counterparts who are not student-athletes, struggle to determine how to fit in all that is asked of them in the 168 hours allotted each week. Time management is a key component to success at college and even more so as an athlete (and the skills learned and developed during this time period will help after college as life only becomes busier and more intense!).

Though this can all be intimidating - new school, new friends, new challenges - one of the great things about playing a college sport is the instant peer-group of teammates that can be counted on for support. As a first year player ask questions of your peers. Older teammates can help direct you to the right answer or at least help you locate the correct campus official who can provide you the right answer. These teammates will become an integral part of your success during your four year career at the college golf program you have selected. Utilize them as an appropriate source of support during your first year and beyond.

Good luck!

*Dr. Fleming*

*Dr. Bruce Fleming is the founder of Play Collegiate Golf, created to mentor young women and men interested in continuing their competitive golf careers at institutions that support their academic, athletic, and personal goals.*

*For more information please visit [playcollegiategolf.com](http://playcollegiategolf.com)*

## Get The Most Out of Your Academic Time

### College Survival Tip



Studying doesn't have to be in long and specific blocks of time. If you find yourself with 20 minutes between classes, use the time effectively. Review what you just learned in the previous classes and make sure you really comprehend the various points the professor made during the lecture. Rewrite your notes or jot down some questions for the professor to ask during office hours. If you have more time, spend some of it prepping for your next class. Review the chapter headings you have read and write down some key questions or thoughts you might have. If the professor begins to talk about them they will be easily recognizable and trigger you to pay greater attention to material that most likely will be on the next test!