



Play Collegiate Golf

"creating academic and athletic success"

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Defining "Redshirt" as it Pertains to Playing College Golf

Gain an understanding about the "redshirt" option to better comprehend how it may affect your playing career!

All college athletes may face the question presented to them by their coach: "Do you want to 'Redshirt' this year?" It can be in the interest of the athlete and/or the team based on a variety of scenarios that can be present within the college golf program that the player has signed a National Letter of Intent with. "Redshirting" is a college athletic specific term that indicates a player who is not competing in inter-collegiate events for an entire academic year. Competition is defined as participation against players and teams from other institutions. There are a lot of misnomers about "Redshirting" so it is important to understand that a player who selects this process is still able to practice, participate in workouts, attend team meetings, and compete in intra-squad matches. The goal of the "Redshirt" year is to get better so expect to participate and train just as other team members will be doing around you!

Student-athletes have five years from the time of their initial post-secondary full-time enrollment in college to complete four years of athletic competition. Once the student-athlete has competed in one event that is considered a full year of eligibility being used. Therefore, even only playing one round of competitive golf during the academic year will result in having a year of eligibility removed from the four total years.

There are several reasons why a student-athlete will select a "Redshirt" year:

- Adjusting to the rigors of college academics and athletics as a first year student;
- Selecting to spread the academic workload over five years instead of four years meaning less credits per semester which can be beneficial as college golfers miss the most class time of all sports due to Monday/Tuesday events;
- If injured prior to the season a "Redshirt" year can provide the time necessary for rehabilitation (if players are injured during the season they can apply for a "Medical Redshirt" option which can grant them one additional year of competition provided they do not play after the injury during that academic year).

For incoming first year student-athletes, the "Redshirt" year is an excellent option provided the coach believes this a good selection. College golfers miss up to 8 - 10 days of class time per semester and as a freshman this can be very difficult to overcome. The opportunity to focus in on academics while still practicing with the team is an excellent pathway. This will allow the student-athlete to get the repetitions on the golf course to be successful in future competitions, but also to implement a successful time-management strategy that reflects both the academic and athletic challenges that come out of playing college golf.

Take the time to think through this all important decision. Players, parents, and coaches will determine the best path for the student-athlete. Talk about this option with your coach and make sure you are doing the right thing!

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