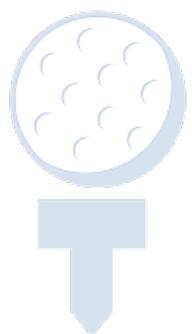


COLLEGE ADVISING PROGRAM



**CALEB
CHRISTENSEN**
GOLF ACADEMY

 **CALEB
CHRISTENSEN**
GOLF ACADEMY

College Advising Program

Hi and welcome to the journey to playing college golf! Thank you for trusting Caleb Christensen Golf to help you along the way. Along this journey, you'll learn all about college golf and discover just how many opportunities there are in golf. Playing golf, or any sport, in college can be one of the most rewarding experiences of your life. You'll learn many valuable lessons, meet great people, travel, and develop relationships that you'll keep with you for the rest of your life. It truly is an experience where you'll get out whatever you put into it. There is no substitute for effort, and the results can be so rewarding.

Throughout your time in this program, together we'll analyze your goals and expectations for your future and guide you as you make one of the biggest decisions of your life so far. During your recruiting process you'll have opportunities to travel, meet with coaches, players, and alumni at different schools, and visit those schools that you've had your eye on. There's a lot that goes into this decision, even beyond golf, and it's our job to make sure that you have all the information and resources to make the best decision for you.

GOLF ACADEMY

There are a lot of new beginnings ahead, so let's get to it! This is a fun and exciting time for you where you'll learn about yourself and set a course for the future. Caleb Christensen Golf Academy is excited to be a part of the process as well.

Best regards,

Caleb Christensen, Director of Golf Instruction – NUCC and CCG

Overview & Expectations of Advising Program

- CCG serves as a resource for players and parents through the recruiting process. We offer insight and guidance to help evaluate options and find your ideal college situation.
- We work as a team. CCG staff, the student, and parents all play a role in this process. The student drives the process.
- Commitment and effort are essential to the process. This includes
 - o Academics – GPA and ACT are essential measures of dedication
 - o Consistent coaching schedule with CCG, as recommended
 - o Individual practice, following specific practice plan
 - o Tournament schedule, as planned with CCG
 - o Dedicate time to the recruiting process – this process determines **your** future!
- Be open minded – There are lots of opportunities you might miss otherwise.
- Stay positive and keep working hard. All the effort will pay off.

Elements to Consider:

- Keep accurate & up to date academic information
- Track tournament results
- Create a cover letter and golf resume
- Discuss options and schedule tournaments
- Begin to identify what you want in your college experience
- Communicate with coaches
- Take unofficial visits
- Prepare for ACT
- Understand & register with NCAA/NAIA Eligibility Centers
- Understand timing with visits, applications, scholarships, LOI's

What's in this Guide

This guide is broken into two parts: Tournament Advising & A Look into College Golf. Each section provides valuable information that will help you along your journey. Playing college golf is much more than just shooting low scores. Practice habits, preparation, mental game, overall mindset, academics, and much more all play a part as well. That's okay if all of these aren't strengths of yours. Even college coaches know that players aren't perfect. The most important attributes to have are that you're coachable, eager to learn, and will bring positivity to a coach's program. We'll break down these areas more through the program, and the rest of the guide will provide some more insight to help get started.

Tournament Advising - Scheduling, Planning & Preparing

The first section will provide information into what college coaches look for in recruits from an athletics standpoint. We'll delve into how to set the best tournament schedule based on your goals, as well as how to prepare and perform well at the events you play. We'll also analyze some of the differences between high school events, junior tournaments, and college tournaments to help prepare you for competition at the next level.

A Look into College Golf – Recruiting, Communicating, & Visiting

This section will provide some background information about college golf and some programs around the state. Playing college athletics at any level is an accomplishment and a testament to your ability and hard work. As you'll see college golf is no different as scores at the top of Division III can be just as low as the top of Division I. Even NAIA and JUCO programs are filled with talent. As with anyone making their college decision, it comes down to finding the right program for each individual. With so many opportunities, finding a good fit where you'll thrive athletically, academically, and socially is only a matter of time.

Tournament Advising

Obviously, a big key to getting attention from college coaches is playing golf tournaments before you get to their program. This often means playing events that are outside of the high school season too. Coaches will look at high school scores but seeing players who challenge themselves by playing in bigger events with better competition is just as important as shooting low scores. Throughout this section of the guide, we will discuss how to set your tournament schedule, how to prepare for events, and how to perform your best when it's time to play.

Junior & Amateur Golf Tournaments You Can Play In:

- Minnesota State High School League Events (MSHSL)
- Minnesota Junior PGA Tours
- Minnesota Golf Association Amateur Championships (MGA)
- Minnesota State Open (MN PGA)
- Minnesota Public Links & Junior Public Links Championships
- Twin Cities Amateur & Junior Championships
- Club Championships
- American Junior Golf Association (AJGA)
- Hurricane Junior Golf Tour (HJGT)
- Future Collegians World Tour (FCWT)
- Mid-American Junior Golf Tour (MAJGT)
- Junior PGA Championships
- United States Golf Association Junior & Amateur Championships (USGA)
- Midwest Junior Golf Championship
- Northwest Amateur Championship
- Western Amateur & Junior Championships

Setting Your Tournament Schedule

Organization and planning are big parts of doing anything successfully. Planning your tournament schedule allows you time to prepare for each event, giving you the best opportunity to play well. When scheduling there are a few things to consider.

1) Work with CCG to develop the right schedule for you

Something a lot of players do is they fill their schedule with as many events as they can find and just go play. When you're on a roll and playing well, this works great. However, it's not how you'll play at the next level. A player who plays every event in college might play 5 events in the fall and 5 in the spring, with a week or more in between each event. This gives the team time to travel and prepare and the player time to focus on other areas, such as academics. Consider allowing yourself some time now to do the same.

2) Challenge yourself; growth happens outside of your comfort zone

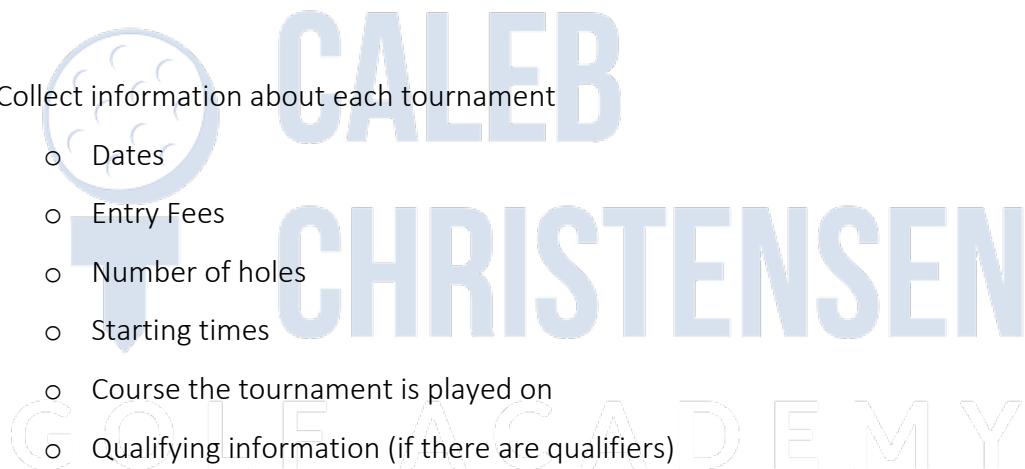
This one can be difficult, but it will make you so much better. Challenge yourself to find the biggest events and the most competitive fields you can find. Not only will coaches appreciate the fact you're challenging yourself against the best, but you'll level up to match your competition. Think of it like this. Which of these scenarios do you think is better? Losing in the first round of match play at the US Amateur at Pebble Beach or winning your club championship by 4 shots over your neighbor.

3) Consider new opportunities

Junior golf can be one of the most fun times in your golfing career, so if there's an event that you've had your eye on, go play it! Junior golf goes by so fast, so enjoy event second of it.

Next are a few other tips to help you set your tournament schedule, which will allow you the best opportunity to prepare and play your best.

- Plan your schedule well in advance so you have time to prep and prepare; Caleb will help with this
- Make a list of the tournaments and rank them from ones you most want to play in, to the ones you would be alright missing out on (this helps sort out schedule conflicts between events)
- Choose a good mix of events to play
 - Opportunity vs. High Finish
 - Local vs. Regional vs. National
 - Junior vs. Amateur
- Collect information about each tournament
 - Dates
 - Entry Fees
 - Number of holes
 - Starting times
 - Course the tournament is played on
 - Qualifying information (if there are qualifiers)
- Use the Tournament Scheduler to help organize



Preparing for a Tournament

Once your schedule is set, it's time to put in the work. Preparation time is when we get your game, your mind, and your strategy ready to play. It's more than just swing changes, it's about making sure you can have the opportunity to play your best. Some elements encompassed in tournament prep include:

Swing tune ups

Making sure your swing is in tip top shape is priority number one when preparing for a tournament. We'll follow our regular lesson game plan when tuning up for tournaments, while focusing on areas such as maintaining a go-to shot shape, refining dispersion, dialing in distances and trajectory, and more.

Course strategy

Knowing the golf course is very important to playing well. It's super easy now to do a little homework and have an idea of what to do on every hole without ever seeing the course. We'll identify trouble spots, opportunities to attack, how to hit tee shots, and where to miss.

Scoring techniques

Scoring well is a blend of owning your game and knowing the course. If you're comfortable with a golf course, you're going to play better. If you're prepared, you're more likely to be comfortable. Concerning your game, most scoring is done around the greens, so making sure that your short game is sharp is of utmost importance around tournament time.

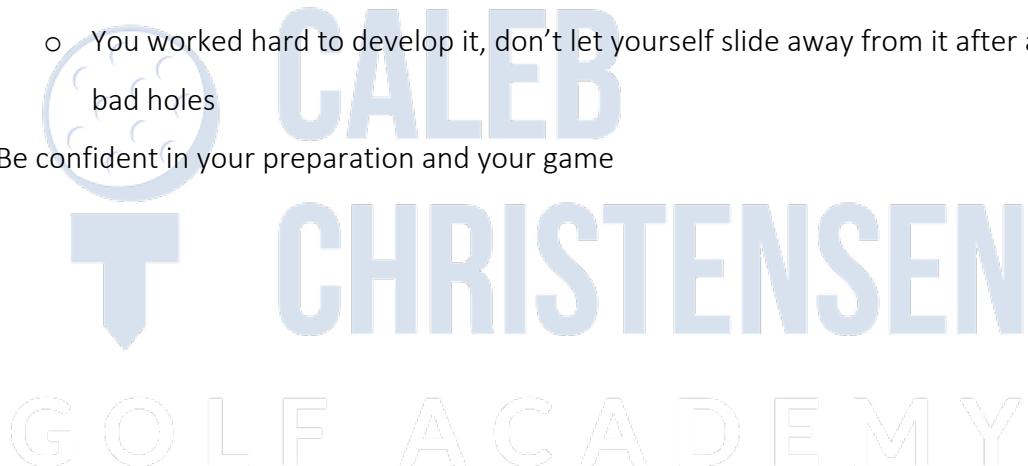
Mindset training

Going into a tournament with the right mindset is just as important as having your swing ready to go. During the course of every tournament there will be ups and downs. Staying level during both are a big key to success. We'll make on-course practice part of our preparation to ensure we're ready to play.

Performing at a Tournament

When it's finally go-time, we all want to play the best that we can. Much of how well we perform comes from our preparation, but there are still ways that we can give ourselves the best opportunity to play well.

- Develop a pre-round plan & get comfortable with it
 - o Always arrive to the course at the same time
 - o Warm up the same way, with the same clubs and the same number of shots, regardless of how you're hitting the ball
- Stick to your game plan when playing
 - o You worked hard to develop it, don't let yourself slide away from it after a few bad holes
- Be confident in your preparation and your game



A Look into College Golf

Playing college golf at any level is a great accomplishment. It is also very competitive. According to Golf Stat, here are the best scoring averages at each level from the 2019 fall season:

Men

- NCAA Division I: 68.52
- NCAA Division II: 69.20
- NCAA Division III: 68.93
- NAIA: 69.09
- JUCO: 69.54

Women

- NCAA Division I: 70.17
- NCAA Division II: 70.10
- NCAA Division III: 72.63
- NAIA: 74.52
- JUCO: 73.23

Pretty clear that the best players at every level are really good. This is a great thing because sometimes incoming players get caught up on the idea of playing at the highest level they possibly can, regardless of how well of a fit that program is for them. I can tell you from experience that finding a good, well-rounded fit is much more important.

Throughout this section, you'll learn more about what it takes to play college golf at any level. We'll also dive into the world of recruiting, communicating with college coaches, creating a golf resume, registering with the NCAA Eligibility Center, and visiting colleges and golf programs. We will provide insights along each of these steps and more once we get into this program.

College Interest & Options

Evaluating your preferences is a good way to start your college search. Your preferences will change over time as you identify your strengths and goals. Start with an open mind and let slowly let your preferences take shape.

- Enrollment Size
- Location/Type of Community
- Public/Private/No Preference
- Academic Interests – Majors & Minors
- How selective?
- Distance from home?
- Religious Affiliation
- Potential Scholarships/Aid Package (generally higher at a private school)

Golf to Consider:

- Strength of team
- Available facilities
- Coaching Staff
- Makeup of team (opportunities to play/contribute)
- Willing to redshirt?
- How important is golf vs academics?

A Quick Look at College Golf

Division I Schools in Minnesota	1
Division II Schools in Minnesota	9
Division III Schools in Minnesota	20
Junior Colleges in Minnesota	15

Division I Scholarship Limits Men: 4.5 Women: 6

Division II Scholarship Limits Men: 3.6 Women: 5.4

Division III Scholarship Limits Men: NA Women: NA

NAIA Scholarship Limits Men: 5 Women: 5

NJCAA Scholarship Limits Men: 8 Women: 8



Number of HS Golfers Men: 144,000 Women: 79,000

Number of College Golfers Men: 12,000 Women: 7,000

Odds of Making a College Roster Men: 17:1 Women: 15: 1

Odds of College Baseball/Softball Men: 9:1 Women: 12:1

Odds of College Basketball Men: 17:1 Women: 16:1

Odds of College Football/Volleyball Men: 12:1 Women: 16:1

Building Your Golf Resume

Your golf resume should include all pertinent information about your golf and academic careers in an organized fashion so that coaches can find any information in a glance. Be sure to include the following info and make it as complete and accurate as possible.

- Contact Information
 - o Name
 - o Address
 - o Email (be sure it's professional)
 - o Phone Number
- Graduation Year
- High School Name, City, and State
- Brief Tournament Overview (you can attach your full tournament results list as well)
 - o Tournament Scoring Average
 - o Best Results in the last two years
 - Event Name
 - Course, Location, & Yardage Played
 - Scores & Finish
 - Notables in Field/Field Size
- Best Ever Finish/Lowest Score Ever
- Scoring Averages by Year
- List of Golf Honors
- Academic Info & Achievements
 - o GPA, Rank, & ACT Score
 - o Award & Honors (honor roll, NHS, etc.)
- School & Community Involvement
 - o Honors, Achievements, Leadership Roles

Communicating with College Coaches

- Create a list of schools you're considering based on your initial most important preferences
- Locate contact info for each school's head and assistant coaches
- Research each program
- Prepare letters/emails for each coach (be sure to make each letter unique to a particular school)
 - o Include golf resume, tournament results, and tournament schedule
- Schedule follow-up emails and phone calls
- Express interest in unofficial visits
 - o Schedule visits in advance
- Inform coaches with any changes to your golf or academic resume, tournament schedule, or if your thoughts about a school change
 - o Be honest throughout the process

Is My ACT Score Important?

30 or higher ACT:

- Stanford
- USC
- Harvard
- Cornell
- MIT
- Cal-Berkeley
- Yale
- Boston College
- Duke
- Columbia

25-29 ACT:

- Iowa State
- University of North Carolina
- St. Thomas
- University of Minnesota
- Gustavus
- Concordia College
- UCLA
- University of Michigan
- University of Texas
- University of Iowa
- University of Florida

20-24 ACT:

- Michigan State
- Winona State
- MSU - Mankato
- Arizona State
- Bemidji State
- North Dakota State

16-20 ACT:

- St. Cloud State
- SMSU

Division I

University of Minnesota, Iowa State, University of Wisconsin, South Dakota State

Academics:

Average GPA 3.0+

Average ACT 23 - 35

Number of Students 10,000 – 50,000

Men's Athletics:

18 Hole Average: 67 to 74

Average Course Length: 7000 – 7600 yards

High Finishes in National Tournaments

Compete in National, State, and Local Tournaments

University of Minnesota 73.19 low average 76.43 high average

Butler University 72.17 low average 77.44 high average

Women's Athletics:

18 Hole Average: 70 to 79

Average Course Length: 6100 – 6500 yards

University of Minnesota 75.19 low average 79.25 high average

Division II

MSU, Concordia St. Paul, Winona State, SMSU, Augustana

Academics

Average GPA 2.5+

Average ACT 19-28

Number of Students 4,000 – 20,000

Men's Athletics

18 Hole Average: 69 to 77

Average Course Length: 6600 – 7100 yards

Competes in National, Regional, & Local Tournaments

High Finishes in Regional and Local Tournaments

Winona State University 70.4 low average 79.6 high average

Augustana University 74.0 low average 91.0 high average

Minnesota State Mankato 72.6 low average 86.5 high average

Women's Athletics

18 Hole Average: 72 to 85

Average Course Length: 5900 – 6300 yards

Competes in Regional and Local Tournaments

High finishes in Regional and Local Tournaments

Winona State University 80.6 low average 91.7 high average

Augustana University 76.15 low average 88.5 high average

Minnesota State Mankato 77.1 low average 90.5 high average

Division III

Bethel, St. John's, St. Thomas, St. Mary's University, Concordia College, UM Morris

Academics

Average GPA 3.0+

Average ACT 21-32

Number of Students 1,000 – 12,000

Men's Athletics

18 Hole Average: 70 to 84

Average Course Length: 6500 – 7000 yards

Competes in National, Regional, & Local Tournaments

High Finishes in Regional and Local Tournaments

Bethel University 72.0 low average 83.3 high average

University of St. Thomas 73.9 low average 85.9 high average

Bethany Lutheran College 78.7 low average 98.1 high average

Women's Athletics

18 Hole Average: 75 to 92

Average Course Length: 5600 to 6200 yards

Competes in Regional and Local Tournaments

Good finishes in Regional and Local Tournaments

Bethel University 77.7 low average 98.1 high average

University of St. Thomas 79.2 low average 98.2 high average

Bethany Lutheran College 97.6 low average 114.5 high average

College Visits ~ The best way to decide if it's right for you

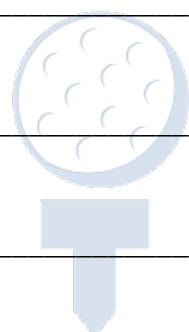
Before a Visit:

- Decide which schools you want to visit (go to as many as you can!)
 - o Explore a variety of environments (large, small, athletic-based, academic-based, etc)
- Make a list of important features that you need (from all aspects)
 - o Potential majors
 - o Living situations
 - o Team & Practice requirements
 - o School location & environment

During a Visit:

- See & experience everything (be open to everything, even if it's not the main reason you're there)
- Ask questions
- Talk to students (they're the experts who are there every day)

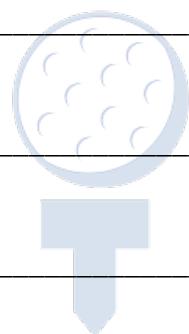
Notes



**CALEB
CHRISTENSEN**

GOLF ACADEMY

Notes



**CALEB
CHRISTENSEN**

GOLF ACADEMY
