

## Golf Skills – Level 1

Golf is one of the fastest growing sports in Special Olympics, taking off since the late 1990's. There are over 8,000 Special Olympics athletes competing in golf each year. As the number of athletes involved in golf continues to rise nationally, so too does it locally.

The Level 1 golf skills program offers athletes the opportunity to learn the basic skills of golf through 6 events. They will have 5 shots at each event to score points:

Short Putt

Long Putt

Chip Shot

Pitch Shot

Iron Shot

Wood Shot

Level 1 golf skills is meant as a primer, to introduce Special Olympics athletes to the basics of golf. It allows them to build a foundation for the proper grip, setup, stance, swing and follow through, while still keeping with the Special Olympics spirit of competition.

A Level 1 golf skills program can be centered around SNAG or can incorporate SNAG as a teaching tool in particular areas of skill development. It can be adapted to fit each individual athlete's needs and ability level.

Level 1 results can be used as a tool to better gauge if and when athletes are ready to advance to Level 2. Some may enjoy competing at skills so much that some athletes may not ever want to play 9 holes of regulation golf. Walking 9 holes can be a huge challenge for some athletes with physical limitations. So, Level 1 can be either a building block or a level of aspiration for some athletes.

*"The Game of Golf consists of playing a ball from a teeing ground into a hole by a stroke or successive strokes in accordance with the Rules. It is one of the oldest sports in the world, and was originally played by the kings and noblemen on the sandy links in Scotland. Golf is now played by people of all ages in almost every country. Unlike most sports, you do not have to be big, strong, and fast or part of a team to be successful. Anyone — man, woman, young, old, amateur or professional can enjoy the game of golf."*

*— Special Olympics national website*

Special Olympics at the national level provides specific guidance on rules and regulations: