

2022 COLLEGE ADVISING GUIDE

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CCG College Advising Program

Hello 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 collegiate sports and discover a unique number of opportunities that playing college sports can present. 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 our College Advising Program, 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.

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 of your golf career as well as your life.

Let's get to work!



Overview & Expectations of the College 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. The CCG team, other coaches, 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 Caleb Christensen Golf
 - 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:

- Importance of academics and intangibles: work ethic, time management, self-ownership
- Preparing for ACT and after graduation
- Openness to discuss and consider all options
- Creating a cover letter and golf resume
- Begin to identify what you want in your college experience
- Communicating with coaches
- Taking college visits
- NCAA Eligibility & registering with NCAA/NAIA Eligibility Centers
- Timing with visits, applications, scholarships, LOI's
- Name, Image, & Likeness



What's in this Guide

This guide is broken into two parts: Tournament Advising and College Advising. 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.

College Advising – Recruiting, Communicating, the NCAA, & NIL

This section will provide some background information about college golf as a whole and provide some insights into some of the top academic and athletic schools in Minnesota. This is a big decision, with many pieces having to fit together for both the athlete and the school. Finding how the pieces fit together specifically for you is the most important part of the journey. With so many opportunities, finding a place where you'll thrive athletically, academically, and socially is undoubtedly a possibility for a dedicated student-athlete.



Tournament Advising

Undoubtedly one of the most important elements in playing collegiate athletics is having the ability to contribute at the next level. Collegiate coaches weigh many pieces of the puzzle when recruiting; however, athletic achievement and potential remains a prerequisite. In this section, we'll look at the athletic side of college golf recruiting as well as how we can structure your tournament schedule as a junior to maximize exposure, build your resume, and still have fun doing so.

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
- 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

Scheduling tournaments to play in can be a delicate balance. There are factors to weigh such as travel, costs, allowing practice time, recovery time, and down time to name just a few. At the elite levels of competition, rarely are players competing week after week. Not to say you can't, but thoughtful planning can be a resource that helps you play best when it counts. Each player is different when it comes to the right schedule for them.

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. Never be the best player in the field.

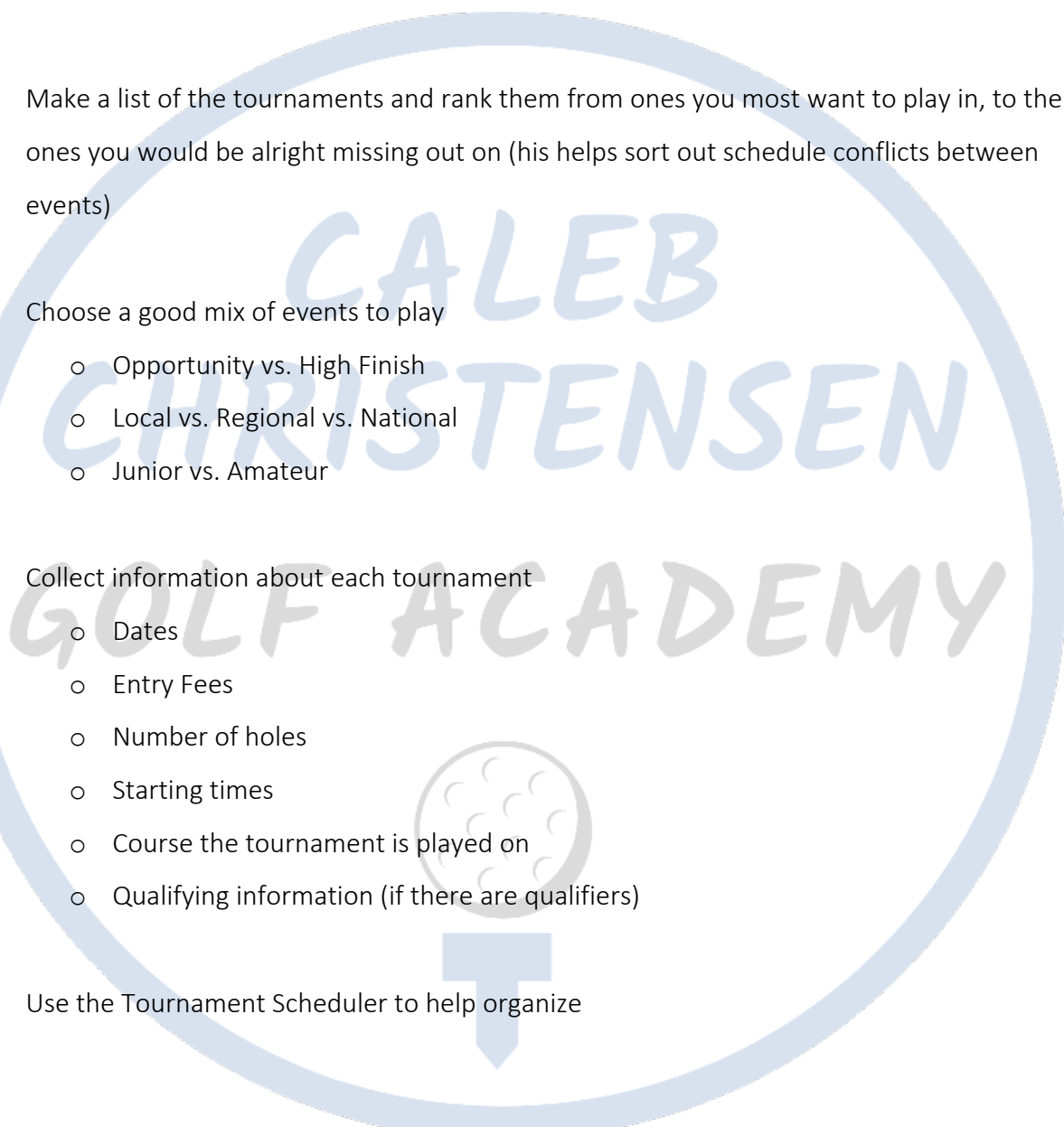
3) Consider new opportunities

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 every second of it.



Here 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 (his 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 & Pattern

Making sure players are confident in their swing 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. Google Earth and BlueGolf are great resources.

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.

Get Your Mind Right

Going into a tournament with your mind right is just as important as having your swing ready to go. Exercise, healthy eating habits, proper sleep levels are some off-course elements to consider here. We'll also make on-course practice part of our preparation to ensure we're ready to play.



Performing at a Tournament

When it's finally time to compete, we all want to perform the best that we can. Ultimately, performance comes down to preparation and readiness. Don't be afraid to be nervous either. Learning to put yourself into uncomfortable situations and channel nervousness as excitement means you are prepared and confident in the work you've put in.

Competition Tips to Perform Better

- Develop a pre-round plan & get comfortable with it
 - Always arrive to the course at the same time
 - 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
- Be confident in your preparation and your game



Athletics at the Collegiate Level

Playing college golf at any level is a great accomplishment. It is also very competitive. According to GolfStat, 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

At every level of the college golf landscape players are very skilled. This backs up the point that finding the right fit for you encompassing all aspects is most important. Your level of competition will be elite no matter where you play. Many Division II and JUCO players on the PGA Tour.

On the next pages we'll take a deeper look at some of the numbers behind college golf at each level. We'll also look at how you can begin assembling your golf resume to provide to coaches.



A Quick Look at College Golf

Division I Schools in Minnesota	2
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



Division I

University of Minnesota, University of St. Thomas, 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. Mary's University, Concordia College, UM Morris, Gustavus

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

Gustavus Adolphus College 73.1 low average 80.3 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

Gustavus Adolphus College 76.6 low average 107.5 high average

Bethany Lutheran College 97.6 low average 114.5 high average



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 tournament finish / Lowest tournament score
- 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
- Honors, Achievements, Leadership Roles



College Advising

Recruiting, Communicating with Coaches, the NCAA, & NIL

This section is here to provide you with information about the recruiting process, communication with coaches, taking college visits, and exploring your options. Information about the NCAA, NAIA, and new Name, Image, and Likeness guidelines will also be provided.

College Interest & Options

Communicating with College Coaches

Visiting Campus

The Importance of Academics

Registering with the NCAA or NAIA

Name, Image, & Likeness



College Interest & Options

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

Elements to Consider in a School:

- Enrollment Size
- Location & Type of Community (Large city, Small city, Rural)
- Public or Private
- Academic Interests – Majors and Minors offered
- Entrance requirements (Very Selective, Selective, Not Very Selective)
- Distance from home
- Religious affiliations
- Potential scholarships/financial aid package

Golf Elements to Consider:

- Strength/depth of team
- Available facilities
- Coaching staff
- Makeup of team (where are my opportunities to contribute)
- Willingness/availability to redshirt



How important are school elements vs golf elements?

Communicating with College Coaches

Starting the Conversation

- Don't be afraid to initialize conversations with coaches at schools you're interested in. There are often rules that limit or restrict when and how coaches can communicate with potential student-athletes. These rules change if you start the conversation.
- Email is a great tool. Coaches' emails are readily available, and you can send a thoughtful message in a short amount of time. More on emailing coaching later.

Communication Checklist

1. Create a list of schools you're interested in based on your preferences right now – remember this list will change over time
2. Locate contact information for each school's head and assistant coaches. Their athletic website is a great tool.
3. Do quick research to prepare your note. Finding info about an upcoming trip, a previous tournament highlight, or something else about their program to include in your email will make it more personal and help you stand out to the coaches reading it.
4. Prepare your emails for each coach – Be sure to personalize each by using the coach's name, school names, and something that you found from your research. Don't cookie-cutter your emails.
 - a. Express your interest to come and visit campus if you're seriously considering
5. Plan when to send your emails and schedule follow-up emails
 - a. Inform coaches through follow-ups with any changes to your golf or academic resume, tournament schedule, or if your preferences about their school change. Be honest throughout the entire process to everyone.



Visiting Campus

Visits vary by school but in most cases, they are the best way to familiarize yourself with a school that you're considering. Student-athletes can benefit from seeing both the school campus/academic side plus meet coaches, potential teammates, and see athletic facilities. Prospective student-athletes will experience many different aspects of college life, which can help narrow down their preferences when choosing a school.

Official Visits

- Student-athletes can take one official visit per school and up to 5 official visits total to Division I schools.
- Travel and entertainment expenses are paid by the school for you and your parents
- Student-athletes must submit copies of their transcript and be registered with the NCAA Eligibility Center to take Official Visits

Unofficial Visits

- These visits are unlimited, and student-athletes can take as many as they'd like.
- Expenses are paid by the student-athlete and their family
- Visits can be taken any time after August 1st of the student-athlete's junior year of high school

College Visit Checklist

1. Make a list of questions and things on campus you want to see
2. Take a campus tour
3. Talk to an admissions counselor
4. Meet coaches and team members
5. Tour athletic facilities and/or watch a team practice



The Importance of Academics

Is My ACT Score Important?

30 ACT or Higher:

- Stanford
- University of Southern California
- Harvard
- Cornell
- University of Cal – Berkeley
- Yale
- Boston College
- Columbia

25-29 ACT:

- Iowa State
- St. Thomas
- University of Minnesota
- Gustavus
- UCLA
- University of Michigan
- University of Texas
- University of Iowa

18-24 ACT:

- Winona State
- MSU – Mankato
- St. Cloud State
- Southwest Minnesota State
- Arizona State
- Bemidji State
- North Dakota State
- Michigan State



Registering with the NCAA or NAIA

NCAA Eligibility Center

- The NCAA Eligibility Center ensure that you are academically eligible to compete in collegiate sports.
- Student-athletes must register with the NCAA Eligibility Center to be eligible to play NCAA Division I or II sports in college. Athletes playing in Division III do not have to register.
- The NCAA recommends that student-athletes register at the beginning of their junior year in high school, but many students register after their junior year. There is no registration deadline, but students must be cleared by the Eligibility Center before they receive athletic scholarships or compete at a Division I or II institution.
- NCAA Eligibility requirements include
 - o Complete a certain number of high school core courses (defined below).
 - o Earn a certain minimum grade point average in these core courses.
 - o Earn a certain minimum score on the SAT or ACT.
 - o Graduate from high school.

NAIA Eligibility

- The NAIA Eligibility Center exists for the same reasons as the NCAA Eligibility Center; however, it services only NAIA schools.
- NAIA is a different governing body for collegiate sports that provides an alternative option for prospective student-athletes than NCAA schools. NAIA schools are four-year institutions offering scholarships and a variety of academic and athletic opportunities.
- Similar to NCAA Division II or Division I schools in terms of recruiting, time dedicated to sport, and availability of academic financial aid.



Name, Image, & Likeness (NIL)

What is NIL?

- Name, Image & Likeness provides compensation opportunities for student-athletes
- While NIL is not “pay for play” it is essentially allowing athletes to enter into endorsement deals made possible by their brand and position as a student-athlete
- College athletes at every level have the opportunity to profit their success with the use of their name, image, and likeness
- Certain restrictions still apply under NCAA regulations and all NIL contracts must be reported to each school’s compliance department

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