



What Can Count as Practice?

- Posture and grip work (either at home or at the golf course)
- Swing practice (either at home or at the golf course)
- Before/after class practice at one of the practice areas (putting green, chipping green or driving range)
- Watch a golf tournament on television (counts as maximum 30 minutes of practice time)
- Read a golf instructional book or magazine article
- On-course play and practice
- Competing in a golf tournament, whether at Mosholu Golf Course or another facility

*It is the participant's responsibility to maintain their practice hour log and have it in their golf bag at all times. Practice hours can be written on a piece of paper or kept in a small notebook. Practice hours may only be accomplished outside of the participant's regularly scheduled class.

