

First Tee- Metropolitan NY What Counts as Practice?

* Posture & Grip work- at home or at the golf course



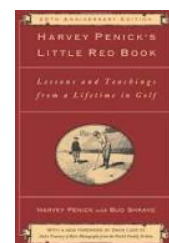
*Swing Practice- at home or at the golf course

*Utilizing a Practice Facility- putting green, chipping green, driving range



*Watching a golf tournament on television- counts towards a maximum 30 minutes of practice time

*Read a golf instructional book or magazine article



*On-Course play & practice

*Competing in a golf tournament, whether at Plainfield West 9 or another facility



*Exercising- running, walking, swimming, swinging on the monkey bars, etc.

 **first tee**
metropolitan
new york