

playing a game of STRA-TEE-GY

THE GAME OF GOLF CAN BE MORE MENTAL THAN PHYSICAL

Ashley Freitas (12) starts the season off with a bang as her golf ball sails over the Bayview Golf Club at the game against Mountain View, leaving the opponents stunned. For this season, maintaining strategy and accuracy kept the team on track for success.

For Freitas, keeping track of her plays helped improve her game and technique.

"I'll keep track of the amount of fairways I hit, the amount of greens I hit and the amount of putts I hit," Freitas said. "I keep those numbers in a spreadsheet, and I look at them later to try and figure out what I need to practice and what I need to focus on the most."

Freitas is not the only one who kept track of her fairways to improve her game. **Paige Danner** (10) had a similar strategy.

"It's called a scorecard. It's got the numbers of the holes on it and the yard edges of what you want to hit to. So basically, you just keep count," Danner said.

For **Sophia Willink** (9), practicing with the team and a professional coach became a helpful way to gain experience and guidance to improve her overall strategy and technique.

"You grab a club and just start hitting and then the coach will watch you and he's like, 'Oh, you should send more back' or 'You should be getting better contact,' and then you can use all that feedback to learn and improve," Willink said.

Over time, **Ashlynn Larkin** (12) found golf to be more about strategy than blind force.

"I thought it was going to be like, you just get up and hit the ball, but it's more what club to use, how hard to hit it, and the disputing of the distance," Larkin said. "It's a lot more thinking than you actually think."

Story by Emilia Diamantidou and Anna Kivon



TAKING A SWING Kaylie Devert (10) advances in the game against Wilcox. Devert used the skills she learned from years of experience and encouragement from family to put herself ahead. "I've played golf for a while because I belong to a country club that has programs for it. Recently, I've been getting more into the sport and from encouragement from family I decided to play," Devert said. Photo by Anna Kivon



WORKING TOGETHER The team, including **Sophia Willink** (9) stands around **Andria Xu** (10) as she prepares to swing. The support of the team helped the golfers succeed. "Everyone's really, really encouraging and nice, and the coach is trying to help you every step of the way," Willink said. Photo by Emilia Diamantidou

KEEPING FOCUSED **Sophia Willink** (9) prepares to swing. As she aimed, she cleared her head of distractions. "It helps me to have a clearer mind," Willink said. Photo by Emilia Diamantidou

MEASURING DISTANCE **Paige Danner** (10) calculates the distance between her ball and the hole. Danner overcame mental blocks as she competed. "If you do bad on the last hole, then in your mind, you're like, 'Oh my god' and then you're going do bad on the next. You have to block out the last wall," Danner said. Photo by Anna Kivon



SKILLFUL THINKING Hoping for a perfect shot, **Olivia Wang** (10) makes a carefully calculated swing. Each golfer learned to run through all the different factors in their heads. "I think about how far I am from the hole, what kind of club I'm going to use, and how I'm going to aim," Wang said. Photo courtesy of Now and Forever Studios

welcome to the CLUB

GOLFERS MUST MASTER THEIR CLUBS TO MASTER THE GAME

PUTTER

for short and low speed strokes on the green

WEDGE

for accurate, short distance "lob" shots

IRON

for medium to long shots

DRIVER

for long distance shots

Photos by Anna Kivon



CHATTING ALONG Friends **Paige Danner** (10) and **Ashlynn Larkin** (12) stroll the fairway. Danner's connections with the other golfers improved her experience on the team. "I had a couple of friends going into it," Danner said. "It wasn't one of those [situations] where it was awkward." Photo by Emilia Diamantidou



PERFECTING THE SHOT **Andria Xu** (10) prepares to swing to advance in the game against Wilcox. Throughout the season, Xu appreciated the support of her team. "Golf's pretty great. [The] girls are really encouraging [and] help me a lot," Xu said. Photo courtesy of Now and Forever Studios



Growing up, **Ashley Freitas** (12) was inspired by her dad to become a golfer. "I did other sports my freshman year and then what kind of got me into it was my dad. I mean, I've kind of been around it my entire life," Freitas said. Photo by Emilia Diamantidou



Playing golf was a no-brainer for **Ashlynn Larkin** (12), whose family had played the sport for generations and inspired her to pursue it. "My dad played and so did my grandpa. So I kind of grew up around it," Larkin said. Photo by Emilia Diamantidou

like FATHER, like DAUGHTER

GOLFERS CONNECT WITH THEIR FAMILIES ON THE COURSE