



East Ridge Girls Golf 2025



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630-404-0912  
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651-425-6712



## COACHING STAFF

Martin McDonough

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651-470-1574



# COACHING STAFF

Sarah Rittenhouse

[srittenh@sowashco.org](mailto:srittenh@sowashco.org)

402-320-3323

# 2025 CAPTAINS



Anne Benjamin



Ella Whinnery



Katrien Van Heyst

Congratulations to Anne  
Benjamin  
AAA winner  
Arts, Athletics and  
Academics

# WHY WE COACH

SUPPORTING YOUNG LADIES IN THEIR DEVELOPMENT PHYSICALLY AND PSYCHOLOGICALLY AS ATHLETES AND STUDENTS. THIS RELATIONSHIP WILL LEAD TO SUCCESS IN THEIR ATHLETIC, ACADEMIC, SOCIAL AND FAMILY LIVES.





**EAST RIDGE**

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**GOLF**

# Team Structure and Tryouts

- Varsity - Matches are played with 6 girls
- JV - Matches are played with 6 girls
- JVB - Matches are coordinated with other conference coaches and can include as many girls that the course will handle
- Tryouts - Depending on the number of girls we may have tryouts. We will know more come March 17. We welcome all girls who are willing to dedicate themselves to the team, attend practices and team functions.

# Practice and Match Protocol

- Practices are at Prestwick - weather permitting. If we cannot be outside practice will be at ER. Practices will be Monday - Friday 3:30 - 5:30.
- Collared shirts are required and the ONLY hoodie allowed at practice is the team hoodie or plain ER hoodie.
- No leggings, no jeans.
- Match Day - Captains will communicate apparel selection for match.

# ATTENDANCE

- ATTENDANCE IS MANDATORY FOR ALL TEAM PRACTICES, MATCHES AND SOME OTHER TEAM ACTIVITIES. EACH TEAM MEMBER IS EXPECTED TO BE IN ATTENDANCE UNLESS EXCUSED BY THE COACHING STAFF.
- ALL TEAM MEMBERS ARE EXPECTED TO BE ON TIME FOR ALL TEAM FUNCTIONS.
- THE COACHING STAFF MUST BE NOTIFIED, IN A TIMELY MANNER, PRIOR TO ANY ABSENCE; EMAIL, TEXT OR PHONE CALL PLEASE.
- GOLF SHOULD BE THE PRIORITY

# ACADEMIC POLICY

## ACADEMIC POLICY:

- REMEMBER OUR KIDS ARE STUDENT-ATHLETES!
- SCHOOL WIDE ACADEMIC POLICY APPLIES TO ALL HIGH SCHOOL ATHLETES.
- MIDDLE SCHOOL POLICIES APPLY TO ALL MIDDLE SCHOOL ATHLETES.
- IF YOU EVER HAVE A CONCERN REGARDING YOUR GOLFER'S GRADES OR PROGRESS IN SCHOOL, THE COACHING STAFF WILL SUPPORT YOUR NEEDS AS A PARENT AND YOUR GOLFER'S NEEDS AS A STUDENT.

# EQUIPMENT

- Girls will need golf clubs/bag/lots of balls :-)
- Practices at Prestwick girls will need to wear a collared shirt, ER golf sweatshirt or generic ER apparel - think about weather when dressing for practice! (Rain gear is important!)

# TEAM APPAREL

- Team polo, sleeveless shirt and 1 outerwear piece (covered by booster fee) (Captains determined match apparel)
  - Additional apparel can be ordered from Advanced Sportswear using our order form.
  - Additional Spirit Wear/Equipment (will be on ER team website)

# TEAM APPAREL INCLUDED IN THE BOOSTER FEE



**Touch (BR01L) - White 001**



**Whisper Women's (XE04L) - Black 002**



**Kinetic (JL07L) - Lupine-Violet CQ1**

# Advanced Sportswear East Ridge Girls Golf Store



Nike Dri-FIT Cotton/Poly Tee.  
Printed logo

\$32.00



Printed logo

\$36.00



Nike Dri-FIT Cotton/Poly Long Sleeve.  
Printed logo

\$36.00



Nike Club Fleece Pullover Hoodie  
Printed logo

\$62.00



Printed logo

\$36.00



Pennant Performance Jogger  
Printed logo

\$36.00





Nike Dri-FIT Tech Fine-Ripstop Cap  
Embroidered logo

**\$33.00**



Nike Dri-FIT Team Performance Vis...  
Embroidered logo

**\$31.00**



Sport-Tek® Waterproof  
Insulated Jacket

**\$50.00**

**Embroidered logo**

Sun Mountain Golf Bags will be available for purchase



# TEAM COMMUNICATION

**We Will Use INSTA TEAM For Messaging/Notices**

*(Updates/Changes/Cancellations/Show times, etc)*



**For General Information, FAQs, Event Calendar, Meet Results, Standings and meet pictures, see the Girl's Golf Website**

<https://www.erhsactivities.com/page/show/1148826-girls-golf>



**Please complete player / parent sign-up sheet prior to leaving tonight**

# Season Schedule

**Season Starts:** First Practice March 17th  
**Conference Matches:** Begin April 15/April 16  
**Tentative Invites:**  
**Sections:** May 29 (Loggers Tr.) May 30  
(Bunker)  
**State:** June 10-11  
**End of Season Banquet:** TBD

# VARSDTY (tentative)

April 3 - 5 Kansas City

April 15 Tanner's Brook 18 holes

April 17 River Oaks 1:30 p.m.

April 21 Highland National 3:00 p.m. TT

April 28 North Oaks 3:00 p.m. TT

May 1 - 2 Raptor Royal Cup

May 5 Troy Burne Mid Conference (18 holes) 10:00 a.m.

May 6 Maple Grove Invite Rush Creek TBA

May 7 Willingers 10:00 a.m.

May 12 Midland CC 2:00 pm TT

May 14 The Jewel

May 15 Gross National 3:00 p.m. tee times

TBA Tri State Invite Bunker Hills

May 19 Stillwater CC 3:00 TT

May 22 Conference Championships Oak Glen 8:00 a.m.

May 29 Section Round 1 Loggers Trail EARLY TEE TIMES

May 30 Section Round 2 Bunker Hills EARLY TEE TIMES

June 10-11 State Tournament Bunker Hills

# JUNIOR VARSITY (TENTATIVE)

April 3 - 5 Kansas City

April 15 Rosemount JV Scramble 9:00 a.m.

April 16 Tanners Brook 1:30 p.m.

April 21 Highland 3:00 p.m.

April 23 Rosemount JV Scramble 9:00 a.m.

April 24 Prestwick TBD

April 28 North Oaks 3:00 p.m.

April 29 Tanners 1:30 p.m.

May 6 Gross National 3:00 p.m.

May 8 Eagle Valley 3:00 TT

May 12 Midland CC 2:00 pm TT

May 15 Rosemount scramble 9:00 a.m.

May 19 Stillwater CC 3:00 TT

May 22 Conference Championships Oak Glen 8:00 a.m.

# JVB

JVB matches will be determined within the first two weeks of the season.

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# Transportation

Transportation to Prestwick for practice is the responsibility of each player.

Varsity players will ride in the team van.

JV players will travel in the van with Coach Martin.

JVB players will also travel in the school van with Coach Ritt.

# PRE-SEASON CAPTAINS PRACTICES

Mondays and Thursdays at the DOME on White Bear Ave. 4- 5 p.m.

If you have any questions see the Captains. Ella Whinnery, Katrien Van Heyst, Anne Benjamin

# TEAM REGISTRATION

- All girls must register through the East Ridge Spring Sports Registration System that opens February 15th
- All girls must have a current physical (physicals are good for 3 years.)

[East Ridge Activities Page](#)

# INTERESTED IN COLLEGE GOLF?

The time to start thinking about college golf is now for girls in middle school and grades 9 and 10. If you think you might be interested talk to one of the coaches sooner than later so we can get you signed up in one or more of the various golf portals.

# Summer Tournament Play

Team participation and success didn't end at the State tournament. Many of our girls played in PGA and other tournaments throughout the summer.

*Played?*

*Placed?*

*Won?*

# Summer Play Incentive Program

The more you play, the luckier you get. To encourage more play between seasons, the board adopted the Summer Play Incentive Program.

Girls get small rewards for each level of play they attain

# Summer Play Incentive Program

Playing between 10-14 Rounds

*Kyla Ibrahim*

15-19 Rounds

*Anne Benjamin*

*Braelyn Shader*

# Summer Play Incentive Program

20+ Rounds!

*Ella Anderson*

*Audrey Baskt*

*Allyah Kleven*

*Sydney Lovick*

*Katrien Van Heyst*

*Quinn Van Heyst*

*Ella Whinnery*

# ERHS Girls Golf Booster Club

## **Who We Are...**

The East Ridge High School Golf Booster Club is a volunteer organization that supports and promotes the ERHS **Girls** Golf Program. Our primary objectives are to assist the players and coaches, provide financial resources for the purchase of team uniforms, equipment and training materials, build future interest in the program and recognize the achievements of the team, individual players and coaches.

## **How We Are Funded...**

The Booster Club is funded through membership dues, donations from individuals, business sponsorships, and through fundraising activities. Fundraising efforts enable the club to fund the club objectives. Booster club involvement consists of both volunteers and the financial support required to foster the development of our student athletes and to maintain a high-quality athletic program.

**Booster Club Fee: \$200 - Payable via Check - ERHS Girls Golf Boosters - Players will not receive Booster Club benefits until fee is received (apparel, KC trip)**

## **Booster Club Board of Directors:**

President- Joe Ibrahim, Vice President- Open, Treasurer- Joel Van Heyst, Secretary- John Benjamin, Fundraising Director- Open. ALL POSITIONS will be Open after this season -- we need YOU!!

# ERHS Girls Golf Booster Club

*Booster club involvement consists of both volunteers and the financial support required to foster the development of our student athletes and to maintain a high-quality athletic program*

## **Fundraising**

- Gertens Spring Plant Sale
- Community Volunteering (Kowalski's, Jerry's Foods, Halloween Event w/ Chuck Eckberg Realty)
- Apparel Sales

## **Sponsorship/Donations**

- Corporate Sponsors
- Community Donors
  - Erhsactivities.com has donation forms

## **Volunteers**

- Sign up to help with an event, serve on a committee, or even become a board member
  - Gertens - Thank you Kim Anderson!!
- Your talents and interests are welcome!
- All families are strongly encouraged to become ACTIVE Booster Club members



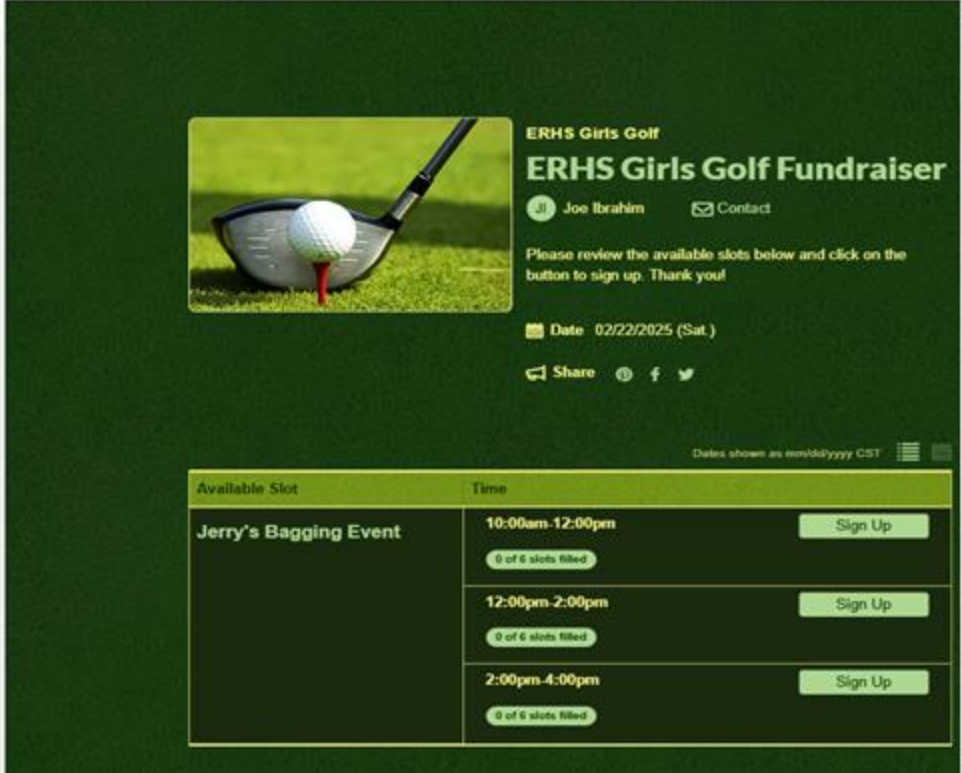
# Gertens Spring Bedding Plant & Perennials Fundraiser

- Online store opens February 17
- Ordering closes March 31
- Plant pick-up is Thursday, May 8th, 6pm-7:30 pm @ ERHS
- Mother's Day is Sunday, May 12th (perfect time to pre-order a hanging basket or gift card for gift-giving!)
- [www.gertensfundraising.com](http://www.gertensfundraising.com)
- Enter the store ID code 210



# ERHS Girls Golf Booster Club

## Upcoming Volunteer & Fundraising Event



The image shows a digital event page for the ERHS Girls Golf Fundraiser. It features a green background with a golf club and ball image. The event title is 'ERHS Girls Golf Fundraiser' and it is organized by Joe Ibrahim. The date is 02/22/2025 (Sat.). There are three available slots for 'Jerry's Bagging Event' on 02/22/2025, each from 10:00am to 12:00pm, 12:00pm to 2:00pm, and 2:00pm to 4:00pm. Each slot has a 'Sign Up' button and a progress indicator showing '5 of 6 slots filled'.

**ERHS Girls Golf**  
**ERHS Girls Golf Fundraiser**

👤 Joe Ibrahim    ✉ Contact

Please review the available slots below and click on the button to sign up. Thank you!

📅 Date 02/22/2025 (Sat.)

🗣 Share    🌐    📱    🐦

Dates shown as mm/dd/yyyy CST

Available Slot	Time	Sign Up
Jerry's Bagging Event	10:00am-12:00pm	Sign Up
	5 of 6 slots filled	
	12:00pm-2:00pm	Sign Up
	5 of 6 slots filled	
	2:00pm-4:00pm	Sign Up
	5 of 6 slots filled	

# ERHS Girls Golf Booster Club

How are we growing the program - how are the Funds benefiting our Girls

## Captains Practices

- Purchased 20 large buckets for players preparing for the season

## Youth on Course

- What is it?
- Will reimburse memberships with copy of receipt by April 15

## Simulator

- Helped purchase/set up simulator
- Weekly Simulator nights

## Clinics & Other Opportunities

- Clinics during the season and the summer - e.g. short game clinic at Edinburgh
- Extra SWAG & Misc Materials to promote off-season golf rounds
- Mental Training and Support - MindRite Training, Travis Rogers

# ERHS Golf Booster Club

## Sponsorship Drive

### **Eagle Sponsor \$1000+ • Large Business Logo listing**

- Booster Club social media messaging and website + Spotlight Sponsor of the Week
- Social media- spotlight sponsor of the week recognition
- Name/Business Logo prominently displayed on ERHS Girls Golf website
- Year-end banquet recognition
- Year-end golf tournament recognition
- 1 dozen Raptor logo golf balls

### **Birdie Sponsor \$500 - \$999 • Medium Business Logo listing**

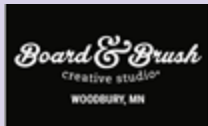
- Booster Club social media messaging and website
- Recognition at public Booster meetings/events
- Year-end banquet recognition
- Year-end golf tournament recognition

### **Par Sponsor \$250 - \$499 • Small Business Logo listing on Booster Club website**

- Year-end banquet recognition

# Booster Club Sponsorship Acquisition Incentive Program

- Absence of a Fundraising Person on the Board
  - There's a Need to Raise Money
  - Leverage the power of our networks and community
    - Any Player Who brings in a Sponsor...
      - Par or Higher
      - *And, the board receives their sponsorship check by May 1st*
- ...Will Have their booster fees refunded.**
- Mutual Understanding: Procuring a Sponsor does NOT...
    - ...help get or ensure a place on the team
    - ...Help or ensure a coach's favorable treatment in any way.



Spring Marketing, LLC



# ERHS Girls Golf Booster Club

## Sponsorship Drive

### HOW TO GET DUES REFUND

- Have Sponsor complete the Sponsorship Form (on Girls Golf Boosters Web Page)
- Collect a check, or have them send it (*to be received my May 1st*)  
Payable to: East Ridge Girls Golf Boosters
- Give the completed form (with players name) and check to any board member, or...  
Send the completed form and check to:  

John Benjamin, 8444 Marsh  
Creek Rd, Woodbury 55125
- The Board will refund the dues once it receives the check.

The board and the girls program sincerely thank you for your help!

- **Mutual Understanding:** *Procuring a Sponsor does NOT help get or ensure a place on the team, or ensure a coach's favorable treatment in any way.*

# ERHS Girls Golf Booster Club

How are we growing the program - how are the Funds benefiting our Girls

Travis Rogers

MindRite Training- Mental Performance Training  
C-612-618-9562

Website- [mindritetraining.com](http://mindritetraining.com)

Twitter- [twitter.com/MindRiteCoach](https://twitter.com/MindRiteCoach)

Instagram- [instagram.com/mindritecoach/?hl=en](https://www.instagram.com/mindritecoach/?hl=en)

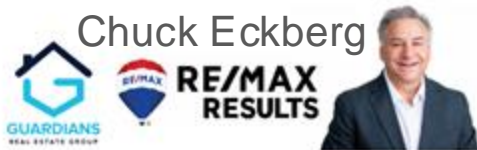


# COMMUNICATION

- INSTA TEAM APP
- ERHS TEAM WEBSITE
- [erhsraptorgolf.com](http://erhsraptorgolf.com)



ERHS GIRLS GOLF  
THANKS YOU!



Questions?



Thank you!