



Boys' & Girls' Golf

2025 Summer Information

CONTACT INFORMATION:

Nate Parrish, Head Coach

- Email: parrishn@ensworth.com
 - Phone: 615-207-1322
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Important Dates

Free Sports Physicals will be offered on Wednesday, May 21 from 1:00pm - 2:00pm in the Elcan Athletics Center.

Health Forms are due Tuesday, May 27. Athletes must submit all required health forms to participate in summer workouts. Health forms can be found and are to be completed online: go to www.ensworth.com, log in, click on the Resource Board, and then click on Magnus Health. **Please note that all physicals must be dated on or after April 15, 2025 to be valid for the 2025-2026 school year.** If you have health form questions, email Megan Mitchell at mitchellm@ensworth.com.

The TSSAA Eligibility Form is due Friday, June 20 to the school. To complete the TSSAA Eligibility form click [here](#). If you have Eligibility Form questions, email Megan Mitchell at mitchellm@ensworth.com.

Optional Summer Workouts

May/June training with fitness instructors:

- May 27 - May 30 (Tuesday - Friday due to Monday holiday)
- June 2 - June 5
- June 9 - June 12
- June 16, 17, 18, and 20 (Thursday, June 19 no workouts due to holiday)
 - **7:00am - 8:30am:** Meet in the Elcan Athletics Center

TSSAA Dead Period

- Monday, June 23 - Sunday, July 6 - no summer workouts and facilities are closed

July training with fitness instructors:

- July 7 - July 10
- July 14 - July 17
 - **10:15am - 11:30am:** Meet in the Elcan Athletics Center

Students should wear an Ensworth t-shirt (with sleeves) and must bring their own water to workouts. Email Director of Strength & Conditioning, Coach Bryan Van Vleet, at vanvleetb@ensworth.com if you have any questions regarding optional fitness workouts.

Tryout Information

All players planning to try out for fall 2025 high school golf should let Coach Parrish know by emailing him at parrishn@ensworth.com of their intentions to be on the team. Players interested in trying out for high school golf will be required to provide six scoring round scorecards (boys) or four scoring round scorecards (girls) played between April 1, 2025 and May 18, 2025. The rounds need to be played on your own at Harpeth Hills Golf Course with a teammate or scoring partner. Boys will need to play from 6500 yards and girls from 5500 yards. A tournament scorecard meeting those yardages is also acceptable. The varsity and JV team rosters will be announced prior to the close of the school year.

All members of the varsity teams will be attending a required team retreat July 28-30 with further details to come.

New to Ensworth

Families new to Ensworth are encouraged to call Coach Parrish at 615-207-1322 to learn more information about the program and discuss tryouts.

Rosters and Expectations

Varsity and JV Rosters will be released following the tryouts. We expect a scoring average of 76 for varsity boys and 80 for varsity girls. We expect JV high school players to be match ready this year and consistently playing in the low 80s to be considered for JV.

Practice Start Dates

- Varsity practice will begin the week of July 14, 2025.
 - JV practice will begin the week of July 21, 2025.
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Fall Schedule

Matches and fall tournaments are in the final stages of calendar planning with the full fall season schedule released before the end of the current school year.