

SCORECARD²

UNDERSTAND YOUR GAME. IMPROVE YOUR GAME.



Scorecard Manual [for Mac OS X] version 2.0.0

WELCOME TO SCORECARD

Scorecard is a cross-platform golf statistics application that helps you to understand your golf game at a deeper level. Armed with the knowledge of where you're losing shots, what you can improve, and how far you need to go before you're playing the kind of golf you should be playing, you can then work to implement changes in your game.

This brief guide will introduce you to some of the terminology associated with golf statistics as well as effective methods of using Scorecard. We strive to make software that's easy to use, so while this is not a full manual, it should get you started.

WHAT'S NEW IN SCORECARD 2.0?

Scorecard 2.0 features three of the most widely asked for features (as well as a host of smaller tweaks, updates, and improvements).

First, we support nine-hole rounds, both for handicap calculation and for statistics generation. While handicap calculation follows standard rules (nine-hole rounds are combined for an 18-hole handicap regardless of how far apart they occur), Scorecard combines nine-hole rounds for statistics when they're played within 14 days of each other.

Second, Scorecard now allows you to graph your statistics over time so that you can see at a glance if you're improving, slacking, or just treading water.

Third, per-hole notes. If you'd like to document what clubs you used, be our guest.

CREATING A COURSE IN SCORECARD

Scorecard allows you to store an infinite number of golf courses, each with an infinite number of tees, to make it easier for you to compute your true handicap and statistics.

If you play 99% of your golf at one course, you may only choose to enter this one course, but if you frequent several courses or play from different tees, you'll probably want to enter every course you play.

To add a course, click the "+" sign in the lower-left-hand corner of Scorecard's main window. A sheet resembling the one seen here

Course Name: Holes: ☒ 18 Holes ☐ 9 Holes

Address: Phone #:

City, State Zip: Website:

Tees: - +

Tee Name:

Course Rating: Course Slope:

Hole	1	2	3	4	5	6	7	8	9	Out
Par	4	3	5	4	4	3	5	4	4	36
Yardage	426	152	502	271	281	183	513	422	354	3104
Handicap	2	18	6	12	16	10	8	4	14	

Front Rating: Front Slope:

Hole	10	11	12	13	14	15	16	17	18	In	Total
Par	4	3	5	4	3	5	4	4	4	36	72
Yardage	451	165	512	351	180	533	296	389	402	3279	6383
Handicap	5	17	7	11	15	3	13	9	1		

Back Rating: Back Slope:

(above, right) will appear. Enter the name of the course, the phone number, the course's website (if they have one), and their address in the provided boxes. Click the "+" sign next to the "Tees" box and "New Tee" will appear as a choice in the popup menu.

Below the popup, the text boxes and miniature scorecard become available for editing. Change the "New Tee" text to the name of the tee set (like "Blue" or "Senior") you'll enter. Specify the slope and course rating for those tees (this information is typically on the course's scorecard).

Next, click on the first hole's "par" and enter the par for the hole. Hit the tab key, enter the par for the second hole, and repeat as necessary to fill out the front nine. Click tab again to select the first hole's yardage, enter the yardage, and press tab. Continue onward, repeating the process for each hole's yardage and then handicap rating, then complete the back nine in the same manner. The par and yardage totals are calculated, so when you're done, verify these with the course's scorecard. If you know the course rating and slope for the front and back nines, enter them as well. If you do not, leave them blank and Scorecard will use reasonably close estimates. Correct any mistakes, then press "Save" to save the new course and tee and to dismiss the sheet.

The address and website URL are linked in the lower-left hand corner when you select a course in the main window. The course name links to the website, and the address links to Google Maps.

TO ENTER NEW TEES ON AN EXISTING COURSE

If you occasionally play a course from a different set of tees, enter second (or third, or fourth) sets of tees as follows:

1. Double-click the course name in the left-hand list in the main window.
2. Click the "+" sign next to the "Tees" popup menu to add a new set of tees.
3. Repeat the process above to add the par, yardage, and handicap information for the new tees.

NINE-HOLE COURSE RATINGS AND SLOPE

If you're unsure of your course's nine-hole course rating and slope, Scorecard will estimate by halving the 18-hole course rating (i.e. 71.6 becomes 35.8) and using the same slope (122 stays 122). These are approximations, however, and for the most accurate statistics keeping we encourage you to ask at the pro shop what the true numbers are for any courses on which you routinely play nine-hole rounds.

TERMINOLOGY

Golf has a lot of unique terminology, and understanding some of the terminology is key to keeping consistent statistics. For example, did you know that using a putter from the fringe of the green doesn't count as a putt? Only strokes made from the green itself

count. If you mistakenly count these as putts, you won't be keeping the most accurate statistics possible, and you won't be able to compare your statistics with other golfers.

Below, we've listed the statistics you must know to keep your scorecard during a round and to enter as a round in Scorecard. When possible, the statistics we keep match up with the stats kept on the PGA Tour. You can verify the definitions of these stats at <http://pgatour.com/stats/>.

SCORE

This one is pretty obvious: it's your score for the hole. Scorecard automatically calculates "Equitable Stroke Control" or "ESC" or your "adjusted score," so enter the raw, pre-adjusted score, including any penalty strokes.

PENALTY STROKES

As a general rule, water hazards count as one stroke penalties, while lost balls and out-of-bounds are two strokes (due to their "stroke *and* distance" nature).

PUTTS

A putt is any stroke played from the putting green (on the hole you're playing). Using a putter from the fairway or fringe (or tee, if you're crazy) does not count. If you strike a ball on the putting green, even with a wedge or a driver (because you broke your putter using it from the tee, crazy person!). Let me re-iterate: strokes made with any club from the fringe do not count as putts. Only strokes made *on* the putting surface.

FAIRWAY HIT

This one is pretty easy. If, after driving your ball from the tee with your first stroke, your ball sits in the fairway of the hole you're currently playing, you've hit the fairway. If the ball is left or right of your hole's fairway, you've missed the fairway left or right. If your ball fails to reach the fairway, you've missed the fairway, and it's up to you whether you want to mark it as having missed left or right.

If you drive the ball into a different hole's fairway, you've missed *your* fairway. If your ball ricochets off a tree and comes back into your fairway, you've hit the fairway. If your drive rolls down a hill and into the rough, you've missed the fairway.

FIRST PUTT DISTANCE

The distance of your first stroke from the putting surface. On holes where you don't have to putt (i.e. you chip in, etc.), write a zero (0). You can write this number in any form of measurement you deem appropriate, but we suggest you stick with feet (if you measure hole distances in yards) or meters (if you measure hole distances in meters).

GREEN IN REGULATION (GIR)

You've hit a green in regulation (GIR) if your ball comes to rest on the putting surface in at least two strokes less than par. This means your tee shot on a par 3, your second shot on a par 4, or your third shot on a par 5. If your ball ends up on the green in two strokes on a par 5 or after your drive on a par 4, you've hit the green in regulation (actually "less" than regulation, but for statistics purposes, it counts as a GIR).

SAND SAVE (SS)

A sand save is defined as getting up and down from a greenside bunker *regardless* of score on the hole. You need not par the hole - you simply need to take two strokes to hole out after first finding a greenside bunker. Most of the time, for better golfers, this will mean par, but score is technically irrelevant to this statistic. Also note: hitting the ball in a greenside bunker in two, blasting out, and two-putting for par on a par five is *not* a sand save.

UP AND DOWN (UD)

The official measure of an up and down is “missing the green in regulation, yet still coming away with par or better.” If you’re a low handicapper, you may wish to apply that logic to your shots.

For mid- or high-handicap golfers, you may wish to set some sort of boundary, like 100 yards, as your up-and-down boundary. Your stats won’t be perfectly accurate, but it may be preferable to track the “par or better” only if you’re within 100 yards of the green. This will avoid unusually low up-and-down total (after “failing to get up and down” on holes where you incur penalty strokes, hitting out sideways from trees, etc.)

Players with higher handicaps may wish to apply similar logic as used for Sand Saves - getting the ball up and down, regardless of their score for the hole, from within a certain distance from the green.

Your stats will be meaningless if your own definition varies, though, so whether you choose the PGA Tour standard or your own, apply it consistently.

KEEPING SCORE

Scorecard keeps track of over thirty different statistics, but you need to keep track of only five while playing a round of golf. Though you can likely recall most of these numbers after your round, we have developed a scorekeeping method that takes very little time yet provides all the information necessary.

Below, we’ve re-created four holes from a round of golf. Let’s walk you through each of the holes and the statistics you should keep for each.

HOLE 1: PAR 4

The most important statistic is obviously the score for the hole. I keep this score in the top box. On this hole, I parred, so I wrote “4.” The arrow pointing up indicates that I hit the fairway with my drive, and the “1” in the same box as the “4” and the arrow indicates that I took one only putt on this hole.

Below the “4” I’ve written “UD” to indicate

1	2	3	4
4 [↑] ₁	4 [↑] ₂	6 [→] ₂	2 ₁
UD ₈	G ₂₅	SS ₁₆	G ₁₁

that I got “up and down” to save my par. Next to the “UD,” you’ll see an “8.” This number is the length of my first putt, measured in feet. (If you choose to measure courses in meters instead of yards, you should enter your first putt distance in meters.)

HOLE 2: PAR 4

I played this hole a bit better than the first: I parred, hit the fairway, and took two putts, the first of which was from 25 feet. The “G” indicates that I hit the green in regulation.

HOLE 3: PAR 5

I bogeyed this hole after driving the ball into the right rough. My third shot landed in a greenside bunker, and I was unable to get a “sand save” - hence the line through “SS” - after missing my 16-foot first putt.

HOLE 4: PAR 3

I get back to even par for these four holes with a birdie! I hit the green in regulation on this par 3 and sunk my first putt from 11 feet for 2.

RECAP

The easiest way to keep the necessary stats is to use two boxes and note five things. In the first box, write your score. In subscript, write the number of putts you took. In superscript, draw an arrow up to indicate that you hit the fairway or left/right to indicate that you missed the fairway to the right or left.

In the second box, write “G” if you hit the green in regulation. Write “SS” or “UD” if you had a sand save or up-and-down opportunity. Draw a line through a failed sand save or up and down attempt. As a subscript, write the distance of your first putt. It doesn’t matter whether your first putt comes after you hit the green in regulation or whether you chip from just off the green - Scorecard figures your average distances for approach shots, bunker shots, and chips/pitches separately.

Scorecard also keeps track of penalty strokes, and when I have a penalty stroke I put a star (or two for stroke-and-distance penalties!) next to my score for the hole.

These five things are all you need to get over 35 different statistics in Scorecard. You may develop your own methods, but these suggestions should get you started on the right path.

ENTERING YOUR ROUND INTO SCORECARD

Once you’ve completed your round, and kept the five stats detailed above, it’s time to enter the round into Scorecard.

After clicking the “+” sign in the lower-right-hand corner of Scorecard’s main window, a sheet like the one to the right appears.

Choose the course and tees you played from the popup menus at the top of the sheet, then choose the number of holes played. On an 18-hole course, you’re given three choices: 18 Holes, Front Nine, or Back Nine. On a nine-hole course, two choices are given: 9 Holes or 18 Holes. Next, set the playing conditions (temperature, wind, and type of round). Enter any notes (swing thoughts, a new ball you used, etc.) in the text box at the bottom and uncheck the “Include Round in Stats” checkbox if you wish not to include the round in statistics.

The screenshot shows a software window titled 'Overview' with tabs for 'Overview', 'Front Nine', and 'Back Nine'. The 'Overview' tab is active. At the top, there are two dropdown menus: 'Course: Whispering Woods' and 'Tee: Blue'. Below these are four groups of radio buttons: 'Holes Played' (18 Holes, Front Nine, Back Nine), 'Round Type' (Practice, Casual, League, Tournament), 'Wind' (None, Breezy, Windy, Gale), and 'Temperature' (Cold, Chilly, Mild, Warm, Hot). The '18 Holes', 'Casual', 'Breezy', and 'Mild' options are selected. Below the radio buttons is a text area labeled 'Round Notes:' containing two paragraphs of text. At the bottom left is a 'Date:' field with '5/11/2009'. At the bottom right is a checked checkbox labeled 'Include Round in Stats'. At the very bottom are 'Cancel' and 'Save' buttons.

Now you’re ready to enter the details of your round from your scorecard. Click the “Front Nine” tab (or the “Holes” tab if you only played nine), then click on the first text box in the “Score” row and enter your score. Press tab, enter your score for the second hole, and continue through the holes on the front nine. Par is set as the default score, so you can hit the tab key to skip over holes you parred. Scorecard will show sub-par scores in red and over-par scores in blue.

After entering your score on the ninth hole, press tab to move to the first available fairway. Scorecard uses some keyboard shortcuts to speed up round entry, and once you become familiar with them you’ll be able to enter an entire 18 holes in about 30 seconds.

In the Fairway row, pressing the “up” arrow key marks an “x” in the fairway. The right arrow key marks an “x” in the right rough, and the left arrow key in the left rough. Clicking in the rough or fairway also places the “x” there. Pressing the same arrow key twice (or more) in a row or clicking the same location twice (or more) in a row toggles the “x” on and off.

We recommend entering your fairways by tabbing and using the arrow keys - these arrows match the same arrows entered on your scorecard - until you've entered them all. Scorecard automatically skips par threes (which have no fairway to hit).

Next, you'll tab to "Putts" row, which is pre-filled with "2"s. Use the tab key and enter the number of putts you took per hole, tabbing over any holes you two-putted. You'll note that the "YES" and "NO" in the "GIR" row automatically changes as you enter your putts.

	1	2	3	4	5	6	7	8	9	Out
Hole	1	2	3	4	5	6	7	8	9	3381
Yardage	538	389	403	176	390	568	195	364	358	--
Handicap	3	11	5	17	7	1	15	13	9	--
Par	5	4	4	3	4	5	3	4	4	--
Score	5	5	4	4	5	5	3	4	3	38
Fairway	x	x	x	x	x	x	x	x	x	5/7
Putts	1	2	1	2	2	2	1	2	1	14
1st Putt	3	6	3	8	8	18	8	20	10	9.3
GIR	NO	NO	NO	NO	NO	YES	NO	YES	YES	3/9
Up & Down	U	S	U	S	U	S	U	S	U	4/6
Sand Saves	U	S	U	S	U	S	U	S	U	0/0
Penalties	0	0	0	0	0	0	0	0	0	0
Notes										

After entering all of your putts, pressing the tab key will put you in the "1st Putt" row where you enter the distance of your first putt. Type the number, press tab, and repeat. The tab key, you should now realize, is your friend. Incidentally, if you goof up and need to go backwards, shift-tab will take you back. You can also click to edit, then tab from there if you want.

After tabbing through your first putts, you'll find that you're on the "GIR" row. I've never had to change a GIR from YES to NO or vice versa, as Scorecard does a good job of calculating these correctly. If you need to toggle a YES or NO, you can either click the appropriate YES/NO to toggle it or you can use the left or down arrow for NO and the right or up arrow for YES.

From here, you have only your up-and-downs, sand saves, and penalties to enter. Though you can use the tab key to move through these, and the left and right arrow keys to select "U" and "S" and the up or down arrow to clear the choice. I prefer using the mouse - I can click "U" or "S" to select them and click them again to toggle the choice.

For statistics with "U/S" choices, "U" means "unsuccessful" and "S" means "successful." So if you fail to get a sand save, you'd choose "U" in the "Sand Saves" row on that hole. Again, in general, you can't have a sand save and an up and down opportunity on the same hole, and the instances in which you can are so few and far between that we've limited you to selecting only one per hole.

Finally (and new in Scorecard 2.0), click the "Notes" icon for the appropriate hole to activate the text field at the bottom of the sheet. Type your note and click on another note icon to enter notes for that hole. Continue until you've typed in as many notes as you'd like (you'll notice that holes with notes will have a different icon than holes without notes. Active notes have a pencil icon.) Click "Save" when you're done.

EXPORTING YOUR ROUNDS TO WEB PAGES

Since version 1.2, Scorecard has given you the ability to export your rounds to web pages. This makes it easy to share your great rounds (and your not-so-great rounds) with your friends, family, and fellow golfers. I've found it particularly handy to include in golf forum signatures, for example.

To export your rounds to HTML in Scorecard, choose a location in Scorecard's preferences ("Scorecard" -> "Preferences..."). Check the "Automatically export new rounds" checkbox if you'd like to automatically export up-to-date files when you add or edit a round.

To individually export rounds, simply select the round or rounds you wish to export, then choose "Export Selected Round" from the File menu. **Note:** If you enter rounds in prior to turning on the checkbox, you may have to manually export them. The checkbox in the preferences only applies to new or edited rounds.

After your rounds have been exported, you can view them locally or sync them with a web server.

My rounds can be found at <http://erik.thesandtrap.com/>.

UNDERSTANDING SCORECARD'S STATISTICS

Scorecard calculates a number of statistics for your perusal. To view the statistics, choose "Statistics" from the "View" menu in Scorecard.

You can narrow the statistics you see by selecting criteria in the left-hand side of the Statistics window. Choosing a course and a set of tees, for example, limits stats shown to rounds played at that course and from those tees. If you choose "Cold," Scorecard displays rounds played under "Cold" conditions, as chosen by you in the round entry sheet. A miniature rounds table above the statistics shows you the rounds used (and their dates, along with very basic stats), and the stats appear below them.

If you aren't sure what a statistic measures, this section will explain it to you.

SCORING

Score - This shows your raw score without any Equitable Stroke Control (ESC) applied. In other words, this is what you shot.

Handicap - This uses the standard handicap formula to display your handicap *index*. This is *not* the same number as your course handicap.

Anti-Handicap - While your handicap uses the best 10 of your last 20 scores, your anti-handicap uses the *worst* 10 of your last 20 scores. Players with similar handicaps and anti-handicaps are fairly steady players.

Penalties - The average number of penalty strokes taken in a given round or block of rounds.

Low/High Round - The lowest and highest round in a block ("Last 5" or "Last 20") of rounds.

Low/High Eclectic - The best and worst possible scores from any selected course over a given block of rounds. For example, if you've birdied every hole over your last 20 rounds on a par 72 course, your low eclectic would be 54. If you double-bogeyed every hole at one point or another over your last 20 rounds, your high eclectic in that block would be a whopping 108!

BALLSTRIKING

GIR - Greens in Regulation, displayed as a percentage. On an 18 hole course, you have 18 greens available.

Fairway Hit - Fairways hit as a percentage of available fairways. Par threes have no fairway, so this stat tracks includes only par 4s and 5s.

Left/Right Rough - The percentage of the time you miss the fairway to the left or right.

GIR FWY Hit - The percentage of the time you hit the green in regulation after hitting the fairway in regulation.

GIR Left/Right Rough - The percentage of the time you hit the green in regulation after driving into the left or right rough. This statistic can reveal whether it's better to miss left or right at the courses you play.

PUTTING

Total Putts - The number of putts - strokes taken from the putting surface - in a given round or block of rounds.

First Putt - The average distance of your first putt under all circumstances.

Putts per GIR - Also known as PPGIR, this displays your average number of putts on greens hit in regulation.

GIR First Putt - The average distance your approach shot stopped from the hole on greens hit in regulation.

Zero/One/Two/Three Putts - The average number of 0-, 1-, 2-, and 3-putts you had in a round or block of rounds.

Total Distance Made - The total length of all the putts you made on 18 holes. For any one-putts, the distance of the putt (from "first putt distance") is added to the tally. For any two- or three-putts, Scorecard assumes that you made approximately a three-foot putt for the purpose of this statistic.

PUTTING ACCURACY BY DISTANCE

This table displays what percentage or ratio of putts you've made from various distances. Unlike "Total Distance Made," Scorecard make no assumptions about the length of your second or third putt - it simply looks at your "first putt distance" and checks to see whether you made the putt (1 putt) or missed (2+ putts).

If you've selected "Yards" as your Display Units in the preferences, this table will be shown in feet. If you've selected "Meters," it will be displayed in meters.

SCRAMBLING

Scrambling - Combines your up-and-down and sand save percentages to compute your overall stat.

Up and Down - Percentage of the time you get up and down.

UD First Putt - Average distance of your first putt after your first shot in an up-and-down attempt.

Sand Save - Percentage of the time you get a sand save when you have the opportunity.

SS First Putt - Average distance of your first putt after your first shot in a sand save attempt.

SCORING AVERAGES

Fairway Hit - Average score in relation to par (+ or -) when you hit the fairway. This stat is calculated only on par 4s and 5s.

Left/Right Rough - Average score in relation to par (+ or -) when you miss the fairway left or right. This stat is calculated only on par 4s and 5s.

GIR Hit/Missed - Average score in relation to par (+ or -) when you hit or miss a green in regulation. This stat is calculated on every hole.

RAW SCORING

All Stats - Percentage of the time you score an eagle, birdie, par, bogey, etc.

BEST VS. WORST

All Stats - This table contains statistics from above, but splits them into your "best" and "worst" rounds. You may notice that Scorecard calculates your differential for each round you play. Your differential is essentially your handicap index for that one round. This table splits the rounds in half. Your "best rounds" are those with the lowest differentials and your "worst rounds" those with the highest differentials.

We also list an average column so that you can see how far off your best and worst rounds are from the overall average.

The statistics in this "Best vs. Worst" table could be very enlightening.

For example, my statistics currently look like this:

	Best	Average	Worst
Fairway Hit	53.57%	49.89%	46.41%
GIR	47.57%	42.09%	36.93%
Total Putts	28.19	28.30	28.41
GIR First Putt	22.0	22.9	24.0
Total Distance Made	91.9	87.1	82.6
Putts per GIR	1.81	1.83	1.85
Putts per Missed GIR	1.34	1.39	1.42
Scrambling	57.14%	51.34%	46.84%
Penalties	0.75	0.45	0.18

From this, it's clear to see that what hurts me most in my bad rounds is my ballstriking and accuracy. My driving is 7% less accurate on my bad days, which helps contribute to 11% less GIR, and the 4% gap between the two also tell me that my iron play suffers more, particularly since par threes give me an opportunity to hit a GIR but don't offer a fairway opportunity. If it was just my driving that was giving me in trouble, I'd probably see a dip of less than 10% in the GIR category because my par-three performance would buoy my GIR stats.

You may also note that my putting is roughly the same in my bad rounds, and that's attributable to the fact that when I hit greens, I'm closer on my good days by two feet on average. That again points at iron play as a key factor.

Other golfers may learn that their bad days are caused primarily by a lack of accuracy off the tee, or poor putting, or an inability to get up and down and scramble. This table, again new in version 1.3, should be quite enlightening.

GRAPHICAL STATISTICS

Scorecard 2.0 now lets you view your statistics over time, graphically. Hit cmd-2 or choose "Graphs" from the "View" menu. By default, you'll see one graph: Score. To change the statistic that's graphed in the first (red) graph, choose a new statistic from the "Stat 1" popup menu in the bottom left portion of the menu. To add one or two more graphs, choose a statistic from the "Stat 2" or "Stat 3" popup menus.

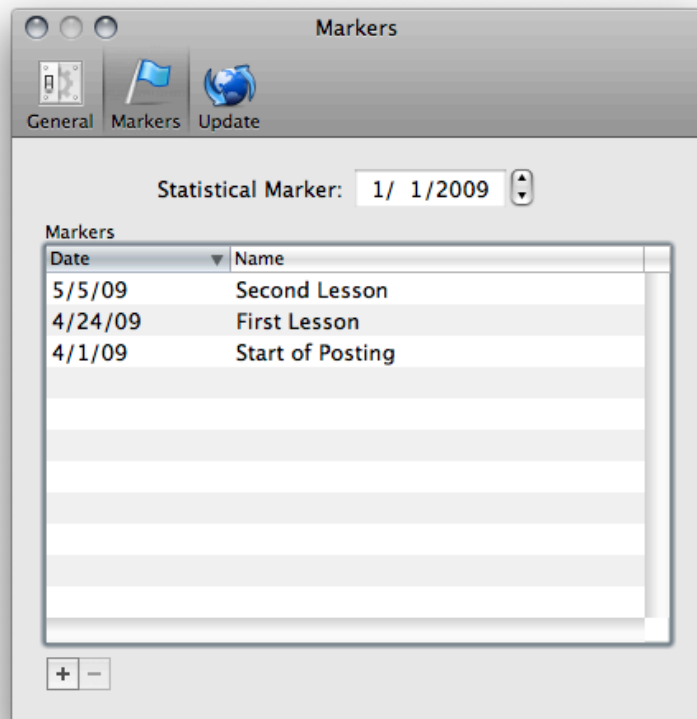
The three graphs will be shown, one on top of the other for easy comparison. You can easily check to see how one statistic affects another, whether your statistics are trending up or down, and to track how every part of your game progresses and relates to other facets of your game.



MARKERS

In my graphs above you'll notice three orange lines marked "Start of Posting," "First Lesson," and "Second Lesson." These are "Markers" and you can create and manage your markers in the preferences window ("Scorecard" menu -> "Preferences").

The preferences window allows you to manage two kinds of markers. First, your arbitrary markers are listed in the table. You can create markers for anything you'd like: "Got a New Driver" or "Took a Lesson" or "Switched to a Pro V1x." Assign a date, give the marker a name, and it will show up in the graph with an orange line so you can see just how things shake out.



The second kind of marker, which we've dubbed the "Statistical Marker," is a bit more special. Here you can see I've set mine to January 1, 2009. This determines the date from which all of my "Overall" statistics are calculated. It determines the starting date of the statistical graphs. In Scorecard 1.x, you had to enable and disable statistics you didn't want showing up in your current stats, but with Scorecard 2.0, you can exclude your previous two or three years of statistics just by setting the proper date here. Change it as necessary if you want to expand or shrink the range of dates you'd like to calculate into your statistics or view in your graphs.

SYNCING WITH THE IPHONE APP

Scorecard can synchronize with a scorekeeping application we've created for the iPhone and iPod Touch (we'll use the term "iPhone" to apply to both from here on out).

The iPhone application can be downloaded for free in the iTunes App Store and will allow you to keep your Scorecard stats while out on the golf course. When you return home, you can synchronize your rounds back to Scorecard, saving you the trouble of having to type in your stats.

To synchronize with the iPhone version of Scorecard, launch both the desktop version and the iPhone version. Ensure that both are connected to the same network, that you've disabled any firewall for Scorecard on your computer, and that you've enabled "Allow syncing with iPhones" in the desktop Scorecard's preferences. On the iPhone, choose the computer name from the list provided on the Sync screen and click the "Sync" button.

When you sync, all courses and tees within the desktop app are synchronized to your iPhone. Any rounds you've scored are synchronized from the iPhone to your desktop app (and then removed).

Obviously you'll want to synchronize at least once before you play your first round so that the courses are on your iPhone.

