

PERSONAL GOLF OBJECTIVES

1. You will set a reasonable schedule of practice and training that you can meet and then stick to it. There will be emergencies and situations that cause an occasional miss, but be as regular as possible.
2. Be positive about yourself, your game and what you are doing.
3. Practice with an objective in mind. Since your time is short, make your practice time of the highest quality. Take each shot as though on the course except for when warming up. Fewer balls; more perfect shots.
4. When playing even in a casual round, take enough time to execute properly. As long as you are taking the time to play, even for fun, do it right.
5. Winners are not always those who have finished first. A winner is someone who gives the most in preparation to reach his potential and makes every effort to perform at his highest level. There will be times when that is accomplished and you still aren't victorious; but you

A JOHN WOODEN QUOTE: HE WAS COACH AT UCLA FOR MANY SUCCESSFUL YEARS — WON THE NATIONAL CHAMPIONSHIP (BASKETBALL) 10 YEARS DURING A 12 YEAR STRETCH.

are a winner.

All
TODAY
WOODEN
TEACHINGS

- ✓ 6. No opponent is deserving of either lack of respect or an attitude of awe. In any reasonable match of talent either competitor can win on a given day.

7. You may not have the best talent in a match. But tough competitors often overcome superior talent. Patience and perseverance will pay off in golf.

8. Be consistent in your performance, focusing on the task at hand for the full time you are playing. Don't ease up when ahead or quit when you're behind. You never know what might happen to you or an opponent, so keep your focus.

9. Self-control is a trait that you should strive to achieve. Lack of self control is harmful to performance as well as to individual growth as a person. It reveals itself in club throwing, displays of temper, offensive language, verbal abuse of spectators or officials, complaining or discrediting the event or facility, etc.

- ↓ 10. Keep your body in good physical shape by observing the following suggestions:

a. Eat three balanced meals daily avoiding as much as possible fried foods, rich desserts, too much protein, fat and salt. Eat more fresh fruits.

Golf Statistics Sheet

Name: _____ School: _____

Check ones

☐ Tournament Name: _____☐ Practice Round/Qualifying Round

Definitions

GIR = green hit in regulation or less.

Up & Downs and Sand Saves may be for any score. They are from approximately 20 yards or less of the green. You may only have one of each per hole.

Date: _____ Courses: _____ Course Rating: _____

[illegible]

ROUND #: Starting Hole

[illegible]

For each of the following, check (✓) if yes.

[illegible][illegible][illegible]

ROUND #	Starting Hole
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[illegible]

For each of the following, check (✓) if yes.

[illegible][illegible][illegible]

Mushin (無心; Japanese mushin; English translation "no mind") is a mental state into which very highly trained martial artists are said to enter during combat.^[1] They also practice this mental state during everyday activities. The term is shortened from mushin no shin (無心の心).

a Zen expression meaning *the mind without mind* and is also referred to as the state of "no mindness". That is, a mind not fixed or occupied by thought or emotion and thus open to everything.

Mushin is achieved when a person's mind is free from thoughts of anger, fear, or ego during combat or everyday life. There is an absence of discursive thought and judgment, so the person is totally free to act and react towards an opponent without hesitation and without disturbance from such thoughts. At this point, a person relies not on what they think should be the next move, but what is their trained natural reaction or what is felt intuitively. It is not a state of relaxed, near-sleepfulness, however. The mind could be said to be working at a very high speed, but with no intention, plan or direction.



THE ATHLETE'S PRAYER


LORD, PLEASE CLEAR MY HEAD OF ALL DISTRACTIONS
AND MY HEART OF BURDENS I MAY BEAR,
SO I MAY PERFORM MY VERY BEST
KNOWING YOU'LL ALWAYS BE THERE.

PLEASE LIFT ME UP BEFORE THE MOMENT,
SO THROUGH YOUR EYES I MAY SEE,
AND HAVE A CLEARER UNDERSTANDING
AS THE GAME UNFOLDS BEFORE ME.

WITH GREAT COURAGE I WILL MEET THIS CHALLENGE,
AS YOU WOULD HAVE ME TO
BUT KEEP ME HUMBLE AND REMIND ME
THAT MY STRENGTH COMES FROM KNOWING YOU.

THEN WHEN ALL EYES ARE UPON ME,
AT THE END OF THIS GAME,
I WILL TURN THEIR EYES TO YOU O' LORD,
AND TO THE GLORY OF YOUR NAME.
AMEN



Proud of all
of you 
Just go Play

Also:
Describe the Shot
Describe Turnover Pres

<u>Mental Training Isn't...</u>	<u>Mental Training Is...</u>
"Just think positive"	Thinking positive is great, and definitely leads to better results than thinking negatively. The reality of sport, however, is that things do not always go as planned. Learning to effectively deal with reality by focusing on the present is the true challenge. Simply saying things like, "I got this" or "I can do it" aren't nearly as helpful as more on-task thoughts like, "pick a line" or "feel the speed."
"Forgetting bad shots"	Neuroscience tells us that we don't have the capability to simply forget. The most important aspect following any shot, regardless of the outcome, is to accept the shot. That means you have completely come to terms with where the ball has come to rest. There is nothing you can do at that point, except learn.
"Practice makes perfect"	The old adage that practice makes perfect implies that there is a "perfect" out there. In golf that couldn't be further from the truth. Quality practice is about stretching your current abilities by challenging yourself. If you have set up the proper challenge you will make the mistakes necessary to learn and build skill.
	Mental training is more of a marathon than a sprint. Building healthy habits for competition and practice takes time. Training your mind works very similar to building technique in your golf swing. It

Mental training is about developing a mindset which allows you to constantly challenge yourself. Seeking challenge will allow you to

<http://by155w.bay155.mail.live.com/mail/PrintMessages.aspx?cpids=0a188ca6-3e40-11e2...> 12/4/2012

"Mental Training is a quick fix"	takes purpose, learning from mistakes, and tune-ups over time. The foundation of our mental training program is developing a mindset of continuous improvement.
"Mental training is only for someone with a problem or for when you are playing poorly"	Mental training is for anyone looking to improve their approach to the game. Time after time you hear elite athletes discussing the journey and their continuous desire to get better. Continuous improvement is achieved by seeking challenge and developing curiosity in practice. This will ensure that you are doing all you can to reach your full potential.

learn more about yourself, and deal with the realities in front of

you. Athletes who are able to do these things will maximize their abilities throughout the ongoing journey of development.

WINNERS AND LOSERS

A WINNER makes commitments;

A LOSER makes promises.

When A WINNER makes a mistake, he says, "I was wrong";

When A LOSER makes a mistake, he says, "It wasn't my fault".

A WINNER works harder than a loser, and has more time;

A LOSER is always "too busy" to do what is necessary.

A WINNER isn't nearly as afraid of losing as

A LOSER is secretly afraid of winning.

A WINNER goes through a problem;

A LOSER goes around it and never gets past it.

A WINNER says "Let's find out";

A LOSER says, "Nobody knows."

A WINNER knows what to fight for, and what to compromise on;

A LOSER compromises on what he shouldn't, and fights for what isn't worthwhile fighting about.

A WINNER shows he's sorry by making up for it;

A LOSER says "I'm sorry," but does the same thing the next time.

A WINNER listens;

A LOSER just waits until it's their turn to talk.

A WINNER respects those who are superior to them, and tries to learn something from them;

A LOSER resents those who are superior to them, and tries to find chinks in their armor.

A WINNER paces himself;

A LOSER has only two speeds; hysterical and lethargic.

A WINNER knows that people will be kind if you give them a chance;

A LOSER feels that people will be unkind if you give them a chance.

A WINNER focuses;

A LOSER wanders.

A WINNER is sensitive to the atmosphere around them;

A LOSER is sensitive only to their own feelings.

A WINNER keeps their equilibrium no matter which position they happen to find themselves in.

A LOSER becomes bitter when they are behind, and careless when they are ahead;

WINNERS AND LOSERS

A WINNER seeks for the goodness in a man, and works with that part of him;

A LOSER looks only for the faults in a man and therefore finds it hard to work with anyone.

A WINNER stops talking when they have made their point;

A LOSER goes on until they have blunted their point.

A WINNER makes every concession they can, short of sacrificing their basic principles and honor;

A LOSER is too proud to make concessions and allows their principles and honor to go down the drain.

A WINNER knows how much they still has to learn even when they are considered an expert by others;

A LOSER wants to be considered an expert by others before they have learned enough to know how little they know.

A WINNER hopes for a miracle after everything else has failed;

A LOSER hopes for a miracle before anything has been tried.

A WINNER in the end, gives more than they take;

A LOSER dies clinging to the illusion that "winning" means taking more than you give.

Self-Esteem

- * See yourself as a valuable and important person.
- * Be optimistic about life.
- * Look forward to and enjoy new challenges.
- * Perceive yourself as able to express ideas easily.
- * Regard yourself as an expert.
- * Establish your own values and be confident in your decisions.
- * Take pride in your past performances.
- * Visualize a positive expectancy of the future.
- * Accept compliments easily.
- * Share your successes with those that contributed to them.

AFFIRMATIONS OF LIVING

I take time to think — thoughts are the source of power.

I take time to play — play is the secret of perpetual youth.

I take time to read — reading is the fountain of wisdom.

I take time to pray — prayer can be a rock of strength in time of trouble.

I take time to love — loving is what makes living worthwhile.

I take time to be friendly — friendships give life a delicious flavor.

I take time to laugh — laughter is the music of the soul.

I take time to give — any day of the year is too short for selfishness.

I take time to do my work well — pride in my work, no matter what it is, nourishes the ego and the spirit.

I take time to show appreciation — thanks is the frosting on the cake of life.

When you feel lonely and sad:

1. I feel the love of those who are not physically around me.
2. I take pleasure in my own solitude.
3. I am too big a gift to this world to feel self-pity.
4. I love and approve of myself.

When you feel terrified (without your safety being in danger):

5. I focus on breathing and grounding myself.
6. Following my intuition and my heart keeps me safe and sound.
7. I make the right choices every time.
8. I draw from my inner strength and light.
9. I trust myself.

When you feel insignificant:

10. I am a unique child of this world.
11. I have as much brightness to offer the world as the next person.
12. I matter and what I have to offer this world also matters.
13. I may be one in 7 billion but I am also one in 7 billion.

When you are nervous or afraid:

14. I trust my inner wisdom and intuition.
15. I breathe in calmness and breathe out nervousness.
16. This situation works out for my highest good.
17. Wonderful things unfold before me.

When you are angry:

18. I forgive myself for all the mistakes I have made.
19. I let go of my anger so I can see clearly.
20. I accept responsibility if my anger has hurt anyone.
21. I replace my anger with understanding and compassion.
22. I offer an apology to those affected by my anger.

When you feel hopeless and at the end of your rope:

23. I may not understand the good in this situation but it is there.
24. I muster up more hope and courage from deep inside me.
25. I choose to find hopeful and optimistic ways to look at this.
26. I kindly ask for help and guidance if I cannot see a better way.
27. I refuse to give up because I haven't tried all possible ways.

When you feel conflicted about a decision:

- 28. I know my wisdom guides me to the right decision.
- 29. I trust myself to make the best decision for me.
- 30. I receive all feedback with kindness but make the final call myself.
- 31. I listen lovingly to this inner conflict and reflect on it until I get to peace around it.
- 32. I love my family even if they do not understand me completely.
- 33. I show my family how much I love them in all the verbal and non-verbal ways I can.
- 34. There is a good reason I was paired with this perfect family.
- 35. I choose to see my family as a gift.
- 36. I am a better person from the hardship that I've gone through with my family.

When you are among friends:

- 37. I choose friends who approve of me and love me.
- 38. I surround myself with people who treat me well.
- 39. I take the time to show my friends that I care about them.
- 40. My friends do not judge me, nor do they influence what I do with my life.
- 41. I take great pleasure in my friends, even if we disagree or live different lives.

When you are around strangers:

- 42. I am beautiful and smart and that's how everyone sees me.
- 43. I take comfort in the fact that I can always leave this situation.
- 44. I never know what amazing incredible person I will meet next.
- 45. The company of strangers teaches me more about my own likes and dislikes.

When you are at work:

- 46. I am doing work that I enjoy and find fulfilling.
- 47. I play a big role in my own career success.
- 48. I ask for and do meaningful, wonderful and rewarding work.
- 49. I engage in work that impacts this world positively.
- 50. I believe in my ability to change the world with the work that I do.

When you can't sleep:

- 51. Peaceful sleep awaits me in dreamland.
- 52. I let go of all the false stories I make up in my head.
- 53. I release my mind of thought until the morning.
- 54. I embrace the peace and quiet of the night.
- 55. I sleep soundly and deeply and beautifully into this night.

When you don't want to face the day:

- 56. This day brings me nothing but joy.
- 57. Today will be a gorgeous day to remember.
- 58. My thoughts are my reality so I think up a bright new day.
- 59. I fill my day with hope and face it with joy.
- 60. I choose to fully participate in my day.

When you worry about your future:

- 61. I let go of worries that drain my energy.
- 62. I make smart, calculated plans for my future.
- 63. I am a money magnet and attract wealth and abundance.
- 64. I am in complete charge of planning for my future.
- 65. I trust in my own ability to provide well for my family.

When you can't get your loved ones to support your dreams:

- 66. I follow my dreams no matter what.
- 67. I show compassion in helping my loved ones understand my dreams.
- 68. I ask my loved ones to support my dreams.
- 69. I answer questions about my dreams without getting defensive.
- 70. My loved ones love me even without fully grappling with my dreams.
- 71. I accept everyone as they are and continue on with pursuing my dream.

When you come face to face with a problem:

- 72. I am safe and sound. All is well.
- 73. Everything works out for my highest good.
- 74. There is a great reason this is unfolding before me now.
- 75. I have the smarts and the ability to get through this.
- 76. All my problems have a solution.

When you want to do more with your life but feel stuck:

- 77. I attempt all – not some – possible ways to get unstuck.
- 78. I seek a new way of thinking about this situation.
- 79. The answer is right before me, even if I am not seeing it yet.
- 80. I believe in my ability to unlock the way and set myself free.

When you can't stop comparing yourself to others:

- 81. I have no right to compare myself to anyone for I do not know their whole story.
- 82. I compare myself only to my highest self.
- 83. I choose to see the light that I am to this world.
- 84. I am happy in my own skin and in my own circumstances.
- 85. I see myself as a gift to my people and community and nation.

When you feel you are not good enough no matter how hard you try:

- 86. I am more than good enough and I get better every day.
- 87. I give up the habit to criticize myself.
- 88. I adopt the mindset to praise myself.
- 89. I see the perfection in all my flaws and all my genius.
- 90. I fully approve of who I am, even as I get better.
- 91. I am a good person at all times of day and night.

When you want to give up:

- 92. I cannot give up until I have tried every conceivable way.
- 93. Giving up is easy and always an option so let's delay it for another day.
- 94. I press on because I believe in my path.
- 95. It is always too early to give up on my goals.
- 96. I must know what awaits me at the end of this rope so I do not give up.

When you recognize how powerful, gifted, talented and brilliant you really are:

- 97. The past has no power over me anymore
- 98. I embrace the rhythm and the flowing of my own heart.
- 99. All that I need comes to me at the right time and place in this life.
- 100. I am deeply fulfilled with who I am.

1 TRAIN YOUR BRAIN

Visualize executing your mile-by-mile strategy perfectly. See yourself calm at the start, getting up a tough hill, and finishing strong. Tap into this imagery on race day.

2 BREATHE DEEPLY

Belly breathing calms your body, relaxes your mind, and enhances performance by filling your blood with oxygen. When you feel tense, take a deep breath and blow it out loud and hard.

3 READ AND WRITE

Review your training log, noting long runs, miles logged, tough workouts. Write down specific training achievements: finished long runs, did more speedwork, practiced midrace fueling.

4 BE REALISTIC

Don't cling to a goal you set six months ago. Adjust your expectations to match your fitness, your health, and the conditions.

5 SMILE!

Grinning for just a few seconds can actually lift your mood and keep you from getting too worked up, says exercise physiologist Elizabeth Quynn.

QUICK REFERENCE CHECKLIST

Decide to Survive!

- S** - Size up the situation, surroundings, physical condition, equipment.
- U** - Use all your senses
- R** - Remember where you are.
- V** - Vanquish fear and panic.
- I** - Improvise and improve.
- V** - Value living.
- A** - Act like the natives.
- L** - Live by your wits.

1. Immediate Actions

- a. Assess immediate situation. **THINK BEFORE YOU ACT!**
- b. Take action to protect yourself from nuclear, biological, or chemical hazards (Chapter IX).
- c. Seek a concealed site.
- d. Assess medical condition; treat as necessary (Chapter V).
- e. Sanitize uniform of potentially compromising information.
- f. Sanitize area; hide equipment you are leaving.
- g. Apply personal camouflage.
- h. Move away from concealed site; zigzag pattern recommended.
- i. Use terrain to advantage; communication, and concealment.
- j. Find a hole-up site.

2. Hole-Up-Site (Chapter I)

- a. Reassess situation; treat injuries, then inventory equipment.
- b. Review plan of action; establish priorities (Chapter VI).
- c. Determine current location.
- d. Improve camouflage.
- e. Focus thoughts on task(s) at hand.
- f. Execute plan of action. Stay flexible!

Recommend inclusion of this manual in the aviator's survival vest.

POSITIVE CHANGE

Patton Kizzire puts his words into action and wills his way onto the PGA Tour

By Adam Schupak // Ponte Vedra Beach, Fla.



The line between where I am and where I want to be is separated only by my actions.

CONFIDENCE

1. Focus on the positive
2. Talk yourself up
3. Remember Great Moments - 3x per day
4. Surround yourself with good people

→ Confidence is a choice

Patton Kizzire sees a constant reminder of what he needs to focus on every time he looks in the mirror.

Confidence is a choice. If that sounds like New Age psychobabble spouted by Dr. Phil on daytime TV, well, Patton Kizzire isn't making excuses for his mantra.

"Self talk works," he said.

Which is why as a daily reminder, the 29-year-old PGA Tour rookie has Scotch-taped portions of two 3-by-5 index cards to the lower-left corner of his bathroom mirror. On the top card, Kizzire (kib-ZY-uh; rhymes with desire) scribbled simply, "The line between where I am and where I want to be is separated only by my actions."

Where he was for the first five years of his professional career was a long way from where he is today. In retrospect, the 2009 Auburn graduate spent a few too many years reliving his college days in his college town. He lacked discipline, and it showed. He made only six starts on the Web.com Tour from 2009 to 2014.

On the second card, written in block letters, is the word **CONFIDENCE**, and underneath it are four bullet points:

1. Focus on the positive

These days, the 2015 Web.com Tour Player of the Year doesn't have to dig deep for affirmation. He can point to having led the circuit last season in scoring average (68.58), birdie average (4.81) and putting average (1.69), which translated into two victories among 12 top-10 finishes and having won the second-most money in a season in the developmental tour's history (\$518,241).

Just a few years ago, Kizzire was under increasing pressure to earn a living. His sponsorship money had dried up, and he still was mired in the mini-tour wasteland.

"I was broke," he said. "I was asking people that I didn't even

know for money, that I just knew liked golf and were well off, and I got turned down by everybody. It was tough."

His family - mom, dad, aunts, uncles, stepparents - scraped together what they could to keep his dream afloat. Their unwavering support boosted his confidence, and he refused to quit. "I never looked for another job," he said.

2. Talk yourself up

When asked to identify his turning point, Kizzire speaks wistfully of his decision to move to Sea Island, Ga., on Jan. 4, 2012. He committed to a program with swing instructor Todd Anderson

Raise Your Game by Doing Nothing

How the weird science of mirror neurons helped Jordan Spieth become a champion

BY CAMERON MCCORMICK

JORDAN SPIETH hits the ball beautifully and has a terrific short game, but so do a lot of tour pros. Much has been made of the idea that he possesses rare mental strength. The things that make Jordan the competitor he is are countless, but there is one habit of his you'd do well to adopt.

Now don't be overwhelmed. The practice of this habit is thankfully simple, but the thinking behind it comes from a complex frontier in cognitive science. There's controversy about how exactly we should interpret the discovery of "mirror neurons," but how they can help you play better golf is certain.

Your brain has 100 billion little things called neurons. Whenever you do something, like scrunch your nose or swing a golf club, a bunch of these neurons fire in rapid succession. Their trail is like a signature. The trail of Jordan's neurons commanding his arms and legs to swing a club doesn't look the same as yours, or Rory's or Dustin's, but it's similar. In a motor-neuron sense, the pros basically have better penmanship.

When you simply watch someone do something, like scrunch a nose or swing a golf club, the same sequence of neurons in your brain lights up as if you were doing the action. Well, at least a portion of these neurons do, usually around 20 percent. These are the mirror neurons. They write the same message, just in fainter ink.

The implications are astounding. Mirror neurons explain why amputees who suffer from phantom-limb syndrome—a sensation of pain in a foot they no longer have, for example—experience relief when watching someone else massage a foot. It might also explain why baseball hitters have a better chance of getting a hit if they've just watched, from the on-deck circle, their teammate get a hit. On a physical level, it suggests our minds are constantly communicating and learning from each other. It's as if we have one giant brain separated by our skin.

As Dr. Vilayanur Ramachandran, director of the Center for Brain and Cognition at the University of California, said in a TED Talk, "This, of course, is the basis of much of Eastern philosophy, that there is no real independent self aloof from other human beings. ... You are, in fact, connected not just via Facebook and the Internet, you're actually quite literally connected by your neurons." Ramachandran says the rise of culture is because of the uncommon strength of the mirror-neuron system, which let us spread newfound knowledge and skills quickly across our population.

WHO NEVER TO WATCH & HOW TO PULL IT OFF

THE YIPPI PUTTER

► Grab your pitch-mark tool, start hunting for ball marks, even imaginary ones.

2-FAIRWAYS-OVER SLICER

► Embark on an exhaustive search in your bag for that candy bar you ate already.

THE TERMINAL SHANKER

► Don giant sun goggles and claim a recent cataract surgery for lack of side vision.

THE CHUNKY CHIPPER

► Pretend to retie a shoe. Option to go triple knot if the player freezes over the ball.

VIOLENT DUCK-HOOKER

► Play the encores hard, rechecking math, stroke holes, calories burned, etc.

So what does this have to do with golf? For one thing, it explains why most of us tend to play better when paired with better golfers, or worse when we play with people who don't take the game as seriously. Jordan noticed this as a teenager. We talked about it, and from then on he made a concerted effort to pay keen attention to players who do things well, and to ignore those who didn't.

This might sound like conventional wisdom, but the science that explains it is anything but. Here's how you can put it into practice for your game.

1 Make use of the time you watch golf on TV. Identify a player whose tempo resonates with you. Stand up from the couch and make practice swings trying to mirror that tempo.

2 Watch pre-shot routines. If you're lucky enough to get a game with your club's champion, absorb the sense of purpose that player has before swinging. See if you can pinpoint the moment concentration clicks out of casual conversation and into the shot at hand. Mimic that deliberate focus and intent.

3 Create your own highlight reel. Mirror neurons and the principle of association also apply to internal thoughts. If you wallow in self-pity, constantly recollecting the times you've messed up, this increases your probability of falling again. Instead, vividly remember your proudest golf moments. Maintaining a highlight reel for later recall is particularly helpful for those who find it difficult to merely visualize shots.

There's no replacement for the skill acquired through sweat equity on the range, but Jordan was encouraged to know that watching and imagining with a purpose gave him a helping hand along the way.

—WITH MAX ADLER

Cameron McCormick, who has been teaching Jordan Spieth since 2006, will be director of instruction at Trinity Forest Golf Club near Dallas when the course opens in 2026.

MAKE UP YOUR OWN PERSONAL PRE - ROUND WARM-UP SCHEDULE:
BE CONSISTANT IN YOUR WARM-UP (TIMING)

ITEMS TO CHECK:

- TIME SCHEDULE, ALLOWING FOR SUFFICIENT TIME FOR ALL SHOTS
- TIME TO VISIT THE RESTROOM JUST PRIOR TO ROUND, IF NECESSARY
- GET TO THE TEE AT LEAST 8 MINUTES PRIOR TO YOUR TEE TIME
- WATER PICK-UP
- CHECK YOUR CLUBS BEFORE LEAVING PRACTICE
FAIRWAY - 14 MAX & ALL YOURS.

EQUIPMENT CHECK THE NIGHT BEFORE EACH ROUND

- RAINWEAR & UMBRELLA IF NECESSARY - ALWAYS HAVE IN CAR IN CASE - TOWELS (1 WET FOR HOT WEATHER, PLUS 1 DRY TOWEL)
- GOLF BALLS, GLOVES, SUNGLASSES, SUNLOTION, CLEAN GOLF SHOES, BALLMARKERS, GREEN REPAIR TOOL, TEES, COURSE YARDAGE INFO (BOOK)

AFTER ROUND PRACTICE

- SUGGEST 30 MINUTES TO AN HOUR TO WORK ON ANY AREA THAT WAS A PROBLEM DURING THE ROUND, PLUS SOME PUTTING, AND OFF THE GREEN SHORT GAME PRACTICE - REFER TO YOUR STATS FOLLOWING THE ROUND.

GOALS

PLANNING YOUR PRACTICE, HAVING GOALS WITH YOUR PRACTICE, HAVING SOME VARIETY AND SUCCESS WITH YOUR PRACTICE SHOULD ENHANCE YOUR PLAY IN COMPETITION, WHETHER IT BE YOUR PERSONAL TOURNAMENTS OR COLLEGE COMPETITION.

COMPETITION

- IN COMPETITION SET YOUR GOAL FOR ONE ITEM ONLY:
THE SHOT THAT YOU ARE ABOUT TO HIT
- YOU FOCUS/GRIND ON YOUR PRE-SHOT ROUTINE AND THROUGH THE FINISH OF THE SWING - BETWEEN SHOTS, RELAX UNTIL YOU ARE UP FOR THE NEXT SHOT
- SETTING A SCORE FOR THE DAY ONLY SETS YOU UP FOR FAILURE - AGAIN, FOCUS ON THE SHOT YOU ARE ABOUT TO HIT - FOCUS ON WHERE (BE SPECIFIC) YOU ARE INTENDING TO HIT THE BALL, NOT HOW !!!

THINGS TO THINK ABOUT

- NEVER GIVE UP, NO MATTER HOW YOU'RE PLAYING, You May Have A Run of BIRDIES
- ONLY PLAY SHOTS THAT YOU'VE PRACTICED AND CAPABLE OF
- SAVE STROKES WITH SMART COURSE MANAGEMENT
- THE ULTIMATE GOALS ARE TO QUALIFY FOR REGIONALS, NATIONALS & FINALLY, WIN THE NCAA CHAMPIONSHIP.
- IT TAKES NO MORE ENERGY TO THINK BIG WITH CONVICTION!
- ELIMINATE THE WORD "TRY." USE THE WORDS "THIS IS WHAT I PLAN TO DO," OR "THIS IS MY INTENT," "TRY" IS NOT POSITIVE.

HORNET PLAYER OBJECTIVES: "THE HIGH FIVE!"

The goal is to keep it simple!



1. Keeping the Ball in Play

Smart golf is good golf and has been a key to our success! Keeping the ball in play is the first step in playing smart (championship) golf. Every player should have a favorite "reliable" club other than a driver. This is a club that you know will hit in the short grass when called upon. (3 metal, 5 metal, 2-3-4 iron, etc.) A key question to ask yourself, "What club will it take to get you to the 150-yard marker?" You should work to hit the green 90% of the time from 150 yards or less. (Example: If the hole is 350 yards, you only need a club that you can hit 200 yards. A 150 yards away in the fairway is much better than 100 in the rough or even worse (the trees!) Remember: **THE BEST WAY - IS THE FAIRWAY!**

You always want to take Double out of the Picture! There are no bonus points awarded for trying to be a hero when your ball is in trouble! No points are scored for a double or higher. If you happen to hit a ball into trouble, be mature, take your medicine, get the ball back into play as quickly as possible. Play smart and chip back onto the fairway and then hit the next shot onto the green. This strategy will give you the best chance at par. The worst will be a two-putt bogey! Nothing kills a good round quicker than a big number. So remember the first step in the Hornet High Five: **Keep the ball in play!**

2. Hit Greens in Regulation

Know the distances you hit every club in your bag. Don't guess on yardages from the fairway. Be "Proactive" (act like a pro) and understand the yardages and the pin placements before you hit any shot. Education is a "good thing!" When in doubt, opt for an extra club. If you happen to have a slight miss-hit you will still be putting for par!

If you happen to miss your iron shots, miss in the right spot! This means that there are times when to take dead aim at the pin and times to play for the center of the green. Smart players always play for the center of the green if the pin is tucked to one edge. If you happen to miss right or left you will still be putting! Par is always a good score and means that you conquered the hole. The key is to have a "Smart" plan for success! Remember the second step in the Hornet High Five: **Hit Greens in Regulation**

3. Chipping

Statistics show that the best players in the world miss the green an average of 5 times a round. A good chip can turn a poor iron shot or a missed green into a par every time. "Par Saves" are the Hornets best friend!

Also understand that there should be no difference in skill level between the girls and boys when it comes to chipping and putting. The difference more often than not has to do with the time spent practicing the skill. You don't need the golf course to practice chipping or putting. The living room or the backyard will work just fine! The key is taking the time to do it!

The "lob wedge" is a specialty club. Flop shots are fun to practice, look cool, and are a great shot to have in your bag for the "right situation!" Research shows that good players get the most consistent results when they get the ball rolling toward the hole as soon as possible. In other words, the less air the better! Hornet High Five: **Learn to chip with different clubs!**

4. Putting

All great players are good putters. It is one of the easiest things to practice. Try spot putting. Line up the putter face and a mark on the ball to a spot 2-3 feet in front of you and roll the ball over the spot. This method is a lot easier than trying to line up the ball with the hole that is 30-40 feet away. When lining up your putt from behind, pick out the mark you want to roll the ball over (ex: the brown spot on the green) 2 to 3 feet in front of you, directly on your chosen line. Keep your eyes on the spot as you roll the putt over the spot. If you picked the right line the putt should roll in. Again, this is much easier than trying to hit a spot 40 feet away.

Create Muscle Memory through Repetition! Your putting and chipping will improve dramatically by improving your muscle memory. Take your clubs in the house every night. Practice your putting and chipping stroke for 15 minutes each night in front of mirror to create muscle memory for your body. When you get the course, your body will say, "putting and chipping is easy for me!" Also practice like you play. Everyone should develop a "pre-shot" routine that they use on the course before every shot. The same pre-shot routine should be used at the driving range or the putting green before every shot as well. This creates muscle memory for your body. If you practice differently than you play, you confuse your body and it makes it more difficult to carry over to the course. It is all about repetition! *"We are what we repeatedly do, excellence is not an act but a habit!"* Hornet High Five: **Putt for success!**

5. Know the Rules

Everyone should know the basic scoring rules and proper golf etiquette. Get a rulebook and put it in your bag. If a situation comes up on the golf course and you are unsure of the rule, consult with the players in your group, always play (2) balls and score both balls and ask for a ruling from the coaches or pro shop before you sign your scorecard. Out of Bounds, dropping from a cart path, lost ball and options from hazards are basic. Hornet High Five: **Knowing the rules can save you strokes.**

Putting

3 putts-how far away

Short putts- 3', 4', 6'

PRACTICE

Mental

Pre-shot routine

Play of course

Physical

Set Your Goals – Above Evaluation

Practice on weak points!

Practice: Targets

1. Make it competitive
 - a. Practice w/someone else or vs yourself (Ball 1 vs Ball 2)
2. Practice Realistic Situations
 - a. Not always perfect (up/down/sidehill)
3. Practice as you would play
 - a. Go through same procedure as on course set up for shot procedures
4. Hit at targets – Specific
5. Isolate practice to work on a certain portion of swing- $\frac{3}{4}$ or $\frac{1}{2}$ for example



Jack Nicklaus : Never practiced/hit a shot w/o a plan for that shot

Gary Player: It is not enough to know what to practice. The real key is getting yourself to do it.

Hornet Golf Drills for Teaching Putting and Chipping

Putting Drill #11 Lag Putting 1-2-3

Fundamental: Proper posture, keeping head still and accelerating the club to the hole

Goal: Develop touch and feel from 10'-20'-30' using the grips of a club as a guide

Drill: Player lays down 3 clubs flat on the putting green with the grips pointing the same direction at 10' one at 20' and the last one at 30'. The player puts the ball to each spot (using the grips as the mark). Each time taking just a little longer back swing. For a 10 foot putt you should accelerate the putter at 10 miles an hour, 20 feet at 20 miles per hour and 30 feet at 30 miles per hour.

Key points: Take away should be smooth and slow.

Affirmation: I can get the feel and speed of any green!

Chipping

Philosophy: Major portion of the game. Good chipping is a key to scoring. The focus is to get the ball near the hole (within 3 feet) through a planned routine! Emphasis is on saving par or one putting.

Your clubs are like special instruments that you need to learn to play well.

Key Question: What are you aiming at when you are hunting?

Fundamentals:

Stance- Use a comfortable, athletic stance, feet shoulder width apart, and ball in the center of the stance.

Grip- many kinds to use but the key is to get the hands working as one, tension free, no wrists.

Both thumbs down the shaft. Use big shoulder mussels to swing the pendulum that leads with the left hand.

Weight on the left side.

Chipping Drill #1 Wedge Spot Drill

Fundamental: Proper setup, alignment, and clubface square at impact.

Goal: Develop distance control with the club with specific focus

Drill: Player places a towel and chips the ball to the towel

Key points: Weight on left side taking the club straight back and straight through, holding the finish

Affirmation: I can hit any target with this club!

Chipping Drill #2 3 Wedge Spot Drill

Fundamental: Proper setup, alignment, and clubface square at impact.

Goal: Develop distance control with the club from different distances with specific focus

Drill: Player places a towel and chips the ball to the towel from 3 different distances.

Key points: Weight on left side taking the club straight back and straight through, holding the finish

Affirmation: I can hit any target with this club!

Chipping Drill #3 Lob Over the Bag

Fundamental: Proper setup, alignment, and clubface square at impact.

Goal: Develop an understanding of clubface loft and ball flight.

Drill: Player places a ball behind a standing golf bag and lobs the ball over.

Key points: Let the club do the work and trust your swing fundamentals.

Affirmation: I can hit any shot.

LADDER DRILL: DIALING IN DISTANCE

Johnson is so good with a wedge that he could carve a Christmas tree with it. But he noticed a reliance on his 60-degree that dates to growing up at a club with thick rough around the greens. "What's really helped my short game and chipping the past two years is I try to start by using my 54-degree wedge and then go for the 60 if I think circumstances call for it," he said.

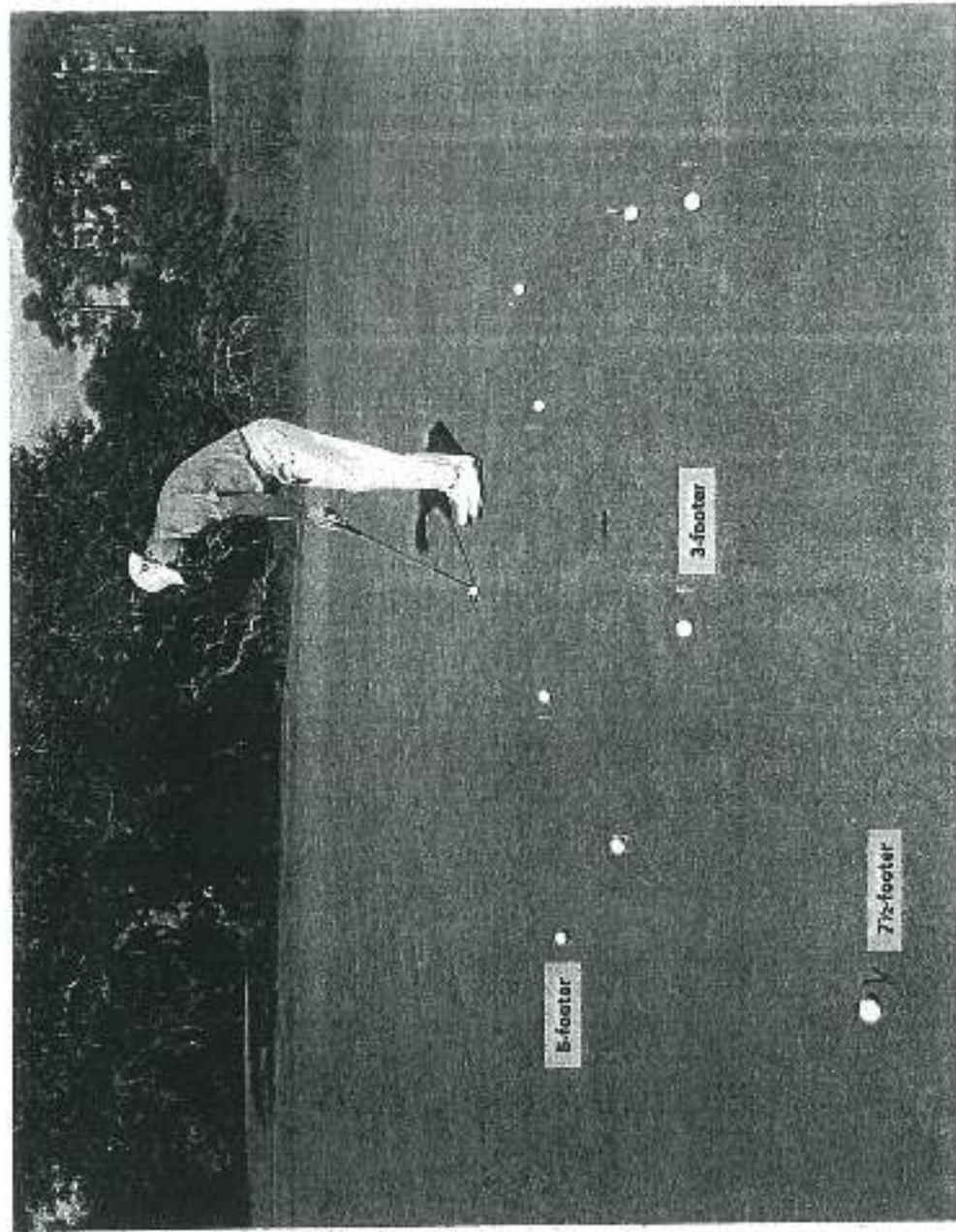
The ladder drill is one of several short-game drills designed to pick out a spot and land it there. Johnson has to chip or pitch balls between shafts set 3 feet apart. He has to get two in a row inside each target working away from him and then four in a row coming back before moving on from this drill. If he misses one, he has to start over.

Johnson does a slight variation of this drill in the bunker (inset photo). When chipping, Johnson stays stationary and the target is moving. When doing this drill in the sand, he draws lines for the shafts and he moves while the target outside the bunker stays in place.

"Both work on a simple premise: Can you fly it the right distance?" Pickens said.

39



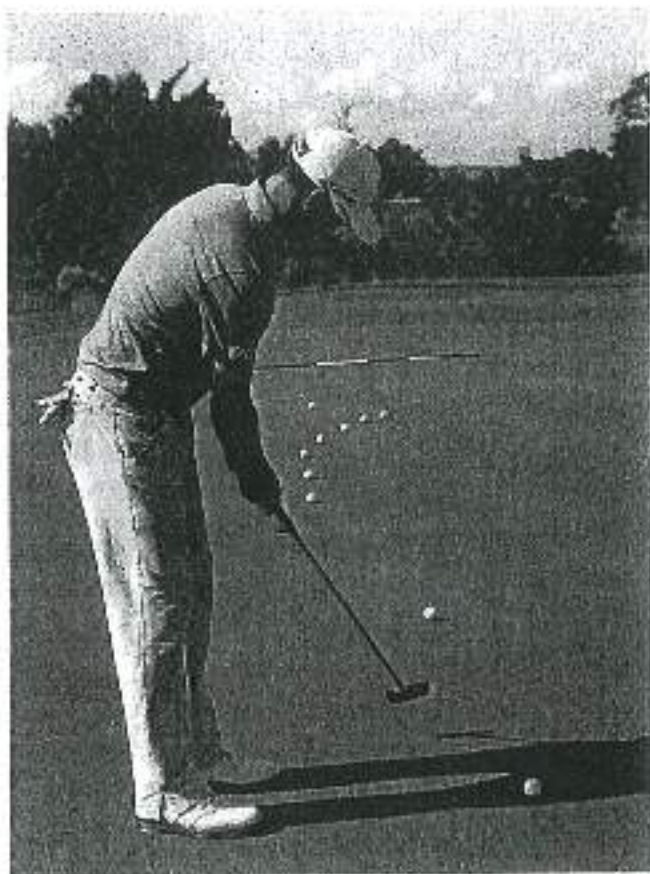


15-15-15 DRILL: FINE-TUNING THE FLATSTICK

Johnson will be the first to tell you that his once-vaunted putting hasn't been as dependable in recent years. "I'm not suggesting I'm a bad putter but I'm not the perennially top-5, top-10 putter people assume I am," he said. The stats back up his contention. He dropped from No. 10, '11 and 8 in strokes gained: putting in 2010-12 to No. 31, 79 and 96 the past three years. In San Antonio, he even tried switching putters, with disastrous effect. He finished dead last in the SG:P category that week. In Dallas, he made some fundamental changes that turned

his putting around. "It was a setup issue," he said. "I was standing too close to the ball. Once I fixed it, everything else fell into place: the plane, the path, everything." So did the putts.

15-15-15 is one of the ways Johnson stays sharp with the flatstick. The drill is so named because Johnson must make five 3-footers, three 5-footers, and two 7 1/2-footers, for a total of 10 putts. He can miss once, but if he misses twice he has to start over. "It is transferable practice designed to help me inside 8 feet," Johnson said. **Gwk**



FOLLOW THE LEADER: INCHING CLOSER

Putting is a combination of line and speed. Pickens has devised a speed drill that Johnson practices with his putter and bump-and-run shots called "follow the leader." Johnson picks two holes and starts roughly 10 feet behind the first hole. The second hole is approximately 24 feet away from him. Johnson begins by trying to hole the 10-foot putt. Then he has to hit at least 12 balls between the two holes, with each ball stopping a little closer to the farther hole than the previous putt.

"You should be able to get one ball every 3 feet if chipping or one every 2 feet if putting," Pickens said.



KNOCKOUT DRILL: FOCUSED ON FEEL, DISTANCE, TRAJECTORY

The purpose of "knockout" is distance control with the wedge. "It's all about where I land it on the green," Johnson said.

Johnson practices his technique and making consistent contact on wedges from 20 to 120 yards, with emphasis on his layup yardage—often with his 54-degree wedge one day, then the 60-degree the next—aiming at four or more targets and trying to land within the distance of a flag stick. If he fails to do so, he moves on to the next one but has to come back to the target that he missed. Pickens emphasized the importance of learning to control trajectory (if time permits Johnson will alternate low, medium and high trajectories) and said studies he has conducted prove that changing the distance between shots is more effective than repetition to the same distance.

"This drill gets my eyes focused," Johnson said. "Where do I want to land it? It works on feel, distance control and trajectory."



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Launch

	CLUBS	SMITH FACTOR	SMITH FACTOR	SMITH FACTOR	SMITH FACTOR	SMITH FACTOR	SMITH FACTOR	SMITH FACTOR	SMITH FACTOR
Driver	113	-1.3°	157	1.48	10.9°	2685	32	38°	275
3-wood	107	-2.9°	158	1.48	9.2°	3655	30	43°	243
5-wood	105	-3.3°	152	1.47	9.4°	4350	31	47°	230
Hybrid 19-18°	100	-3.5°	146	1.46	10.2°	4437	29	47°	225
3 Iron	98	-3.1°	142	1.45	10.4°	4630	27	46°	212
4 Iron	96	-3.4°	137	1.43	11.0°	4836	26	46°	203
5 Iron	94	-3.7°	132	1.41	12.1°	5361	31	49°	194
6 Iron	92	-4.1°	127	1.36	14.1°	6231	30	50°	183
7 Iron	90	-4.3°	120	1.33	16.3°	7097	32	50°	172
8 Iron	87	-4.5°	115	1.32	18.1°	7998	31	50°	160
9 Iron	85	-4.7°	109	1.28	20.4°	8647	30	51°	148
PW	83	-5.0°	102	1.23	24.2°	9304	29	52°	136



Please be aware that the location (altitude) and weather conditions have not been taken into consideration for the above data. For this reason, the data is based on a large sample size and gives a good indication of key numbers for the professionals.

TrackMan LPGA Tour Average Stats

TRACKMAN		LPGA TOUR AVERAGES				WWW.TRACKMANGOLF.COM			
	Club Speed (mph)	Attack Angle (deg)	Ball Speed (mph)	Smith Factor	Launch Ang. (deg)	Spin Rate (rpm)	Max Height (yds)	Land Angle (deg)	Carry (yds)
Driver	94	3.0°	140	1.48	13.2°	2611	25	37°	218
3-wood	90	-0.9°	132	1.47	11.2°	2704	23	39°	195
5-wood	88	-1.8°	126	1.47	12.1°	4501	23	43°	185
7-wood	85	-3.0°	123	1.45	12.7°	4693	25	46°	174
4 Iron	80	-1.7°	116	1.45	14.3°	4901	24	43°	169
5 Iron	79	-1.9°	112	1.42	14.6°	5381	23	45°	161
6 Iron	78	-2.3°	109	1.39	17.1°	5948	25	46°	152
7 Iron	76	-2.9°	104	1.37	19.0°	6630	26	47°	141
8 Iron	74	-3.1°	100	1.35	20.6°	7494	25	47°	130
9 Iron	72	-3.1°	93	1.28	23.8°	7589	25	47°	119
PW	70	-2.8°	85	1.22	25.3°	8403	23	48°	107

ROW	100 YDS	75 YDS	50 YDS	25 YDS	ROW	1/4	1/2	3/4	FULL
	20 BALLS	20 BALLS	20 BALLS	20 BALLS		20 BALLS	20 BALLS	20 BALLS	20 BALLS
	within	within	within	within		distance	distance	distance	distance
100					100				
25 FT.					100				
15 FT.					100				
10 FT.					100				
5 FT. DRUGS					100				
					100				
SAND					100				
25 FT.					100				
15 FT.					100				
10 FT.					100				
5 FT. DRUGS					100				
					100				
GAP					100				
25 FT.					100				
15 FT.					100				
10 FT.					100				
5 FT. DRUGS					100				
					100				
PITCH					100				
25 FT.					100				
15 FT.					100				
10 FT.					100				
5 FT. DRUGS					100				
					100				
9					100				
25 FT.					100				
15 FT.					100				
10 FT.					100				
5 FT. DRUGS					100				
					100				
8					100				
25 FT.					100				
15 FT.					100				
10 FT.					100				
5 FT. DRUGS					100				

Al Mundle — COURSE MANAGEMENT

There have been volumes of wonderful information written on the mechanics of the golf swing, and this will continue as long as golf is played within this universe. We all enjoy reading golf articles because somewhere sometime someone will pass along "The Secret" and you are on your way forever (forever may last two weeks!). As we all know, the interpretation of the swing instruction material as intended by the writer and the ability of the student to perform in that manner become the all important factors.

However, if a player has excellent swing fundamentals, but is weak in the area of course management, he/she will most likely be just an average player. Good course management really amounts to playing with common sense, playing smart. To be most effective one needs to set up a game plan for the course to be played and utilize some of the following skills and knowledge: good judgement, preparation, setting up a plan including club shot selection - that includes knowing the course conditions and areas of trouble (out of bounds, hazards, any type of problem that dictates extra care in club selection and shot placement), knowledge of the course rules, consideration of the weather conditions, and being aware of the emotions and their effect upon shot direction and distance.

It is very easy to chastise a player for poor judgement on a course because of a lack of a plan or just plain bad shot selection, but so is it easy to criticize a person for borderline golf etiquette. If a person in either situation has not been taught the proper procedures, then he might appear to be lacking intelligence or interest. However, most people sincerely want to do what is best but have not had the correct training and just need a little help from knowledgeable people. Course management is no exception, and you will see the greatest players in the world display this skill every day - they will do anything within the rules of golf to save one stroke in a round, as it is their livelihood. How did they achieve this? They learned from others who have been successful, and each has devised his own overall manner of handling a round of golf.

Allow me to list a few procedures that may assist you in setting up a course management plan - this can be fun and rewarding for you, and who knows, it may even help you lower your scoring average a stroke or two. At first, it is like any change that you make in your daily habits - awkward and you will be performing this on a conscious level until you have repeated this enough times so that it becomes more or less automatic.

A. First, tour the golf course for information gathering, either walking without clubs or playing a practice round; when you reach the tee shot landing area observe what the course architect has designed - did he give you lots of room or is he giving you a message stating that if you hit the ball very straight you may have an easy shot into the green. However, if you are right or left you may be in deep trouble. Use this same procedure on each shot on the first hole; then, go on to the next hole and do the same thing - go through the full eighteen holes. You should

now have a plan designating where you want to play each shot on every hole hole; also, have a plan designating your tee off spot (right, left or center) and the specific target area where you wish your ball to finish so the next shot may be played with the hazards, trees, etc out of play.

Some greens are designed to receive a ball nicely and hold well from one part of the fairway, but very difficult from another. This must be noted in your game plan. Check out the slopes of the greens so that you know if the green slopes from one side to the other, front to back, plus any unusual subtle breaks within the overall slopes.

Make notes regarding trouble to the sides of any fairway and green so that you may favor the opposite side; also note distances to hazards, bunkers, trees, greens etc. - this will improve your club selection. Instead of ripping it on every swing, think about where you want your shot to finish; an iron or fairway wood may be more prudent and effective.

B. Now that you have the golf course information you have the ability to design a smart game plan; you will have then devised a plan under calm conditions that will take care of the majority of the decision making to be used later during the heat of a round. This procedure will take some practice, but it will certainly make you feel much more confident after a while.

C. Once you have a game plan, then you put some other principles to work (you have probably heard or read most of these, but take note anyhow as a reminder or as something new to think about) :

1. establish a preshot routine for each shot (if you don't have one, come in and I will be happy to help you establish a routine);
2. always focus on a specific target, whether the fairway or green is narrow or wide; when hitting balls on the range attempt to hit one of the flagsticks on every shot;
3. commit yourself on the first tee to playing each shot during the round to the very best of your ability; there will days when you can not achieve much success, but stay with your commitment - persistence and patience with the game plan will pay off;
4. be your own best friend on the course - negative verbalizing only makes matters worse - and the playing partners do not enjoy listening to it;
5. if you are planning to take a low percentage shot (like through trees, over trees at a distance corner, playing in pin close to disaster) then you had better accept the possibility of a poor result.
6. to relieve tension do some deep breathing, which increases the oxygen intake; also, slow down your walking pace slightly, making your moves more deliberate;
7. when under stress situations use the shot that you have the most confidence;
8. when the weather is very cold or hot, wear appropriate clothing, have a heavy towel available for summer or winter, and have sun lotion in your golf bag for ready use;
9. play each shot one at a time, regardless of the situation - do not try to "make up" for a poor shot as invariably this will result in dropping more shots to par; "inch by inch, it is a cinch, yard by yard, it is very hard;"
10. learn how far that you hit each club;
11. take sufficient club to get the ball back to the flagstick (a big percentage of amateurs golfers never get the ball back to the flagstick;
12. when asked what you shot, give the score - no one wants to hear about your "if only's" should have's, could have's... all that is wanted is a score.

Practice Sessions

balls per
drill times per
week total balls

Putting

				Sun	Mon	Tue	Wed	Thu	Fri	Sat
a. 7-point compass drill from one, two, three, four, and five feet. Five times per week.	35	5	175	x		x	x		x	x
b. Putt with eyes closed, three balls from three, six, and nine feet. Seven repetitions, five times per week.	63	5	315	x		x	x		x	x
c. Putt from one cup to another, 20 feet apart. Ten repetitions, five times per week.	20	5	100	x		x	x		x	x

Chipping

a. From three yards off the green with seven iron, nine iron, pitching wedge, and sand wedge. Five with each club, five times per week.	20	5	100		x	x	x	x	x	
b. Same drill as above from six yards off green, replacing the seven iron with lob wedge.	20	5	100		x	x	x	x	x	
c. Same drill from nine yards off green using just wedges.	20	5	100		x	x	x	x	x	

Short pitches

a. From 15 yards off the green with 3 wedges. Five balls each, five times per week.	15	5	75		x	x	x	x		x
b. Same drill from 20 yards.	15	5	75		x	x	x	x		x
c. Same drill from 25 yards.	15	5	75		x	x	x	x		x

Long pitches

a. From 50 yards, five balls each with pitching wedge and sand wedge, five times per week.	10	5	50	x	x	x	x		x	
b. Same drill from 60 yards.	10	5	50	x	x	x	x		x	
c. Same drill from 70 yards.	10	5	50	x	x	x	x		x	

unker

5 small buckets

a. Fifteen shots each with sand wedge and lob wedge from different lies. Five times per week.	30	4	120	x		x		x	x	
---	----	---	-----	---	--	---	--	---	---	--

Full swing

a. Ten balls each with nine iron, seven iron, five iron, a fairway wood, and a driver. Two repetitions, three times per week.	100	3	300		x			x	x	
---	-----	---	-----	--	---	--	--	---	---	--

3 jumbo buckets

7 10 13 12 8 11 5

"PLAY AGGRESSIVELY CONSERVATIVE GOLF"

TOURNAMENT PREPARATION

PRACTICE FOCUS

GOLF PREP

- a. 80% AROUND THE GREEN
PUTTING 3 FOOTERS, 9,' 20,' 30,' 50'
- b. CHIP & RUN FROM GREENSIDE
- c. PITCH FROM 15 YARDS, 30-40 YARDS, 100 YARDS
- d. PITCH FROM HEAVY ROUGH CLOSE TO GREEN
- e. MID IRONS
- f. DRIVER & FAIRWAY METAL WOODS
- g. FULL SHOTS FROM THE ROUGH

COURSE MANAGEMENT

PLAY SHOTS USING YOUR NORMAL FLIGHT PATTERN –
i.e. LEFT TO RIGHT, RIGHT TO LEFT, STRAIGHT

NEVER PLAY A SHOT THAT YOU HAVE NOT PRACTICED
OR ARE NOT COMFORTABLE PLAYING

KNOW YARDAGES TO & OVER TROUBLE

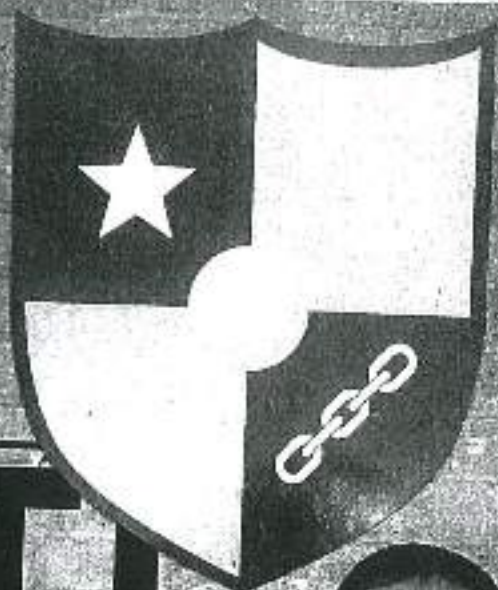
BE AWARE OF SLOPES ON & AROUND EACH GREEN

BE AWARE OF GRAIN ON GREENS

HAVE A GAME PLAN FOR EACH HOLE, & "WHAT IF"
SITUATION

NEVER GIVE UP – JUST DO THE BEST THAT YOU CAN; EVEN
IF PLAYING POORLY KEEP PLUGGING – YOUR SCORE MAY
COUNT

A FREE RIDE



THAT'S EARNED

MORE THAN 900 EVANS SCHOLAR
CARRIES GO TO COLLEGE DEBT-FREE
EVERY YEAR. HERE'S HOW TO BE
ONE OF THEM BY BOB CORNEY

PHOTOGRAPHS BY
TOM CONYKS
GN 104



College Golf Programs

SCHOOL	PROGRAM	COACH	CONTACT
Albertson College of Idaho	Men's & Women's	John Bidegarreta	208-458-5860 jbidegarreta@collegeofidaho.edu
Bellevue CC	Men's & Women's	Bryan Stevens	208-619-4575 bryan.stevens@bellevuecollege.edu
Boise State University	Men's Women's	Dan Potter Nicole Bird	208-426-3747 208-426-3167 dnpotter@boisestate.edu nbird@boisestate.edu
Centralia College	Women's	Dave Klowdahl	360-738-9391 dklowdahl@msn.com
Columbia Basin Comm. College	Men's & Women's	Can Clifford	509-554-2738 hrclgolf@gmail.com
Eastern Washington University	Women's	Brinda Foxe	509-259-2162 bfox@ewu.edu
Gonzaga University	Men's Women's	Robert Gray Brad Rickel	509-313-4091 509-313-3372 gray@athletics.gonzaga.edu rickel@athletics.gonzaga.edu
Grays Harbor College	Men's & Women's	Ronnie Espedal	360-538-8431 ronnie.espedal@ghc.edu
Green River Community College	Men's & Women's	Glenn Beatty	253-833-9111 glennbeatty@comcast.net
Idaho State University	Women's	Kallie Hooper	208-232-1666 kahooper@isu.edu
Idaho, University of	Men's Women's	David Nuhn Lisa Johnson	208-865-6244 208-865-6244 dnuhn@uidaho.edu wasinger@uidaho.edu
Lewis & Clark College	Men's & Women's	Dave Andrews	503-768-7176 andrews@clack.edu
Lewis-Clark State College	Men's & Women's	Paul Thompson	509-751-7366 pethompson@lsc.edu
Linfield College	Men's Women's	Greg Copeland Jordan Holladay	503-883-2501 503-883-2529 gocopeland@linfield.edu jhollada@linfield.edu
Montana State University	Women's	Brittany Basye	406-994-7216 bbasye@msubobcats.com
Montana, University of	Women's	Matt Higgins	406-243-4377 matt.higgins@mso.umt.edu
Oregon State University	Men's Women's	Jon Reehorn Sammie Chargo	541-237-5571 541-224-1292 jon.reehorn@oregonstate.edu sammie.chargo@oregonstate.edu
Oregon, University of	Men's Women's	Casay Marlin Ria Quizon Scott	541-346-5155 541-346-5329 casaym@uoregon.edu rascott@uoregon.edu
Pacific Lutheran University	Men's Women's	Kris Swanson Sara Griffin	360-888-3432 206-973-9139 swansokm@plu.edu grillise@plu.edu
Pacific University	Men's & Women's	Richard Warren	503-352-2271 warrr773@pacifica.edu
Puget Sound, University of	Men's & Women's	Todo Erwin	253-675-9151 tderwin@pugetsound.edu
Saint Martin's University	Men's Women's	Kevin Bishop Bob Grisham	360-438-4523 360-438-4368 kbishop@stmartin.edu bgrisham@stmartin.edu
Seattle University	Men's & Women's	Marc Chardonnet	206-270-6511 chardonnet@seattleu.edu
Spokane, Community College of	Men's Women's	Scott Kramer Christie Dalsanders	509-553-7445 509-533-7217 scott.kramer@ccspokane.edu christie.dalsanders@ccspokane.edu
Walla Walla Community College	Men's & Women's	Mike Rastollan	509-529-5878 mike.rastollan@wwcc.edu
Washington State University	Men's Women's	TBD Kelli Kamimura	509-335-0320 509-335-1926 kellikamimura@wsu.edu
Washington, University of	Men's Women's	Matt Thompson MaryLou Mufar	206-685-7632 206-643-0348 mthompson@uw.edu mufarl@uw.edu
Western Washington University	Men's Women's	Luke Bennett Bo Stephan	360-850-5489 360-861-1505 luke.bennett@wwu.edu bo.stephan@wwu.edu
Whitman College	Men's Women's	Petar McClure Skip Molitor	509-527-5059 509-527-4970 petar.mcclure@whitman.edu molitor@whitman.edu
Willamette University	Men's & Women's	Patrick Daugherty	503-370-6218 patrick.daugherty@willamette.edu

I would like to introduce you and your family to College Sports Consultants, a company that focuses on helping student-athletes navigate through the recruiting maze. The recruiting process for collegiate athletics can be very stressful and also very challenging to conquer for both students and parents. I have assisted many student-athletes like you through this process with great success.

Some of the most recent clients have signed with schools such as:

- University of Arizona
- Boston College
- University of California at Santa Barbara
- University of Dayton
- University of Delaware
- Duke University
- Loyola Marymount University
- University of Northern Colorado
- University of Oregon
- University of Utah

I have 8 years of collegiate golf head coaching experience at the Division I level, and was also a Division I student-athlete. Aside from being a recruiting consultant, I can also relate to recruiting from all perspectives.

Has it been tough to get noticed by schools? Do you find NCAA Rules confusing? If you feel professional guidance is needed to get you over the top to be recruited and signed, please contact me. I am more than happy to answer questions you may have!

Drew Scott



College Sports Consultants

(541) 719-8441

www.collegesportsconsultants.com

Hi Jeff,

I noticed there were other people copied on the email, but I did not reply to all, in case these were the girls/parents that you mentioned. Per NCAA rules I cannot email them until September. However, you may communicate anything I say to them. I will definitely keep an eye on them. They can email me, especially with their tournament updates, but I cannot respond even to say that I received the email. So they just have to trust that I receive it!

I am partial to AJGA, but I think that's just because I used to work there! I know they run good quality tournaments with lots of competition so that helps me to see how a player is doing even if I'm not able to get out and watch. I don't pay attention to the Polo rankings, however. Sometimes I look at the NJGS rankings, but usually I'm into grades first, scores second, and how the player will fit on my team/potential third. I have a lot of girls on my team who have never played AJGA as well, so that's not the end all! I like big national tournaments, though, because they need that experience before playing at the college level. I would say Junior World is my #1, just because I go there every year and I've gotten about 50% of my recruits from there. It's the best competition. Then there are others like the Big I, Doral, Orange Bowl, PGA Junior, Junior America's Cup, etc. They don't have to play all of those, but they need to play at least one per year to see how they stack up against the rest of the country. Playing Washington junior events is great, but if that's all you play and you're the best in Washington, it doesn't mean you'll be the best college player. If the state doesn't have that many good players that year, it's not a true representation. I think that happens a lot in the state of Idaho, which is why you don't see many local girls on my roster!

My team is big into 2 things besides golf. First is the TPI, so it's good you have your girls doing that. Our Athletic Director's wife is certified through level 3 so she works with all of my girls. She's also a physical therapist so she makes sure they are doing it correctly. I think overall fitness is so important and it's a very good program. Our strength coach incorporates it into our weekly workouts as well. The other thing, of course, is academics. Our team has the highest GPA on campus and they want to keep it that way! So I always look to find players who have a 3.5 or higher in high school. It is just so much easier to not worry when we travel and to know they are getting it done in the classroom. I'd preach that more than anything they do with their swings.

Yes, please tell these girls they can come to campus on an unofficial visit anytime! It's great for us to talk before we are technically "allowed" to talk, which can happen on campus anytime. They are allowed to call me anytime, but if I miss the call, I cannot call them back. If they are interested in setting something up, tell them to keep calling! Also, yes please send any swing videos you have and I'll keep them on file. Finally, there is a tournament here in the summer called The Dropping Memorial and it's usually the first or second week of June. I recommend playing in that because they can not only play a great course, but they can come by campus after it's over and we can talk then. I'll send more information as that date gets closer.

Thanks for the help! Merry Christmas to you (and tell Minhee too!)!
Nicole

lvgold@clearwire.net

designated common application - common application request
your recommendation.

Jeff Bender

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THE COMMON APPLICATION

Dear Jeff Bender,

You are receiving this email because the following student indicates Recommender and will be providing a Common Application college applicant's behalf.

- Name of student: [REDACTED]
- Email Address: [REDACTED]
- Student Type: First Year

Submitting Online: If you plan to submit a recommendation for submit it online for this and all other students who request a Com this year, you can access the free online system [here](#)

Important: when using the online system, you must use a supported [systems requirements](#); older browsers such as Internet Explorer

Submitting via Mail (all students): If you would like to submit students through the mail, you can click the link below to opt out decision will be permanent and apply to all students who invite you choose to opt out, each student will be instructed to access hard *Access form within 30 days request, and provide them to you for use*

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All Members

There are now over 500 Common Application members in 47 states and the District of Columbia, as well as in Austria, France, Germany, Italy, United Kingdom, and Switzerland. While they represent tremendous diversity in size, mission, location, and selectivity, they all share a commitment of promoting access through holistic admission.

- Adelphi University
- Agnes Scott College
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- Algon College
- Albright College
- Alfred University
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- American University
- Amherst College
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- Augsburg College
- Augustana College (Illinois)
- Augustana College (South Dakota)
- Austin College
- Babson College
- Baldwin Wallace University
- Bard College
- Barnard College
- Bates College
- Belmont University
- Beloit College
- Bennington College
- Bentley University
- Berry College
- Birmingham Southern College
- Blackburn College
- Boston College
- Boston University
- Bowdoin College
- Bradley University
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- Brown University
- Bryant University
- Bryn Mawr College
- Bucknell University
- Burlington College
- Butler University
- Caldwell College
- California College of the Arts
- California Institute of Technology (Caltech)
- California Lutheran University
- Calvin College
- Danielius College
- Carleton College
- Johnson State College
- Juniata College
- Kalamazoo College
- Keene University
- Keene State College
- Kean College
- Keaning University
- Keuka College
- Keystone College
- King's College
- King's College London
- Knox College
- La Salle University
- Lafayette College
- Lake Forest College
- Lasell College
- Lawrence Technological University
- Lawrence University
- Le Moyne College
- Lehigh University
- Lesley University
- Lewis & Clark College
- Lexington College
- Lincoln University of Pennsylvania
- Linfield College
- Lipscomb University
- List College The Jewish Theological Seminary
- LIU Post
- Long Island University Brooklyn Campus
- Loyola Marymount University
- Loyola University Maryland
- Loyola University New Orleans
- Luther College
- Lyscom College
- Lyndon State College
- Lynn University
- Macalester College
- Manchester University
- Manhattan College
- Manhattanville College
- Marietta College
- Mariet College
- Marlboro College
- Marquette University
- Marymount Manhattan College
- Marymount University
- Maryville University of St. Louis
- Marywood University
- St. Catherine University
- St. Edward's University
- St. John Fisher College
- St. John's College (MD)
- St. John's College (NM)
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- St. Joseph's College - Long Island Campus
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- St. Olaf College
- St. Thomas Aquinas College
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- Stephens College
- Sterling College
- Stetson University
- Stevens Institute of Technology
- Stevenson University
- Stonehill College
- Suffolk University
- SUNY Binghamton University
- SUNY Buffalo State College
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- SUNY College at Geneseo
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- SUNY College at Oneonta
- SUNY College of Environmental Science & Forestry
- SUNY Cortland
- SUNY Fredonia
- SUNY Institute of Technology
- SUNY Maritime College
- SUNY New Paltz
- SUNY Oswego
- SUNY Plattsburgh
- SUNY Potsdam
- SUNY Purchase College
- SUNY Stony Brook University
- SUNY University at Albany
- SUNY University at Buffalo
- Susquehanna University
- Swarthmore College
- Sweet Briar College
- Syracuse University
- Temple University
- Texas Christian University
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- Carnegie Mellon University
- Carroll College (Montana)
- Carroll University
- Case Western Reserve University
- Castleton State College
- Cazenovia College
- Cedar Crest College
- Centenary College (Louisiana)
- Centenary College (N.J.)
- Central Connecticut State University
- Centre College
- Champlain College
- Chapman University
- Chatham University
- Christian Brothers University
- Christopher Newport University
- Claremont McKenna College
- Clark University
- Clarkson University
- Coe College
- Colby College
- Colby-Sawyer College
- Colgate University
- College of Mount Saint Vincent
- College of Notre Dame of Maryland
- College of St. Joseph
- College of the Atlantic
- College of the Holy Cross
- College of Wooster
- Colorado College
- Colorado State University
- Columbia College Chicago
- Columbia University
- Concordia College
- Concordia University - Portland, OR
- Concordia University Irvine
- Connecticut College
- Converse College
- Cornell College
- Cornell University
- Creighton University
- Curry College
- Daemen College
- Dartmouth College
- Davidson College
- Denison University
- DePaul University
- DePaul University
- DeSales University
- Dickinson College
- Dominican University of California
- Dowling College
- Drake University
- Drew University
- Drexel University
- Drury University
- Duke University
- Earlham College
- Eastern Connecticut State University
- Eastern University
- Eckerd College
- Elizabethtown College
- Elmira College
- Elms College
- Emerson College
- Emmanuel College
- Emory & Henry College
- Massachusetts College of Liberal Arts
- McDaniel College
- MCPHS
- Menlo College
- Mercer University
- Mercy College
- Mercyhurst University
- Meredith College
- Merrimack College
- Miami University (Ohio)
- Middlebury College
- Mills College
- Millsaps College
- Modul University Vienna
- Molloy College
- Monmouth University
- Moravian College
- Morehouse College
- Mount Holyoke College
- Mount Saint Mary College
- Mount St. Mary's College
- Muhlenberg College
- Naropa University
- Nazareth College
- New College of Florida
- New England College
- New School - Eugene Lang College
- New York Institute of Technology (NYIT)
- New York University
- Newberry College
- Newbury College
- Niagara University
- Nichols College
- Northeastern University
- Northland College
- Northwestern University
- Notre Dame de Namur University
- Oberlin College
- Occidental College
- Oglethorpe University
- Ohio Wesleyan University
- Oklahoma City University
- Otterbein University
- Pace University
- Pacific Lutheran University
- Pacific University
- Pepperdine University
- Philadelphia University
- Pine Manor College
- Pitzer College
- Plymouth State University
- Pomona College
- Presbyterian College
- Prescott College
- Princeton University
- Providence College
- Purdue University
- Quinnipiac University
- Ramapo College of New Jersey
- Randolph College
- Randolph-Macon College
- Reed College
- Regis College
- Regis University
- Rensselaer Polytechnic Institute
- The Catholic University of America
- The College of Idaho
- The College of New Jersey
- The College of New Rochelle
- The College of Saint Rose
- The College of William & Mary
- The George Washington University
- The Ohio State University
- The University of Maine
- University of Rhode Island
- The University of Scranton
- The University of Tennessee Knoxville
- The University of Tulsa
- Thiel College
- Thomas College
- Towson University
- Transylvania University
- Trinity Christian College
- Trinity College
- Trinity University
- Tufts University
- Union College
- Unity College
- University of Aberdeen
- University of Birmingham England
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- Fairfield University
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- Fisk University
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- Florida Southern College
- Fontbonne University
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- Hofstra University
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- Illinois College
- Illinois Institute of Technology
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- Immaculate University
- Iona College
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- John Cabot University in Rome
- John Carroll University
- Johns Hopkins University
- Rhode Island College
- Rhode Island School of Design
- Rhodes College
- Rice University
- Richard Stockton College of New Jersey
- Richmond The American International University in London
- Rider University
- Ringling College of Art and Design
- Ripon College
- Roanoke College
- Rochester Institute of Technology
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- Rollins College
- Rosemont College
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- Sage College of Albany
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- Saint Francis University
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- Saint Joseph's College (IN)
- Saint Joseph's College of Maine
- Saint Joseph's University
- Saint Leo University
- Saint Louis University
- Saint Martin's University
- Saint Mary's College of California
- Saint Mary's College of Indiana
- Saint Mary's University of Minnesota
- Saint Michael's College
- Saint Peter's University
- Saint Vincent College
- Salem College
- Salisbury University
- Salve Regina University
- Sanford University
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- Sarah Lawrence College
- School of the Art Institute of Chicago
- Scripps College
- Seattle Pacific University
- Seattle University
- Seton Hall University
- Seton Hill University
- Sewanee: The University of the South
- Sierra College
- Sierra Nevada College
- Simmons College
- Simpson College
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- Smith College
- Soka University of America
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- Wabash College
- Wagner College
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- Whitworth University
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- William Jewell College
- William Paterson University of NJ
- Williams College
- Wilson College
- Willenberg University
- Wofford College
- Woodbury University
- Worcester Polytechnic Institute
- Xavier University
- Xavier University of Louisiana
- Yale NUS College
- Yale University

PLAYER EVALUATION

Tickle

Name	Date
Address	Phone () -
	Email

1. What is your current handicap?

2. Do you currently take golf lessons? Yes No

3. Do you play golf right or left handed? RH LH

4. Do you have any physical conditions that affect your golf swing? Yes No

5. Do you practice regularly? Yes No

6. Do you have a fitness program? Yes No

7. How many rounds do you play per week? 1 2 3 or more

8. Have you ever been professionally fit for the following types of golf clubs?

Driver	Yes / No	Long Game	Yes / No	Irons	Yes / No	Wedges	Yes / No
9. What is your most common ball flight with a driver?							
Hook		Pull		Draw		Straight	
				Fade		Push	
				Slice			
10. What is your preferred ball flight with a driver?							
				Draw		Straight	
				Fade			
11. What is your most common miss with a driver?							
Too Low		Too High		Hook		Slice	
				Push		Pull	
12. How would you describe your driver launch?							
Too Low		Medium		Too High			
13. How would you describe your driver trajectory?							
				Falling		Penetrating	
				Rising			
14. How would you describe your tempo?							
Smooth		Medium		Quick			
15. Where do you use a 3 wood more often?							
Off the tee		Off the turf					
16. What is the strongest lofted iron in your current set?							
2 Iron		3 Iron		4 Iron		5 Iron	
17. What distance do you carry your fairways, utility clubs and long irons?							
3 Wood		Fairway 1		Utility 1		Utility 2	
				Longest Iron		2nd Longest Iron	
18. What is your most common ball flight with your irons?							
Hook		Pull		Draw		Straight	
				Fade		Push	
				Slice		Thin	
				Fat			
19. What is your most common miss with your irons?							
Hook		Pull		Draw		Straight	
				Fade		Push	
				Slice		Thin	
				Fat			
20. What distance do you hit your wedges?							
Pitch		Gap		Sand		Lob	
				Thin		Fat	
21. What is your most common miss with your wedges?							
				Thin		Fat	
22. If you lay up on a par 5, what yardage are you most comfortable with for your third shot?							
Yardage: 							

AREAS OF FOCUS

"Golf is deceptively simple and endlessly complicated; it satisfies the soul and frustrates the intellect. It is at the same time rewarding and maddening-It is without a doubt the greatest game mankind has ever invented." Arnold Palmer

DEVELOPING 2012 FRAMEWORK

Our goal in this seminar is to help you develop a complete check list both mental and mechanical. Will this list be 40 pages long and a read something like "Quantum Physics" or War & Peace? Heavens no! Our job is to simplify this complex sport...both mentally and mechanically. By the end of this weekend we will have found a direction for you to take your game in 2012 and beyond. Is the direction you are headed complicated and ever changing? No! Let's see if we can make a golfing framework that blends the mental and mechanical and fits on a 3x5 card.

Swing Path – (not swing plane)

Better players all move the club back and through in almost the same shape and manner. Are their swing planes different? Absolutely! We will introduce you to a swing path thought “toes and toes.” Simply put, you will learn how to bring the hands across and over your toes on the takeaway and as you swing through your hands will stay almost outside your toe line on the follow through and then up into your finish. Learning “toes and toes” requires an abbreviated swing and some patience. The result is much greater distance and the elimination of the weak slice. Learning this swing path does not change your swing plane. We hear far too often from students their desire to change their swing plane... students will say, “My swing is too much like a baseball swing so it must be wrong.” Not true! The only difference from baseball to golf is the elevation of the swing plane. Baseball it is higher because of the strike zone, in golf it is lower because a golf ball rests on the ground therefore creating a dual axis. Hip turn, shoulder rotation, hitting position, follow through, and finish are all very, very similar. Trying to change swing plane is one of the more difficult tasks in golf. During the period of developing a new swing plane students scores and satisfaction with the game goes downhill rapidly. We have seen golfers quit because they thought they couldn't change their swing plane when the whole time all they needed to do was change swing path. So relax and please don't try to reinvent the wheel!

ADD THOUGHTS ON PATH:

Ball Striking/Timing-

If you were learning how to swim would you ask to be dropped out of a helicopter and into the middle of the ocean? If you were learning how to play tennis would Wimbledon be a good learning environment? How about learning how to build your own fireworks? Would you head to Los Alamos? We hope your answer to these questions is an emphatic NO!

Golf is a game of building blocks. Students love to take giant swings and expect great results. Spend a little time on a driving range watching people of all playing levels hit golf balls. Please pay careful attention to the best players and their approach to hitting range balls versus the untrained novice or intermediate approach to the driving range. What are you going to see? The advanced players warm up, loosen up, and begin to swing easily with high lofted irons. Literally taking the time to find their timing. The other people on the range knock their big bucket of balls over, stick a giant tee in the ground, place their first range ball on the peg and start wacken with the biggest club in the bag! Good luck!

We start in the "kiddy pool" of golf. A place where learning is easy. Regardless of one's ability, finding causes for poor shots is easier when the swing is broken down and slowed down. You have watched enough golf on TV and read enough in magazines to realize there is not one swing or one perfect method.

There is only one method for hitting the ball straight...the clubface must be square before and after impact causing the head on collision. The club is striking the ball with all of its dynamic force, not a glancing or sliding blow. By learning to hit the ball head on will this make the ball fly straight? Yes, but not always in the direction you intended the ball to fly. A student who used to stand open to the intended target and hit the ball with a glancing blow creating a weak fade will now see greater distance from the head on collision. The open stance will now have to be "squared up" because an open stance and head on collision almost always sends the ball flying left of the intended target with no fade. In other words a very well hit "pull shot".

Learning to hook the ball is a must. Most golfers certainly know what a slice or a fade looks and feels like. Would you only learn how to make right turns in a car? Never learning how clubface and swing path will create draws/hooks limits your golfing knowledge and skills.

Positive timing can be obtained through small essential drills that put the ball in the air over and over again and on a straight path with no flight manipulation (fade/slice) Small swings that produce repetitive shots creates muscle memory that benefits full golf shots. Driver to sand wedge students witness greater distance and straighter ball flight. Small swings require very quiet hands and wrists. Most students can't hit small swing drivers because their hands/wrists are still trying to manipulate the clubface back to square. What the clubface looks like at setup should look very, very similar at impact.

ADD THOUGHTS ON BALL STRIKING:

Wrist Action - Takeaway

"I like to keep the clubface at the ball on the takeaway on my natural path as long as a can." Jack Nicklaus (1972)

There is a lot of confusion on the wrist action during the backswing/takeaway, hitting area and the follow through. The good old fashioned method of rolling the wrists so the toe of the club points straight up (90 degrees) on the takeaway and on the through swing is a myth! How about the myth of rolling the hands hard on the downswing...this motion actually causes the ball to hook extremely hard if done correctly, but for most this extreme move causes and even greater slice or the ever popular shank/hosel monkey. Generally players need to have the toe of the club at far less than 90 degrees, more like 45 degrees is more appropriate on both the takeaway and the through swing. In other words the clubhead matches the tilt of the upper body versus trying to match 90 degrees to the ground. We usually don't take a staunch stance with our students about swing mechanics, but in this case we must.

Unless you are hooking the ball with both irons and your driver the toe of every club should be much less than 90 degrees on the takeaway and match the tilt of your upper body. Talk to better tennis, racquetball, and baseball players. The hands do not roll clockwise to 90 degrees on the takeaway and counter clockwise to 90 degrees on the through swing. I have seen hundreds of students that roll their hands way too much on their backswing therefore on the forward swing the clubface can never get square, the face remains open at impact and a glancing blow is created. We will show you how to actually roll the hands slightly counter clockwise on the takeaway then at impact the clubface is either square or slightly closed which creates a head on collision and much greater power. I want you to imagine a tennis racket; a player would not roll the racket clockwise on the takeaway making the face of the racket point toward the sky. Instead the racket slightly turns counter clockwise therefore the racket is very square at impact.

Proper wrist action is a very hard pill to swallow. What you read in the magazines and how wrist action is interpreted is polar opposite of wrist action used by the greatest players in the world. Until a student hooks the ball with every club in the bag except the putter, the wrists are not working correctly.

ADD THOUGHTS ON WRIST ACTION:

Stance-

"This is my way. What is your way? The way doesn't exist." Natche

Once again an area that will be changed or modified if the stance is directly affecting shot making in a negative manner. We prefer a square stance with the feet, knees, hips, and shoulders all running parallel to the intended target. When a stance is negatively affecting shots the ball will be struck with a glancing blow causing curvature (slice, hook) and a loss of distance. For most students a very structured, very repeatable stance is the best ticket. Unorthodox stances work for very few, and even at those players best they still run the risk of a scoring collapse due to stance issues. We prefer to teach students a stance that becomes so repeatable that it becomes second nature and because the stance is square in every aspect it is eliminated from bad hit issues and negative swing thought additions.

We create drills that help the body develop muscle memory in the stance. One common error we see is the "duck-footed" stance. This is where both feet are angled out from the legs...as if the student was wearing diving flippers. When the feet are turned out the body is allowed to sway back and forth instead of turning back and through to the target. Swaying causes poor ball striking, especially the dreaded chunk shot, the

infamous topper, and the ever popular worm burner. Swaying also produces less head on collisions and more glancing blows because of the increase in lateral motion during the swing.

Students love to blame other areas of the swing (typically more difficult areas) on poor shot making. For instance..."I looked up on that one"..."My swing plane is too flat so I chunk the ball"..."My swing plane is too upright so I skull the ball". There are even worse areas to focus on and ultimately the problem typically lies in a simple stance adjustment that allows for turning and not swaying. If every golfer was a patient and we act as the medical doctors, I swear every guy and gal thinks they have terminally cancer of the golf swing. I always tell my students if they had an ingrown hair on their head they would think it is brain cancer. Please look for the simple surgery not the highly evasive procedures. Later we will discuss in more detail how to self diagnose without trying to perform an appendectomy on yourself.

ADD THOUGHTS ON STANCE:

Setup-

We will focus a great deal on setup. Most students pull their mid-torso in, causing the spine to curve in a hunched-over or slouched position. We like to call these students Quasimodo. They should be ringing the church bell in Notre Dame and not playing golf. A player with perfect posture when simply standing will all of a sudden appear to be suffering from severe spinal degeneration when they begin to setup to the golf ball. A twenty year old looks like he is ninety.

The Quasimodo setup significantly limits proper spinal and abdominal movement because the middle of the body is not allowed to be used as a source of torque and power. The lower spine is cut off/detached from the upper spine which limits the spine's ability to completely turn on both the takeaway and through swing. By "rocking" the mid-torso back (butt out) this allows the core muscles to stretch at setup and the spine to be in a more free/aligned position throughout the swing (back & through swing).

We call this setup an "athletic stance" and it works for every age. This is an area where our students of greater age at first feel as if we are trying to make them setup like your average PGA/LPGA player, therefore they feel this is impossible and certainly not their cup of tee. We constantly are told, "Oh I can't do that I had hip, back, knee surgery (pick one) so I have to set up like this". Really? Actually, after a few times working on good posture, student's back and hip problems go away and they begin to swing more freely without pain or the temptation to overswing. That's right, overswinging comes from a bad setup created by bad posture. Once again, a simple fix versus evasive surgery!

ADD THOUGHTS ON SETUP:

Extension – Through Swing

A high percentage of our students have serious issues with the through swing. Students love to blame grip and backswing and too much hip usage or too little shoulder turn. Ultimately if our students learned to extend the forearms after moving through the hitting area most ball striking issues would be cured.

Harvey Penick asked all his student to throw the club at the target. As silly as this drill may sound it is extremely effective. Most right handed students who struggle with a loss of distance and a slice or high fade “short side the follow through”. “Short siding” means the right side turns too quickly and the right wrist dominates the swing causing the left side to collapse into the infamous “chicken-wing”. There are several drills to eliminate the “chicken-wing”, but one of the best is the use of a head cover placed in front of the ball and slightly inside the hitting path. By placing a head cover in this position the club is not allowed to move inside the swing path without striking the head cover. Once a student is able to strike the ball and not the head cover this is the first evidence of a proper extension. Another effective drill is the left handed forward swing only. Simply swing the club through and stop at about midtorso high. From this position you can see how far the left arm actually extends on the through swing.

ADD EXTENSION THOUGHTS:

Grip –

“Firm fingers and oily wrists” – Sam Snead

Like all other sport related activities in golf one's grip is as unique as the golf swing itself. With that in mind, relax! We are not big grip changers. As a matter of fact a grip change or modification will only take place if the grip is directly causing poor shots. I have seen many unique/unorthodox grips that do not cause the text book slice, hook, top, shank, etc. “If it aint broke-don't fix it!”

Never the less, properly holding the golf club will always increase the chance of well struck golf shots. Imagine that a golf club did not have a shaft. Simply a grip and the head of the club. With this mental picture in mind you can visualize how the behavior of the hands directly affects what the clubhead is doing. If the hands can not square the club head before -through- after impact the ball will not fly straight.

We look at the grip to make sure the hands are working together and not acting as separate entities and fighting one another. This means placing the club in the hands so both creases between thumbs and index fingers are facing the same shoulder...typically facing the right shoulder for right handers and left shoulder for left handers. By doing so you will allow the club to make solid, head on collision with the ball at impact at less manipulation of the clubhead is needed. Solid ball striking is always due to head on collisions. Even when intentionally hitting fades/cuts/slices putting more of the impact of the clubhead directly behind the ball increases distance and controllability.

A large majority of students want to immediately put the blame for poor ball striking on their grips. Small grip changes are just as difficult as major grip changes. 90% of the time grip changes only add to already existing swing problems. For instance, a golfer is slicing every shot. He or she will change their grip to enhance a hook shot. For months and months the student struggles to change to the hook grip...in the end he still slices the ball because the golf club path through the hitting area is outside to in with the clubface pointing at the target...hence a glancing blow and a sliced shot.

There are three basic grips used by the golfing masses. Ten – Finger, Interlocking, and Overlapping. Later we will discuss several grips used for putting. The three basic grips are used for ball striking from driver to the sand wedge.

Ten-Finger- At one time commonly called the “baseball grip”, simply all ten fingers are gripping the club. To eliminate the association with baseball the “baseball grip” began to be referred to as the “ten finger grip” in the early 1990s. This grip is typically associated with beginner players, but we have seen this grip used by a small majority of intermediate players as well. Some advanced players continue to use the ten finger but it is very rare and highly less common than the interlock or overlap grip. By not attaching the left and right hand together and having all ten fingers on the handle there is more opportunity for the hands to fight one another. The hands can act separately and cause movement in the left and right hands that creates a dynamic argument between the hands and causes poor golf shots. More golf gloves are torn from the use of the ten finger because of the greater twisting happening in the hands during a golf swing.

Interlocking - A grip made very popular by Jack Nicklaus, the index finger on the left hand interlocks with the pinky finger of the right hand (right handers & opposite for leftys). Phil Mickleson and Tiger Woods are two of the greatest using the interlocking grip. We recommend this grip to players with smaller hands. The interlocking fingers have a tendency to stretch over and past the knuckles when used by a player with larger hands and longer fingers. For ladies interlocking the fingers can cause some discomfort because of rings on the fingers, the lack of much tissue in the fingers, and because of the length of ladies fingers (most often long and thin). Ladies will often complain that this grip begins to hurt their index finger and pinky knuckles. The greatest advantage to the interlocking grip is the inability of the hands to move independently like the ten finger allows. The hands work very well together and create a balanced harmony throughout the swing without unnecessary hand movement on the handle of the club.

Overlapping- Also known as the Vardon Grip. Harry Vardon discovered a way to bring the hands together instead of the very common ten finger grip in the 19th and early 20th century. The index finger of the left hand is overlapped by the pinky finger of the right hand. Like the interlock this enables the hands to remain steady and not working against one another. We most often work with this grip with our students both men and women with longer fingers and/or bigger hands. The overlapping grip is the most common grip on all the tours, and very common amongst better players worldwide.

We will find the grip that best suits your needs as a player. Once again, we always try to avoid grip changes because of the difficulty in making small or major grip adjustments. If we asked you to hold your spoon a little differently every morning as you ate cereal you might get so frustrated and consumed with the grip change that you would simply eat toast and never touch a spoon again. Only when adjustment is absolutely necessary do we put greater attention on the grip and the hands.

ADD GRIP THOUGHTS:

Short – Game (chipping & pitching)

Most of our students simply want to hit the ball further and straighter, especially with their driver. When we ask about short game most students simple reply with, "it's okay."

When we dig a little deeper we find that a student who has what he or she considers an okay short game is actually losing 6-8 shots per round because of chipping and pitching issues. Six to Eight shots!!! That is 90 down to 82, 80 down to 72! A student that simply wanted to hit the ball further has now enhanced an enormously important part of their golf game. By simply examining and learning a technique for tuning up golf shots from 50 yards and closer our students drop their scoring averages by 7-10%.

Distance with irons and off the tee is not as important as golfers believe. Down the middle and on the green has no limits or requirements for distance. The greatest players in the world have lost to players that hit the ball 30 yards shorter off the tee and have long irons into greens. How is such a thing possible? A great short game!

Most students suffer with their short game because of a lack of trust in the design of the club head itself. The club is designed to launch the ball into the air by angle of attack....not the student trying to lift the ball in the air with the wrists and arms. The club actually descends to the ball and then stays sliding through the grass past the ball...by doing so the ball is launched into the air..not lifted. Once a student watches a video of a proper chip/pitch shot and sees how far the club head moves past the ball after the ball is launched into the air they develop a better mental picture of short game methods.

Learning to "wedge" the ball in the air allows the club to "wedge" the ball. Look at your wedges, they are shaped like an acute triangle. Wedges are shaped like door stops...can you scoop a door stop under a door? You have to "wedge" a door stop under and past the door. "Wedge" the ball!

Once introduced to proper short game methods that eliminate thin/skulled chips and heavy/chunked chips the sky is the limit for improvement. Just imagine turning a missed green into a saved par instead of a bogey or worse.

ADD SHORT GAME THOUGHTS:

Putting-

"There is no similarity between golf and putting; they are two different games, one played in the air, and the other on the ground." Ben Hogan

The "Holy Grail" of golf. The ever elusive area of the game that either a player loves or hates. Our job is to make the haters learn to love their putting. First thing, there is no such thing as the "yips"! Putting can be very cyclical. You will have great putting months or years and then you can have a down cycle and putting becomes more difficult. Relax!!! It will get better again. Please eliminate the term "yip" from your vocabulary. "Yips" come from thinking and saying **CAN'T**. Can't means you won't, so if you can't make three footers then you won't. It is not the "yips" silly, it is your brain!

We have started putting lessons with students that just came from a bank where they were signing loans for millions of dollars and as they set up over an 18 inch putt their hands tremble! We wish we were making this scenario up, but unfortunately it is true with many of our students. They simply are afraid that the putt won't go in the hole. Great putting is derived from confidence. We have worked with students with terrible putting form, but guess what? They always make putts and get the job done. Why? Confidence! Yes, some days will always be better than others but great putters believe every putt should go in. Any putt within five feet must go in!

We will share with you the greatest truth in the secret to putting....ready????

THE BALL IS SMALLER THAN THE HOLE...THEREFORE THE BALL IS DESIGNED TO GO IN THE HOLE!!!

Life changing fact isn't it?

There are different methods to getting the ball in the hole. We will develop a drill method for you that suits your putting style and the putter you like to use.

One of my favorites (Jeff) is creating positive chatter in your mind. Think of a dugout and your team mates positive chatter as you are up to bat or on the pitching mound. That same chatter can be used to make putts.

ADD PUTTING THOUGHTS:

Strategy – Mental Planning and Playing

"Success in golf depends less on strength of body than upon strength of mind and character." Arnold Palmer

We could actually write an entire book about the strategy of the game. We have had several great students with excellent swing mechanics that could never play to the best of their ability. Why?

Students love to blame equipment, courses, tournament structures, spouses, etc.....As we start to work with the mental side of the game we start to notice some similarities between all students of all levels of play that do not perform at their peak. Each and every student struggling mentally with their game has a level of fear of failure and therefore can't embrace peak performance.

Ever heard of a Pink Elephant? No? Have you ever seen a Pink Elephant? No? Please combine the following words with situations on the golf course and you have created your very own Pink Elephants. A creature both terrifying and fascinating at the same time.

- #1 CAN'T – simple word and as destructive as cancer a golfer's performance.
- #2 NEVER – sets the tone for performance
- #3 ALWAYS –
- #4 MAYBE-
- #5 TRY NOT TO-
- #6 WHATEVER I DO – PLEASE DON'T

Here is a small sample of "pink elephants" in mental playing and planning.

"I just can't make par on this hole." – pink elephant

"I never will shoot in the 70's with these clubs." – pink elephant

"I always play great on the front and crappy on the back." – pink elephant

"Maybe today I will break 90." – pink elephant

"I am going to try not to hit it out of bounds." – pink elephant

"Whatever I do – please don't 4 putt." – pink elephant

Golf is a one person team. It is you against the course. These are facts, but you can change your mentality so you feel like you have a team rooting you on and a coach aiding your performance. You constantly watch caddies helping their players on TV. What do you think those caddies are telling their guys. "Okay whatever you do, don't hit it in the trees to the left!" That caddie is bagging groceries and not carrying a bag.

Instead, you will hear caddies say, "I need you to favor the right side of the fairway so the ball will bound down the hill to the middle and give us about twenty extra yards." No mention of the giant pink elephant on the left side of the fairway. On the other hand your best buddies, or as we call them, fellow competitors are more than happy to point out every pink elephant on every hole of every golf course as you are driving to the course and always just before each one of your shots. Next time you play with your buddies please pay careful attention to how many times they will point out the pink elephants.

We don't always have the liberty/advantage of a caddy, but you can caddy for yourself in your mind. Our best students (regardless of handicap) have learned to constantly have a conversation with themselves during their rounds. We have had several phone calls from students playing in tournaments and every student can't believe how tired they are....not physically...mentally! Playing golf requires some levels of physical dexterity and athleticism, but if you are a mental midget then even Lebron James' DNA won't help. We will get into coaching yourself and being you own caddy more in a little bit.

Every famous general throughout history has waged war on a grand scale. Each battle was a move closer to victory or closer to defeat. These battles were not "show and go" events. Lack of preparation in battle means certain defeat and great loss of human life is eminent. Generals gathered with other staff in war rooms and calculated exact movements and methods to produce victory. Planning your golf game is no different. You must have gather your staff and prepare for a battle over 18, 36, 54, & 72 holes. Your war room sits atop your body and in between your ears.

We have had the opportunity to be in the presence of players who play at the highest levels. Once as I was sitting across a locker room from one of these gentlemen I witnessed a preparation routine that I found to be rather intriguing. Sitting quietly against his locker this gentlemen began rocking slowly from side to side and forward and back. Something like...rock to the left, left, left, right, forward, forward, right...etc. I had to find out what he was doing. What kind of religious meditation was this?

I stirred up the confidence to question his little performance. Come to find out he was playing every hole from tee to green in his head. Draw (left side), stinger (forward), fade (right side), amazing. I then asked where he learned such a peculiar warm up routine. He gave me a look like a just asked why he ties his shoes or why he practices putting before a tournament and stated, "The Thunderbirds do it in formation on the ground before they perform."

Wow! Plan your entire game plan! Produce results before you ever put the first peg in the ground. Wow!

Is this a new concept? Heck no! It is a concept every player needs to develop and tweak to his or her liking. Playing your best means knowing the playing field you are

about to attack. As you are driving to the course you should be thinking about what you will do on specific holes that might give you trouble and the holes that provide the greatest opportunity for birdies. Remember there are great par holes and even some great bogey holes. There are never any great double or triple bogey holes! When you listen to tour players talk about their mistakes they talk about poor planning, poor strategy, and poor execution of their plans.

Begin to add

- **BANTER –**

- **STRATEGY -**

Band Aids-

As I was doing an initial basic assessment on a first time student and long time golfer he told me something I will never forget. As he was explaining his philosophy of ball striking he very non-chalantly said, "If I remember 12 things before I hit a shot then I hit the ball great." 12 things!!! I simply replied very matter of factly, "Well we will try to figure out how each one of those twelve swing thoughts help you out". Breaking down the twelve thoughts we discovered enormous overlapping/redundancies and conflicting mechanics.

When it comes to swing/strategy thoughts try to limit the number to one or two. A swing thought and a strategy thought. That is it, no more than two. Over thinking always leads to paralysis by analysis. Over analysis leads to "Band Aids".

What we refer to as "Band Aids" are swing thoughts piled on top of swing thoughts. Desperate attempts to fix a problem by adding another problem in some type of golf swing apocalypse. Try stopping a severely cut femoral artery with a dinky band aid. Better yet, although rather graphic, picture a golfer slicing his throat wide open and simply trying to put a small butterfly bandaid on the cut. He's a dead man. BandAid mentality is not limited to beginner or intermediate players. We have witnessed very advanced players slicing their own throats. It is terrible to watch unless you are competing against the self inflictor, and in that case just lean back and watch an implosion on the golf course. Recognizing a self inflictor and how to use such a players issues to your advantage will be discussed later.

Golfers who never see improvement in their games or golfers with scores that slowly climb no matter what they seem to try on their own or with the advice of their well versed friends. Golfers with scores that rapidly dip lower and then rapidly escalate are all examples of BandAiders. Golfers who are always adding swing thoughts to what is already a complicated machine with thousands of moving parts. Go ahead, add another swing thought, slice your throat again.

Take the time to write down all your swing thoughts. We do mean all swing thoughts! Putting mechanical thoughts down on paper you can see any redundancies and conflicts. Be honest with yourself, treat this as a potential individual intervention. We help our students with this process by opening ourselves to questions and the need for advice. It is never fun to discover one's own mistakes and then work through a plan to change, eliminate, and modify swing thoughts. Ultimately you will find a greater sense of clarity about your swing and the ability to keep bad advice or extra unneeded advice out of your swing thoughts. Just like a real bandaid, you can't just tug on it, you just have to rip the sucker off!

Here are a couple of examples of some very common and true mechanical BandAids:

- I am trying to pull the club inside on the takeaway to create more of a draw shot (by pulling too far inside the club now has to come from the outside to get to the ball which causes a fade or slice) BandAid

- I am still slicing the ball so I have changed my grip and I am now standing really closed to my target so I can pull the ball to the target. (what happens when the ball starts going right again) BandAid
- I continue to top some of my tee and fairway shots so I am playing the ball back in my stance and I am really forcing my head to stay down even after I hit the ball. (soon fixing a nasty chunk shot and a bad back will be the problem) BandAid
- I keep missing short putts and I am still three putting a lot so I just bought another new putter, and I switched to a double criss crossed bald eagle grip position. (that's it change that grip again and again) BandAid
- I was chunking my chip shots so now I just use my putter from wherever.(always a confidence builder to be putting from 40 yards)Bandaid
- I was thinning my chip shots so now I just use my putter from wherever...Bandaid
- I couldn't get out of bunkers so now I just take my putter and hit the ball out sideways then use my putter to hit the ball onto the green. (what a great plan, I would rather hit my hand with a hammer) BandAid
- If I think about rolling my left knuckles up and around on the backswing...then think about rolling my right knuckles the other way on the downswing while really focusing on swinging in a barrel and pretending to throw the club and working on turning my hips toward the target and breathing out and keeping my head down and finishing with my knees together...I hit the ball great (take two weeks off and then quit the game) Enormous BandAid

Here are a few mental BandAids (true examples)

- I always play great when I speed to the golf course..BandAid
- I never play well when the Cornhuskers lose the day before...BandAid
- I always play great with a hangover..BandAid
- I play terrible when I shotgun start on an odd numbered hole...BandAid
- I play great when I don't shave...Bandaid
- I play great if I wear the same socks every day in a tournament...BandAid

Put all these together and you have a revoked licensed, alcoholic, superstitious, heavily bearded, stinky footed wreck of a person.

Again, all of the BandAid examples are true. We couldn't make this kind of stuff up! Some of the BandAids might even be some of yours. Please find you own method to remove what is not necessary in your mental and strategic planning.

Add mechanical thoughts- (we mean all)

Coach & Caddy-

"Good players aren't worried about what anybody else thinks of them. They don't want to appear to be mentally tough. They want to be mentally tough, and they do that by playing their own game, shot by shot, at their own pace and tempo."

Dr. Bob Rotella

Playing organized team sports requires a coach. Someone willing to sacrifice time and effort to develop and operate a program built for success. Someone willing to put themselves in front of a firing squad or humbly accept great wins and personally feel responsible for miserable losses. A person respected by some and hated by others for decisions that have to be made. A father figure, a devil's advocate, a baby sitter, judge and jury, warm and consoling, cold and calculating.

Such a person has to be built in your mind. In the game of golf there is no sideline time or bench to sit. You start on the first hole and finish on the eighteenth, and what happens in between is all up to you. That being said we can help you create the best coach for you and your golfing personality.

First you have to decide what type of golfer are you. I don't care about skill level, I need you to think about your competitive spirit. Are you in this game strictly for exercise and some time outside your job and home. Well then maybe finding a nice walking trail in a park might be better for you than golf. Maybe you are timid on the outside and a silent killer of giants on the inside. Flip that around now, outside you are very aggressive but inside you are a little puppy. We can help figure out the personal coaching pattern you need.

Please check one of the following competitive personalities that best describes you. All of the descriptions strictly deal with sports. Not with personal success or loss:

- Aggressive and confident in ability to win. Experienced several wins. Comfortable leading a team and comfortable winning. Played by the rules and left challenges to the coach. Able to identify weaknesses and strengths in opposing competitors. Gracious in both wins and losses but greatly dissatisfied by a loss.
- Ability to lead and motivate. Experienced some wins but also some great losses. Losses were due to your decisions or performances. The losses still effect your decision making to this day. Uncomfortable winning because of some self doubt. Comfortable finishing second.
- Blamer of outside forces in losses. Difficulty in accepting personal responsibility for mistakes. Conflicts with team mates that led to deep seated feelings of anger. Desperate to win and extremely proud with a win regardless of scenarios that may have led to competitors loss. Better at recognizing weaknesses than strengths in competitors.
- Never experienced wins. Losses were treated as acceptable. Played with great heart and determination but the team effort was never enough for a win. Ridicule because of losses was always taken personal. This ridicule still bothers

- o Fill In _____
-
-

Depending on your choice you can start to develop your own mental coach. The discussions you have with him really depends on your past experiences with sports and the relationships formed while competing in the past.

- o *Aggressive and confident in ability to win. Experienced several wins. Comfortable leading a team and comfortable winning. Played by the rules and left challenges to the coach. Able to identify weaknesses and strengths in opposing competitors. Gracious in both wins and losses but greatly dissatisfied by a loss.*

If this was your choice golf is more about sizing up the competition and plotting a strategy for the golf course you are going to play for the next several days. Conversations with your coach will have to do with club choices of each tee. Pin positions and best possible position to be in to attack pin positions. Risk reward shots especially on short par fours and fives that will open scoring opportunities. Who is in the field so you will know who you will be playing with when they report by score (you will be looking for like handicapped players)? You then think through the list of players and their strengths and weaknesses and how they might play the course.

- o *Blamer of outside forces in losses. Difficulty in accepting personal responsibility for mistakes. Conflicts with team mates that led to deep seated feelings of anger. Desperate to win and extremely proud with a win regardless of scenarios that may have led to competitors loss. Better at recognizing weaknesses than strengths in competitors.*

If this was your choice your coach will have to move you away from finding any of the bad conditions on the golf course. He will have to talk you out of being upset over unmarked ground under repair or green conditions that don't favor your typically putting style. Bunkers that have too much or not enough sand must be forgotten about. He will have to calm you down when you see the pairings for the first two days and you notice you are paired with someone you can't stand for one reason or another. He will have to make you more aware of other competitor's ability to score on the course at not their bad habits that will cause them to play poorly. He will have to convince you that a ruling the PGA professional was correct and the penalty you received can not ruin your tournament.

- o *Never experienced wins. Losses were treated as acceptable. Played with great heart and determination but the team effort was never enough for a win. Ridicule because of losses was always taken personal. This ridicule still bothers you to this day.*

Your coach is there to help you relax and work on some very strong points of your game. To get a feel for the greens and the lay of the course so you feel like playing well and to the best of your ability is possible. He will need to talk you out of a few excuses that might make you not play well. You are more worried about the weather and if you

brought enough outerwear than working on your 40 yard flop shot. You are going to need the flop shot at least 5 times on the course each day on a short par four and all the par fives. He is going to have to convince that not making the cut last year at this tournament has no bearing on how you are going to play this year. Finally your coach will talk you into staying in the moment and playing shot to shot to lead you to a win instead of thinking about your final score and how it probably won't be good enough to win.

o Fill In _____

You might have a little of all these player's character traits so developing your coach will take a little from each of the coaches and add a little of your own sugar and spice.

Having a coach in your mind is a phenomenal sensation. Somebody keeping you in the moment at all times. Someone who also brings you back to the place you need to be, and not down some dirty and dark alley where bad golf shots will take a good round to everytime.

The next step is taking your internal coach and all of his support and turning him loose as your caddy. Some players actually have both guys sitting in their head. No we are not talking about developing schizophrenia. Most golfers already have that disease anyway! Your coach is for motivation and stability. Your caddy is your encyclopedia, navigator, dietician, pharmacist, and your psychiatrist.

The best way to develop a positive mental caddy is to find the opportunity to hire a real caddy and play with him by your side for several rounds of golf. Do this on several occasions as well. If you get a dud of a caddy then release him of his duties. Caddy masters are more than happy to replace a caddy with another that matches your playing characteristics. The conversations you will have with a great caddy will help you with later rounds when you use your inner caddy and coach. I must repeat, a great caddy. You will no the difference between a dud and a true loopier.

ADD COACH & CADDY THOUGHTS:

Simple Fix vs. Brain Tumor Mentality

"Golf is assuredly a mystifying game. It would seem that if a person has hit a golf ball correctly a thousand times, he should be able to duplicate the performance at will. But this is certainly not the case." Bobby Jones

Whatever issues you might have with your current golf swing probably can be fixed by listening to your buddies suggestions about the dynamics of the swing. The advice of fellow players is so beneficial to your golf swing I am surprised there are not more PGA teaching professionals in the world. Try this, try that, try this and that together!! Great advice from golfing amateurs is like great advice from amateur brain surgeons, the results are catastrophic. The recommendations of the top 100 Golf Digest instructors and the Golf Channel will absolutely isolate your swing issues and give you a clear path to better swinging. Bull Pucky! These people have never seen you swing a golf club and don't know your personal swing philosophies. Advice and/or instruction from those not qualified or not familiar with your golf swing is cyanide for both your swing and mental techniques. Go ahead and add another swing concept, remember the BandAids and throat slashing? Stop, quit it right now! More swing thoughts equals brain tumors. Less is more....way more!

I want you to think of swing thoughts like a plate of food. A well balanced meal is very digestible, nutritious, and exactly the right amount of food so you aren't ever overstuffed. I have had students show up with so many swing thoughts there plate looks like that of an extremely obese person at Old Granny's Buffet. A whole bunch of crap piled up together. A healthy golf swing comes from healthy swing thoughts. Very digestible and very repeatable.

Doctors will read the "New England Medical Journal" and not try the medical practices they just read on their next patient. Doctors are able to digest the information in a manner that doesn't directly affect how they practice medicine. They might find some new methods and practices very interesting and work very well for other doctors, but don't apply to their own practices. Why do golfers read golf digest and try whatever they read in their next round. Honestly, would you perform your own appendectomy? If you intend on watching golf instruction or reading about golf instruction please do so without relating everything to your golf swing. When you do discover something that might pertain to your golf swing send an email to your teaching professional that knows your swing and get his or her opinion. You will be surprised at how often what you thought would be a good addition to your swing only adds frustration and poor mechanics.

Solid swing thoughts might not work at first. A swing thought might not work for months, but if the thought is simple then keep it up. There are a ton of bandaids and Old Granny Buffets out there, don't allow yourself to be susceptible to brain tumor mentality.

ADD BRAIN TUMOR MENTALITY:

ADD SIMPLE FIXES:

Know Your Competitor-(self inflictor)

"I play golf with friends sometimes, but there are never friendly games." Ben Hogan

Stroke Play Competition

Knowing who you are competing against is very valuable. At the beginning of a tournament with a full field of players, knowing your competition is way too overwhelming. There are simply too many players, too many days of competition, and too many uncontrollable factors. Even if you are only playing a single day event you must remember there is plenty on the course to cause most of the field of players to fail. Regardless of the amount of days of an event you will be paired with two or three other players that are vying for the same outcome as yourself. Playing to the best of your ability and ultimately experience victory on some level.

Unfortunately for most of the field they don't quite understand how to play to the best of their ability and end up in the last group on the final day of a tournament. Even in weekly mens'/ladies day formats most players focus too much on final outcome, swing techniques, mental issues, and the dreaded bad putting abyss.

Please remember a large number of the golfers you will compete against will fail because of their own mental incapability to focus on what is important. Most forget that down the middle and on the green produces very positive results. When down the middle and on the green fails on a hole or holes, what is the best possible route to take to prevent any score higher than a bogey? These very simple swing thoughts are never even in use by most of your fellow competitors! Most players begin the dreaded "my swing sucks" mantra and they never leave that state of mind.

Players that begin to fail during a round and can't seem to ever come back to what is important (down the middle and on the green) are SELF-INFLICTERS. Individuals that lose their train of thought and begin the blame game.

Blame Game Statements

- I am working on something in my swing and my pro has me all screwed up
- The weather today is brutal, I just can't play in this crap
- I slept wrong last night and just can't hit the ball
- I hate this driver I always hook/slice the piece of junk
- Beginning with my first three putt I just couldn't get my mind right

Bla...Bla...Bla...on and on the blame game continues!

Please learn to recognize these players as self-inflictors, they are going to implode and there is no one else to blame but themselves. The best thing you can do is get out of their way and watch the collapse happen. Your goal is to not get involved or become

compassionate about their current situation. It doesn't matter if a tournament has 20 players or 2000, players will collapse and implode and it doesn't have to be you.

MATCH PLAY

Match play is one on one competition therefore discovering your opponent's mental strength or lack thereof is much simpler. Most golfers in match play events worry too much about winning or losing holes and forget to play their own game. One up after the eighteenth hole wins a match just as well as winning 9 & 8. Very quickly I will explain match play scoring terminology. Every hole is worth one point, the person with more points than there are holes left in a match is the winner. Golfers become consumed with score and not winning holes. If you score an 8 on a hole and your opponent scores a 9, you just won that hole. What your score is does not matter, winning more holes than your opponent is what matters.

You will play against players with inferior skills to your own and you are getting your butt kicked. Relax and analyze why he is beating you at the moment. Is he missing greens and chipping on and saving pars? Maybe he has got a couple of lucky breaks, like hitting into the trees and the ball bounces out on to the fairway or a ball stays in bounds because of a lucky bounce. Keep playing your game because the lucky situations will cease and your game remains consistent. You might be four down after five holes and still win the match because you play steady and smart.

The best method to size up an opponent in match play is never assume he will make mistakes. By assuming mistakes will happen creates false confidence and room for error in your game. Instead assume he will play an error free match therefore you must focus on every shot and play very smart.

ADD STROKE & MATCH THOUGHTS:

Let It Go Theory

"Focus on remedies, not faults." Jack Nicklaus

I am always shocked at how many students don't know how to let both great rounds and bad rounds go. Learning to play for the moment keeps the mind very fresh. I am sure you understand wanting to get rid of bad rounds, but why would you want to get rid of great rounds? Golfers who constantly try to compare their latest poor rounds to rounds they played great is a formula for disaster. I find it fascinating when players justify a bad round by trying to remind everyone around him of the great rounds he has played. It seems like these players are afraid everyone else must think he is just pretending to know how to play, therefore he has to travel down memory road.

Comparing latest rounds to previous rounds only adds more pressure to perform. A great round should be savored and stored in your memory as one of many to come. Think of the guy that gets on the first tee and says, "Last time I played here I shot 68." Does he shoot 68 or better during his current round? Nope! Because he planted that final number in his mind, now on every tee box he will be remembering that he birdied this hole or that hole last time. Instead of focusing on the moment and the golf shots needed to produce birdies, he is measuring his performance defined by a previous score. Disaster every time!

Letting go of bad rounds is necessary so future rounds aren't impeded by negative memories. "Last time I played here I shot 82 and missed the cut by 1 shot." Planting the previous scenario fresh in your mind only brings bad memories right to the forefront and replaces any thoughts of success.

I hope you understand that letting rounds go doesn't mean you forget them completely. Previous rounds should always be used as part of your battle plan for your current or future rounds. Past rounds always should be used to find two key elements and nothing else. Every player should ask **WHAT WENT RIGHT & WHAT COULD I HAVE DONE BETTER?** Notice I didn't ask what I did wrong, I want to learn what I could have done better. Huge difference in thinking.

Letting it go is so easy for kids. I have watched enough upsets and heartbreaks in other sports with all three of my children competing at different ages. The most amazing thing to witness after a tragic upset is the response to the loss by the players and the parents. The kids have let the loss go in minutes, they are ready for pizza and ice cream and time with their friends. The parents are all pouting and stomping the ground in disbelief. Three hours later the parents are still holding a grudge while the kids are taking pictures with ChuckE Cheese. Kids and parents are the same way in great wins, except now the parents are still celebrating three hours later.

Learn how to let your rounds go. Never feel like you owe other players an explanation for your performance. Store your rounds in your memory as a resource for future battle plans and nothing more.

ADD "LET IT GO" THOUGHTS:

Practice vs. Warm-up

"A golfer should put in the same amount of time on the practice tee as he does playing" Lee Trevino

About 90% of golfers don't understand the difference between practicing and warming up. How many times have you heard a golfer say, "I need to get to the course early so I can practice."? If you intend on practicing before you play a competitive round of golf then you are too late!

It is ironic that you can ask a seven year old what they do during the week to get ready for a sporting event. They will tell you that they practice. Then you ask them what do they do before the actual game and they will tell you that they warm-up. How come grown men and ladies can't figure out the difference?

Hitting balls with no direction and no goal is not practice. Practice requires planning, preparation, and scheduling. Every practice ball needs to be hit like it is a real shot on the golf course under extreme pressure. Don't get me wrong I am not saying practice can't be fun. Actually just the opposite, you have to be very creative with your practicing otherwise all your time and energy is wasted. Consider practice more like a work-out and not just ball striking.

	1/4	1/2	3/4	FULL
IRON				
LOB				
SAND				
GAP				
PITCH				
9				
8				
7				
6				
5				
4				
3				
4				
HYBRID				
3				
HYBRID				

ADD THOUGHTS ON PRACTICE:

Principal, Laws, and Preferences

From the PGA Specialty Certification Program Manual: Teaching the Game of Golf

PLEASE WRITE YOUR THINKING ON EACH OF THE BASICS OF THE GOLF SWING

Principles

1. Grip -
2. Aim -
3. Set-Up -
4. Swing plane -
5. Width of arc -
6. Length of arc -
7. Left wrist position -
8. Lever system -
9. Timing -
10. Release -
11. Dynamic Balance -
12. Swing center (rotational) -
13. Connection -
14. Impact -

Preferences

1. Early wrist hinge -
2. Slow back -
3. Two-knuckle grip -
4. Open stance -
5. Outside take-away -
6. Lateral slice -
7. Flat backswing -
8. Light pressure -

10. Bent left knee -
11. Left toe out -
12. Extended arms -
13. Fixed center -
14. Chin behind -
15. High hands -
16. Weight forward -

Laws

1. Clubhead path -
2. Position of clubface -
3. Angle of approach -
4. Centeredness of contact -

ADD THOUGHTS ON PGA BASICS:

COMPETENCE

Discovering how to play better golf is very similar to how to be the best at what we do in life in general. Evaluating one's day to day competence helps in making the next day even better or maintaining a high level of performance.

Four levels of competence to measure and evaluate your golf game.

#1 UNCONSCIOUS COMPETENCE

- WE JUST DO. OUR NATURAL INSTINCTS, CONFIDENCE, AND EXPERIENCE ALLOW US TO SIMPLY PERFORM AT A VERY HIGH LEVEL OF COMPETENCE WITHOUT HAVING TO "CHECKLIST" OUR EVERY MOVE.

#2 CONSCIOUS COMPETENCE

- CREATE THE "CHECKLIST" AND CHECK IT OFF.
 - SET-UP
 - GRIP
 - STANCE
 - DIRECTION
 - INTENT

#3 CONSCIOUS INCOMPETENCE

- CREATE THE "CHECKLIST" AND TRY TO CHECK IT OFF, BUT WE KNOW WE ARE SOMEHOW NOT COMPLETING THE TASK.
 - SAME AS ABOVE

#4 UNCONSCIOUS INCOMPETENCE

- WE HAVE NO CLUE ABOUT THE "CHECKLIST" AND CERTAINLY NO WAY TO CHECK OFF ANYTHING.
 - TOTAL MESS AND VERY POOR GOLF

ADD THOUGHTS ABOUT YOUR LEVEL OF COMPETENCE:

OUT TAKES AND ADD ONS

BANTER AND MORE BANTER

- POSITIVE SELF TALK AND MORE POSITIVE SELF TALK

BLACKOUT AREAS AND SYNC OF SWINGS

- AWARENESS OF BREATH CONTROL AND SWING SPEED AND LACK OF ABILITY TO TREAT GOLF LIKE "FREE THROWS" /BASKETBALL

Knowing the Rules-

Like the notorious couch quarterback, beer basemen, nacho know it all, golf has its rules "aficionados" as well. You know the guys and gals I am talking about..."Hay you can't do that..That's a two stroke penalty!" Even better, "Oh just drop your ball right here and add two strokes...that's what it says in the rules book".

The Rules of Golf as approved by The United States Golf Association. Sounds ominous doesn't it? Honestly the rules are not that complicated and are actually around to help golfers, not necessarily penalize. Memorizing the rules is not necessary but understanding how to navigate through the 34 rules is tremendously beneficial.

Just like other sports, golf has a book of rules that govern all infractions, penalties, and relief situations. The major difference between "team" activities and playing "individual" golf is there aren't any refs or umps. Nobody on the playing field or court to immediately decide your current situation, which means you get to decide your own outcome or someone you are playing with might decide for you. If the procedure you decide to follow is wrong then more than likely one of the following will occur, a two stroke penalty, loss of hole (play), or disqualification. Rules infractions hurt, and so easily preventable by learning proper procedure versus another players interpretation.

Here's a classic scenario for you. Two players in a club championship and playing in the final group come up to the 18th tee box on the final day. Player A, we will call him Bubba, is playing out of his mind. Bubba is going to win the tournament and take the trophy home to his adoring family and bask in the glory of his victory for years to come. Player B, we will call him Adolf, has chunked chips, three and four putted, and spent so much time in the sand you would have thought he was storming one of the beaches of Normandy. Bubba hits his tee shot right into the trees. Adolf hits his drive down the middle. Bubba searches and can't find his ball...Adolf, being the rules aficionado that he is tells Bubba to go back to the tee and hit a PROVISSIONAL BALL while he will stay and look for Bubba's first ball. Bubba, being the happy go lucky-almost soon to be club champ heads back to the tee and hits another ball. Bubba hits his PROVISSIONAL BALL from the tee box and heads back down eighteen fairway. During this time Adolf discovers Bubba's first ball and it is in an awesome position. A simple second shot through an opening in the trees that is as wide as the English Channel. Bubba has Adolf pick up his PROVESSIONAL BALL and he hits his original ball on the green, two putts, makes par and is about to win the club championship! Drinks are gonna be on Bubba!

Bubba leaves the eighteenth green, signs his card and begins to celebrate. Adolf tells the story about how he "helped" Bubba on the eighteenth hole by finding his first ball and leading him to victory. Adolf searched diligently as Bubba hit his PROVESSIONAL BALL and low and behold Adolf found Bubba's first ball. What a great fellow competitor Adolf was, while playing one of his worst rounds he still helped Bubba with a PROVISSIONAL BALL ruling which enabled Bubba to go on and win the tournament!

BUBBA IS DQ.....No not Dairy Queened, not Don Quixoted, DISQUALIFIED.

Here is why.

Rule #27-2a Provisional Ball

If a ball may be lost outside a water hazard or may be out of bounds, to save time the player may play another ball provisionally in accordance with 27-1. **The player must inform his opponent in match play or his marker of fellow-competitor in stroke play that he intends to play a provisional ball, and he must play it before he or his partner goes forward to search for the original ball.**

(Bubba left the tee box without hitting and announcing provisional ball)

If he fails to do so and plays another ball, that ball is not a provisional ball and becomes the ball in play under penalty of one stroke and distance and **the original ball is lost.**

(Bubba went back and hit a ball and then hit his first ball) Oh no!!!!

We are not done yet...Bubba has now hit the wrong ball, which is a fixable penalty right?

Rule #15-3b Wrong Ball – Stroke Play

If a competitor makes a stroke or strokes at a wrong ball, he incurs a penalty of two strokes.

(Bubba should be good, he can just go back and hit his provisional ball and take two strokes, right?)

The competitor must correct his mistake by playing the correct ball or by proceeding under the rules. If he fails to correct his mistake before making a stroke on the next teeing ground or, in the case of the last hole of the round leaves the putting green, he is disqualified.

Ouch for Bubba! Because he left the 18th green he is disqualified.

This type of scenario happens daily. Believing another player's interpretation of the rules always leads to disaster. Keep a rules book in your golf bag. Study the rules at least once a week.

Rules and rules procedures you should know very well because of their frequency are:

- Out of bounds
- Unplayable ball
- Immovable and movable obstructions

- Water hazards and lateral hazards
- Lost ball
- Provisional ball
- Doubt as to procedure

Take the time to understand these terms and rules procedures. The next time you play you will be very surprised how often players misinterpret even the basic rules. I would like you to watch how a PGA professional presents a ruling to a player and then always replicate his or her presentation. PGA professionals will always have a rules book present during a ruling so the player can actually see and read the ruling. By doing so the PGA professional is not held personally accountable for giving a ruling. This is very handy when the pro is disqualifying the club president or his employer. Showing a player the actual rule or being shown the rule prevents misrulings and elevated tempers.

The USGA has downloadable rules tests that make learning the rules not so overwhelming. Take the time to create some hypothetical rules situations and see if you can administer the correct ruling.

Junior Golf-

As a three time PGA Junior Golf Leader of the Year and Director for AAU Golf, I am certainly committed to the creation of new golfers and the continued instruction of young men and women already involved with the game.

My dad shared a secret with me a few years ago that if I would have known when I was a know-it-all teenager I probably would have quite the game. I used to play in a money game every Saturday and Sunday with my dad and the rest of the men's club at Escondido Country Club in San Diego County. I played to win and feel the joy of taking money from grown men. Since I was underage I couldn't spend part of my winnings buying drinks for the guys afterward which frustrated these guys almost as much as losing to a kid. My dad remains a high single digit player as he was 25 years ago so I took his money most of the time as well.

Every weekend I was ready to go at six in the morning so I could warm up and be ready for the shotgun start at eight. Once we teed it up at eight my dad and I spent the next five hours together on the golf course. I was trying to beat the pants of everybody and my dad would simply play his game and talk to me throughout our rounds. The secret my dad revealed a few years ago, he didn't care about golf he simply knew he had one on one contact with his teenage son every weekend for hours on end. What a jerk! He suckered me into talking to him!

I can't need say enough about the time spent with your son or daughter on a golf course or practice range. My oldest boy is sixteen and I find out more about his life on the golf course than I ever can at the dinner table. When asked how is it going? I don't get the knee – jerk response...FINE. I actually get answers and questions from the heart!

Junior golfers play the game in its truest form. Kids play for the love of the sport. Adults seem to lose the sport of golf. Kids walk, carry their clubs, and play by the rules. Adults typically ride in a cart, drink beer, smoke cigars or cigarettes, and most play by their own rules. If you are considering introducing a child to the game I have a few recommendations.

Junior Golf Tips:

1. Find a teaching pro that intends on developing a relationship with the student that goes further than just swing mechanics. Your son or daughter's teaching pro must introduce and sharpen strategic skills used by the greatest players in the world. Learning how a junior golfer thinks during practice and on the course is more important than simple mechanics.
2. Find golf clubs that are the right size. You don't have to spend a fortune on junior clubs. There are several manufacturers that sell individual clubs for \$25-\$45 per club. A beginner only needs one iron, a driver, and a putter. Cut down adult clubs with steel shafts will do more harm than help.
3. Teach repetition thru drills. Most juniors play other sports and are very familiar with skill specific drills. Allowing a junior to simply lash at range ball after range ball will only lead to very poor technique and greater frustration.
4. Be patient. Getting angry is the wrong signal to send to a junior golfer. Remember they are trying on some level. Your job is to find the level they are comfortable in and try to stay there. Some kids can absorb a lot and for long periods of time, others will only listen for one minute and then want to try on their own for ten minutes. Find the right pace and be patient.
5. Start very, very small. Slow and little swings teach volumes.
6. Spend hours putting and chipping. My junior students that began on the practice green are dynamic competitors. They learned touch and feel first, then the mechanics of the full swing. Timing and rhythm are much easier to establish on the practice green than on the driving range.
7. Proper grip and stance first. A child with a great grip is awesome. If the hands don't hold the handle properly the swing will never work to its fullest capability. Kids have a tendency to move their hands constantly. You will have to stop every few swings and have the child readjust their hands back to the proper position. Find a grip drill that works for the child.
8. Find a tour player that the child likes. Discuss what he or she likes about the player's swing, personality, and body makeup.

9. Club Fitting-

10. If you found a great pair of size 8 shoes and you wear a size 12, how is that going to fit? Why do people buy mid and top shelf clubs off the rack, spend thousands of dollars, and never seek the advice of a professional fitter? Without spending the

time to truly no if your golf clubs are built with your specifications you will never know if poor shots are originating from poor swings or poor fitting equipment.

11. Students who are constantly hitting the ball high and right might simply need a new fit on their clubs. For men, clubs typically are too flat. This causes the high right shot because the toe of the club is coming into the hitting area lower than the heel. The toe grabs the turf and the pressure of impact with the ball causes the clubface to open slightly at impact causing the ball to move to the right. The polar opposite is a club that is too upright. An upright club will cause the ball to typically move left with either a pull or a hook because the heel of the clubface impacts the ball instead of the club moving thru the hitting area squarely. In recent years some companies and fitters intentionally will fit a golfer who has a left to right shot pattern with a club that is too upright. By doing so the golfer experiences shots that travel straight or left for the first time in their golfing careers. The down side is the fitting is not proper therefore this method acts as a band-aid and will begin to create even more swing flaws.

12. Drills

13. **"It is not practice that makes perfect, it is perfect practice that makes perfect."**
Dave Pelz
14. **Tee drill for topping #1:** Place several tees in a line about four inches apart. If you are working with a driver then the tees should be setup like normal for your driver. If working with irons place the tees in the ground so as only the head of the tee is above the ground. With a swing of about 50-60% energy begin striking the tees so the tees fly out of the ground. Repeat this drill several times (50 tees). Next repeat the drill with golf balls resting on top of the tees. Remember the drill is not to hit the ball, but to hit the tee.
15. **Tee drill for topping #2 irons, fairway woods, hybrids:** Place a tee at least two inches in front of the ball and pushed deeply in the ground so only the head is exposed. Begin hitting balls with the tee in this position each time. By placing the tee in front of the ball players learn to move down and thru golf shots and not to attempt to lift the ball in the air.
16. **Penny in front for chipping and pitching:** Place a penny at least an inch in front of the ball. Begin chipping and pitching and striking the penny each time. The most common error in both chipping and pitching is "thinning" or topping the ball. Such an action is caused by lifting the clubhead to put the ball in the air versus moving the clubhead past the ball at grass level therefore the loft of the club puts the ball in the air. The penny will show that you are moving the club past the ball on grass level and not lifting.
17. **Move the grass for chipping and pitching:** This drill works the same as the penny drill and is best used in slightly taller grass. Place a ball in the grass and take practice swings next to the ball. Notice how the grass is disrupted past where the ball is resting. Now strike the ball and notice how the grass is moved in front of where the ball was resting. By causing the grass to move after the ball this shows that the club is moving at ground level past the ball.

18. **Two headcovers:** Place two headcovers on the ground. One headcover behind and outside the ball and another in front and inside the ball. These two headcovers act as bumpers to keep the club moving straight down the intended path to the target. Students who are swinging on an outside to in swing path will hit both headcovers and the ball. Students who have a tendency to short side the thru swing and "chicken wing" the left arm will strike the front headcover. The closer the headcovers are placed on the sides of the intended path the better.
19. **Four headcovers:** After mastering the two headcover drill place two more headcovers on the ground so the headcovers create a small rectangle around the ball. For students that swing to steeply on an inside to out path the two new headcovers will be struck. With four headcovers on the ground the club has to move on a straighter path both on the back and thru swings.
20. **Left Arm back & thru swing:** Swing the club back and thru with just your left arm. Pay careful attention to the extension of the arm on both the backswing and the thru swing.
21. **Right Arm back & thru swing**
22. **Left Arm extend thru then attach right arm**
23. **Pigeon Toe setup**
24. **Square Left Foot & Severe Pigeon Toe Right Foot setup**
25. **Throw the club**
26. **Feet together on full swings**
27. **Tennis Racket backhand (left hand)**
28. **Tennis Racket swing (right hand)**