

Issue 1

May 2006



ELITECOACHING.COM GOLF ACADEMY

DESIRE

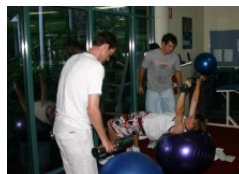
One Year Residential Program established



Students that aspire to a career in Professional Golf are now able to enroll on a one year residential course. The course will start in Australia in November 2006, and will be based at the Academy's winter home at Royal Pines, and then students will be located at the Academy's new Summer base at GC Gstaad from May until October 2007. Academy Director, Jon Walllett, says " It's a great opportunity for dedicated young golfers to develop their golf in a structured environment.



We focus with each student on the development of each individual's technique, mental, management and physical conditioning area of the game".



Students with our Physiotherapist Josh Meyer

Jon adds, "I would like to say a big thank you for the co-operation from GC Gstaad, Royal Pines Resort and the Australian Institute of Sport for making this possible"

Students who are not able to attend to full time still have the opportunity to attend part time, attend camps or to partake in the distance learning program.



Jon says, " The results we've had with our students so far has been very encouraging, and we are continually looking at ways of developing what we can offer the students. The partnership we have forged in Australia both with RPR and AIS means that students will have access to top class facilities, as well as have the opportunity to play some top class amateur events during the European winter". He adds, "Previously, young golfers who are serious about a career in Professional Golf have few full time options apart from US College golf. Hopefully, our Program now gives such students an alternative"

More information is available on the website www.elitecoaching.com

Welcome to "DESIRE"

Welcome to our new monthly newsletter "DESIRE". At the end of each month it will be emailed to everybody on our mailing list. We aim to give you all news around the elitecoaching.com Golf Academy's

activities, as well as highlighting achievements and opinions of our students. Also we would welcome any feedback from YOU, about what you would like to see in the monthly newsletter.

Please send us an email with your views!!

If you would prefer not to receive the email newsletter at the end of the month, please just click on 'reply', and then in the title bar and write "UNSUBSCRIBE"

One week elite training camps at GC Gstaad

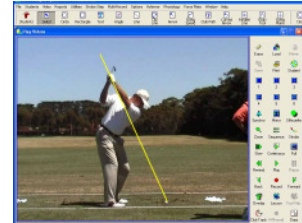
During July we will be hosting some one week camps at GC Gstaad. The practice facilities at GC Gstaad and its challenging 18 hole course, together with our teaching studio equipped with the latest computer coaching technology, including the SAM Putting Lab, make it an excellent venue.



The camp is aimed at Students with a handicap range of 0 to 9, aged between 14 and 20 years old.



ware, a workbook of all that they learnt, free T-shirt and a baseball cap.



Accommodation has been organized at "Zloft", which offers hostel style accommodation, and is located within walking distance of the Golf Club (more details available on www.zloft.ch)



Training will be a mixture of technical, mental and management areas of the game.



At the end of the course Students will receive a personalized game improvement DVD, GASP Student Swing analysis soft-

Course dates;

WEEK 1 - Mon 3rd July to Fri 7th July

WEEK 2 - Mon 10th July to Fri 14th July

Places are very limited as the group size is small so please reserve your place early in order to avoid disappointment. Please email info@elitecoaching.com or call +41 79 343 2524. Further information on www.elitecoaching.com

Training Tip of the month

One of our key philosophies at our Academy, is that it is not the quantity of training that is important, but the QUALITY. As a young assistant Pro at a Country Club in the UK, my first Manager was the famous Australian distance runner Ron Clarke. He broke over 20 World records during the 1960's in distance running. He said that he did this not by training harder than the other runners of his generation—because many were equally as dedicated as him—but by training BETTER. Whilst the other runners of his generation were out pounding the tarmac mile after mile, Ron trained running up the sand hills of Melbourne. Have you ever tried running up sand hill after sand hill?!? Running on the hard surface of a race track then becomes a definite luxury!! It's interesting that one of his heroes was the Australian cricketer Sir Don Bradman—undoubtedly the finest cricketer

in the history of the game. Sir Don developed his unrivalled batting skills in his backyard, using a cricket stump (considerably smaller than a cricket bat), and hitting small stones (smaller than a cricket ball). What they both did, is make the training HARDER than the actual game.

“To improve, you must practice. But the quality of your practice is more important than the quantity” DR BOB ROTELLA

So our training tip of the month, is to look to make part of your training HARDER than what you will experience during competition. So how can you do this?

There are many ways you can do this, but to give three examples are;

1. Putting—put two tees either side of the hole, so that you effectively make the hole smaller.
2. When playing a practice round, select a hole that you perceive as a TOUGH driving hole. Perhaps this hole is tree lined or with water hazards. Then take 3 brand new golf balls (for instance Pro V1's!!), and then, using your pre shot routine, hit 3 drives. You will experience a nervousness that you would not feel practicing your driving on a driving range !!
3. Play a 9 hole match against a fellow competitor, and only tee off with a long iron, so that the course plays “longer” - and remember to play for something so that you are “under pressure” !