

TECHNIQUE
MANAGEMENT
MENTAL
PHYSIOLOGY
EXCELLENCE
FUN



Trust it, or learn to like losing.....

“Trust your swing” is often a phrase one hears, but what exactly does it mean? What does it entail? What exactly is it ?

Trust is the ability to **let go of conscious control**. It’s the ability to say to the sub conscious mind, “You’re in control!”

How can I trust my swing if it’s got flaws in it?

Some students say to me that they can’t trust their swing because they have swing faults, and when they correct these “faults” then they can start to learn to trust their swing. **NO!!!!** This is totally wrong!! Every swing is a “work in progress”. Tiger Woods is continually working on his swing. Does this mean he can’t trust it until he reaches what he perceives as perfection?? Of course not! As Bob Rotella says, golf is a game of mistakes, and of course we can develop more efficient swing techniques, but it will always be a game of **imperfect shots and imperfect swings**.

“You have to first give up control to gain control”
DR BOB ROTELLA

How can I learn to trust my swing more?

1. Realistic attitude – Golf is a game of mostly imperfect shots

First of all you have to be realistic in your attitudes. NO-ONE has a perfect swing, even Tiger Woods. Being self critical of your swing is an attitude that will undermine your confidence. Once you absorb a more accepting attitude, and stop “trying” to swing perfectly and hit perfect shots, it will help you to trust your swing more.

2. Accept the swing that you have now

Trusting does not guarantee success—but playing on the course with a trusting mentality will bring more success than playing with a “conscious control” mentality.

„ To play great golf, you must control your conscious thoughts and give your subconscious simple clear instructions „
DR BEE EPSTEIN-SHEPERD

3. The most important relationship in golf – you and your swing

A good story is that of Lee Trevino, winner of 6 Major titles. When asked whether he prefers to play a fade or a draw, he said “ I dance with the lady I came with – I go on the practise ground before the round and if I’m fading the ball, I’ll play with a fade that day. If I’m drawing the ball on the range, then I’ll play with a draw that day”. That was a major reason why Lee Trevino was so successful – although he had a very individual swing, he had a great “**relationship**” with his swing. Nobody has a perfect swing during ANY tournament – but the player who **accepts** his or her swing and has the best relationship with their swing, will be the player who is picking up the prizes.

Develop trust on the range and take it to the course. We insist with our students that 1/3 of the time in practise is in the trusting mentality. This means that 1/3 of the time they have to play **without conscious control**. Just like any skills, you have to develop them in practise and then take them to the course. Start practising trust on the range, and then when you play on the course it will be a lot easier.

There are a number of excellent exercises and drills that help to develop trust—send us an email if you want to join one of our Programs and learn to be a winner and not a loser....

Lake MacQuarie trophy— World Amateur tour event

Three of our students recently competed in the Lake MacQuarie trophy held at Belmont GC, near Sydney. This tournament is on the world amateur circuit, and has a high pedigree, with a number of major winners and established tournament winners as past competitors and champions.

Belmont GC is a links course located next to the ocean, and was a demanding test for all the competitors. On the second day there was a stiff breeze and this together with the heavily contoured greens created a very difficult golfing challenge.

Student Jokke Altonen (Finland, 20 year old, +1 h'cap) shot 76-75 to miss the cut by 3 shots. Oliver Gilmartin



(Switzerland, 18 years old, 1 h'cap) shot 81-74 and Nikke Tyry (Finland, 17 years old, +1 h'cap) shot 78-77.

It proved a great experience for the students, and also excellent links course experience, and proved very motivating as the standard of competition was extremely

high with many of England's elite team (including Gary Wolstenholme), as well as top amateurs from USA, Canada, Korea, Japan, New Zealand and of course Australia, competing.

Next tournament for the students is the Tasmanian Open, a 72 hole tournament which again includes former major champions as past winners, and this time will include professionals as well as amateurs. Six students from ecGA (2x Pro, 4 x Amateur) will be competing and we will keep you informed of the results in the next newsletter.

Learn in a structured environment—enroll for Australia 2007/8

What can you expect from any Golf program?

There are many golf programs to choose from, many golf instructors enthusiastic to show you "their" method. Where should you go? Which golf instructor should you choose?

No golf program can guarantee success for every individual. The best any golf program can do is to create and cultivate the right conditions for success, but ultimately it will be dependent upon each individual student to create his or her own story of success. Why? Because the coach can only ever be the "navigator" of the aeroplane—the "pilot" will always be the student.

The critical point in any learning situation, is in the application of the information.

The student can will always be responsible for this. However the coach's job is to ensure that the information given is of the highest quality, and that each student is treated as a unique individual, and is motivated to the highest possible degree to learn and develop skills in all areas of the game. At ecGA we can offer a Program that offers;

- **Competitive conditions in practise**

Ben Hogan once said that all his tourna-

ment victories came during practice. What he meant was that the skills that won him golf tournaments, he learnt and cultivated in practise. Common sense really—Ferrari develop their car and engine during practise, and then take it to the race. Our students compete against each other in practise, and against the top Korean talent from the David Leadbetter Academy (Korea) each week, so that they can develop and hone their skills in practise and then take these skills to the 1st tee in tournaments.



Some of our students at our weekly boxing class

- **Holistic approach—training in all aspects of the game**

At ecGA we work to a curriculum that encompasses technical, mental, management and physiological areas of the game. Having seen at close hand the Australian Institute of Sport Program which has developed so many top Australian players over the

last 10 years, not taking a holistic approach definitely will put you one down on the 1st tee against your future competitors (that's if you even get good enough to get to the 1st tee with such competitors....)

- **Proven techniques at the cutting edge of the game**

The problem with golf is that so much of the information is hypothesis. Very little is scientifically proven. In other disciplines such as sports psychology there is an accepted way of proving theories. In golf teaching anybody can say what they feel and then market it. At ecGA we use proven theories which have been successfully applied to bring high performance.

- **Excellent infrastructure**

Based at Royal Pines Resort, host of the ANZ Masters each year, we can provide excellent facilities. Of course our Program does not come cheap, but if you look at the long term benefits, and the amount of time you invest in your game, doesn't it make sense to "invest" some money in yourself?

The Program for 2007/8 is already under construction, and it looks like demand for places will be high. Places are strictly limited—register your interest early.