

TECHNIQUE
MANAGEMENT
MENTAL
PHYSIOLOGY
EXCELLENCE
FUN

Developing a long term success program

If you look in newspapers, magazines, or on the internet you will find literally thousand of instant dieting solutions. Most of these promise dramatic weight loss, for virtually no effort. The dieting market is worth billions each year, and yet most of the people buying these diet miracles do not lose any weight at all.

Well, I'm going to give the magic secret for dieting—**eat less, and exercise more!** And you do not have to pay anything for this magic solution!

So why do people spend lots of money on dieting solutions? Because they want a **big improvement, with little effort.** And it's the same in golf—lots of players are looking for that "magic pill" which will make a dramatic improvement in their game, but in reality no such magic pill exists. David Leadbetter said to be personally one time, that many mini tour players come to him thinking that a few lessons and then suddenly they will be able to play on the PGA Tour. He said himself that he does not have any magic pills.

So is it impossible to make a dramatic improvement in your game?

No, it's very **possible** to make a dramatic improvement in your game—and many of our students have—but it requires:

- **Vision**—this is like a dream of where you want to go with your game, and the vision creates a mental map for your brain to follow

"I've always known where I want to go in life. I've never let anything deter me. This is my purpose – it will unfold" T WOODS

- **Planning**—Once you have a vision, you need to set about creating a malleable and flexible plan to get you to your vision. This plan must then be monitored regularly, and reviewed

"Nearly everybody comes up with plans and dreams. Few people though actually do something in order to achieve them" GREG NORMAN

- **Coaching**—In order to get to your destination, you have to identify the skills that you need to acquire and improve in order to support your vision. These skills will be technical, mental, management and physiological. A long term plan skill development plan is an **absolute must**
- **Discipline and dedication**—This is the key to success in anything—dieting, sports or business— you have to have the discipline and desire to implement your success plan. If you are unable to do this, you are just dreaming, however much talent you have.

"The question of success will be determined by your own level of commitment" GREG NORMAN

So how can you develop a long term success plan?

The first stage is assessment—identifying where you are now, where you want to go, and what skills you will require. This requires time, and also detailed analysis and detailed questioning because these things are not easy to identify. Most golfers spend most of their practice time practicing the wrong things.

During the month of June we are offering a **FREE** GMAP (Golfers mental analysis profile). Send us an email and then we will email you the GMAP for you to fill out, and then based on this you will then receive a Mental Profile and game plan of issues that you need to address, and then options on how you can address them. Email address

info@elitecoaching.com

Australia Winter Elite Program 2007/8

Are you a serious player with high ambitions?

Winter is a time which you can use to build your game, and our elite program in Australia offers everything a player could wish. Academy Director Jon Wallett says, "Any player who is serious about becoming a successful Tour player needs to have a long term skills acquirement structure for their game. Having been involved in or having seen at first hand the elite programs of other countries, notably the Japan Golf Science Institute and the Australian Institute of Sport, elite players in these countries are receiving the best advice in all areas of the game – technical, mental, management and physiological. If you want to compete against these players, you too have to go to the tournament and to the 1st tee with the same or higher skill level than your competitors, and a program such as ours will enable you to do that."

"I benefited greatly from all parts of the program – swing, short game, mental and the physical training. The whole experience in Australia was truly wonderful – the perfect organization, your fascinating work, the facilities at Royal Pines – thank you!"

Wolfgang PISTONIK (AUSTRIA) Pro,
Student 2006/7 Program



The Academy uses the latest technology to help the students develop their skills, such as the K vest 3D Biomechanics, SAM Putt lab.

Part of the Program is dedicated to the mental side of the game. Academy Director, Jon Wallett, is an accredited mental game coach, and he says, "I sometimes ask new students what percentage of the game do they feel is mental and what percentage is technical. We get differing answers but usually elite players place at least 50% importance on the mental game. The next question I ask is how much of their practice time do they devote to the mental game. The most common answer is 0%! But often the students do not know how to practice the mental game and this is where we can really help the students with exercises to build and develop their mental skills".



"I gained great experience from playing in the tournaments on the Australian Amateur circuit. I loved the competitive element in the training, and I achieved all my goals that I'd set for myself"

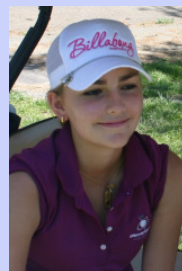
Oliver GILMARTIN (USA) H'cap 1
Student 2006/7 Program



"The mental and management parts were really interesting and beneficial. My swing improved a lot and I really enjoyed the atmosphere within the camp"

Nikke TYRY (FINLAND) H'cap +1
Student 2006/7 Program

The physical training is directed by Josh Meyer, who is a physiotherapist specializing in golf. Josh spent part of his time training with famous golf Physiotherapist Ramsay McMaster, who directed for many years the highly successful Australian Institute of Sport Program. Students each receive a personal screening, and then a personal training plan according to their physiological needs. Josh says, "A lot of elite golfers do not realize that imbalances in their physiology create problems in their swing technique. In order to be able to correct the technique, we first have to correct the physiology". He adds, "The physical training for the elite students is a mixture of corrective exercises, flexibility, strength and aerobic training. We try to keep the training motivating and stimulating so we mix it up with some boxing based exercises, some beach work with the surf, and of course in the gym as well".



"My game progressed a lot, and my swing has got much better. I feel much more motivated. The whole experience was amazing and I want to go again!"

Ashley KILCHENMANN (SWITZERLAND)
Student 2006/7 Program

Within the four month program students have the opportunity to play in tournaments, such as the Australian Amateur. Jon says, "The standard of competition is very high in Australia, and with the elite teams from different nations also basing themselves there through January to March it is a great opportunity for our students to test themselves against the best"

The program is based at the luxurious Royal Pines Resort, located on the Gold Coast. The resort is the home of the ANZ Ladies Masters tournament each year—a LET event. There is a 27 hole championship course, coupled with an excellent infrastructure for training, including a fully equipped gym.

Places are **strictly limited** and by application only. Advice is given on finding sponsorship if necessary, and anybody interested in the Program can fill out the form on the website in order to receive an email information pack— www.elitecoaching.com