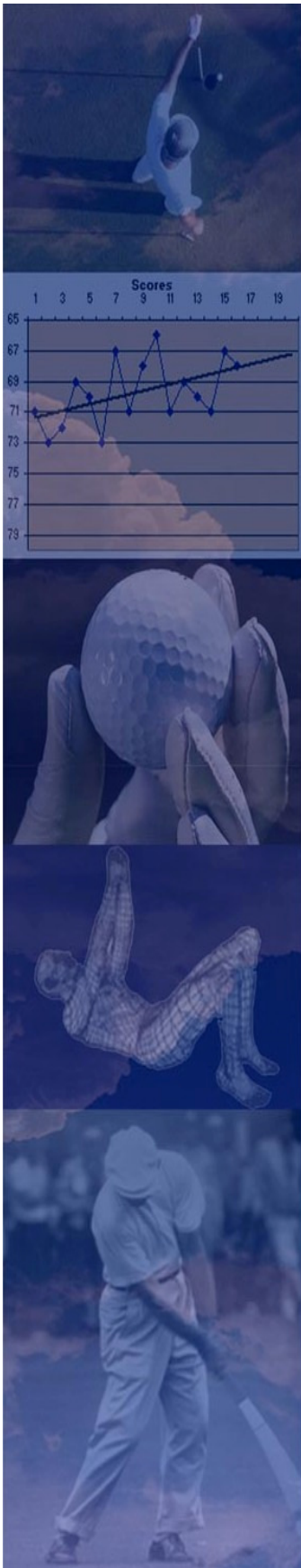


TECHNIQUE
MANAGEMENT
MENTAL
PHYSIOLOGY
EXCELLENCE
FUN



Monthly analysis—finding out where you are on your long term map

In business, any successful company will have set out objectives, targets and goals, and then develop a strategy and plan in order to achieve these. We said in the June newsletter the importance for golfers to do the same— create a long term strategy plan. But also, a company will regularly review (for instance monthly) their plan, see where they are, and what their strengths and weaknesses are. This is where a golfing monthly analysis of your game can help.

Let's first of all look at tournament statistics. Below are the monthly tournament statistics for one of our students;

SCORE	74.2
Holes 1-6	+ 1.2
Holes 7-12	+ 0.9
Holes 13-18	+ 0.1
D Accuracy	59%
DA with 1wd	58%
DA other	60%
GIR overall	69%
4i or less	45%
5i - 7i	44%
8i - SW	86%
S GAME	39%
50 - 100m	29%
25 - 50m	36%
0 - 25m	49%
SAND PLAY	32%
PUTTS	31.8

We can use this data to help us measure where a student is in relation to his long term development plan, in all aspects of the game. Looking at these stats in more detail, we can see that the student is starting his round poorly (+1.2 over par for holes 1-6), and then scored better as the round progressed.

On discussion with the student, we ascertained that prior to his round he would "physically" warm up (i.e on the range), but have no real mental "warm up". So through this data we learnt to improve his concentration from tee 1, instead of later in the round.

Looking at the GIR stat, there is an anomaly in that the long irons is 45%, but the medium irons just 44%. Normally we would expect the medium irons stat to be roughly half way between the long iron and short iron stat. On further discussion with the student, he said that with long irons normally his strategy would be to hit for the middle of the green, irrespective where the flag is, but on mid and short irons he would almost always go directly for the flag. So then through this analysis we changed the strategy to be a little more conservative with his medium irons.

At our Academy we review a players tournaments statistics, **practice statistics**, technical and mental game and where they are in relation to their goals, each month. We feel **practice statistics are critical**—and this is an area a lot of players overlook— if you want to get better results in tournaments it's logical that you have to improve your results in practice. Take the analogy of Formula One— Ferrari look to improve their practice times before they expect to improve their race times.

"All my tournament victories came in practice" BEN HOGAN

Ben Hogan said that he developed his game through practice, and then he took this game to the tournament, and that's what he means by the above quote.

If you are serious about being the best player you can be, we've already discussed that it is critical to have a long term map of where you are going. But just like a company or corporation in business, you then also need to regularly review where you are in relation to your goals, and then adjust your strategy accordingly.

Do you want to play on Tour?? What do you need to do??

A lot of young players, aged between 16 and 22 harbor ambitions of one day being a successful tour player. What will it take, how much do you need to practice, how much talent do you need in order to succeed? How should you go about it—should you turn Pro early and then build your experience up, should you become a top amateur before even contemplating such a decision, should you go to US college—what route should a player take, and what does a player need in order to achieve his or her dream?

These are critical questions in the minds of many young players. The problem is, in other careers there are **very clear pathways and structures** in place in order to facilitate the learning process, and to **acquire the necessary skills** required for that particular career. Take for instance the example of a lawyer—first you go to University and do a law degree to get a basic understanding of the subject. Each week you have a timetable, and the University work to a structured approved teaching syllabus. Then you get tested at the end of each year. Once you've finished the degree, then there's yet another very structured learning process—that of doing 'on the job' training with an existing lawyer. You can see that for any law students, wherever he lives, there is a very structured pathway towards his career goal and destination.

But what career pathway and structure is in place for the young golfer? The problem in continental Europe is that there aren't many clear pathways. The player is left on his own, to work out his 'own curriculum' and at a pace that suits him or her. Just imagine if you said to the prospective lawyer—"Don't go to University—just go to the local library, and all the information you need to learn will be there, but you have to find it yourself, and there's no timeframe or testing—just go when-

ever you want, and then in 3 years time we will give you the law exam paper" Do you think that student will have the same chance of passing as the person who's followed a structured curriculum? Of course not, but in effect that's what a lot of young golfers do, and it's no wonder that they don't succeed. In Australia, their elite players enter full time programs at elite golf academies, often funded by the state government, whereby these players follow a teaching curriculum in order to acquire the skills they need in order to be Tour pro's. Little surprise that Australia are churning out the highest quantity of Tour player per golfing capita than of any other country in the world at the moment.

So what are the critical success factors for a young player with ambitions of being a Tour Player?

**1. SKILL DEVELOPMENT PLAN
and a structure to APPLY this
plan**

+

**2. COMPETITIVE PRACTICE AND
TOURNAMENT STRUCTURE**

+

3. FINANCIAL SUPPORT

With these three key factors in place a young golfer will then maximize his opportunity to succeed. Would you like to know how our Academy can help? Send us an email for further details.

Australia 2007/8 Winter Program—only a few places left!!

Our Australia Program begins on Monday 3rd December, and runs through until the end of March. We train 5 days a week, from 8am until 5pm in all aspects of the game—technical, mental, management and physical conditioning.

"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

Any player who has ambitions to play top level competitive golf **MUST** have a **long term plan for skill development** in **all** areas of the game. It amazes me how many players who want to be Tour players think it just takes talent and some practice on the range in order to succeed. Yes, it takes some talent, but as Tiger Woods once said that 99% of what you need to be a Tour player are skills, and the other 1% is talent! And that's Tiger Woods speaking!!

The definition of 'talent' is that it is something that you are born with, and the definition of a 'skill' is something that you acquire through training. Our Program offers;

- **Specialist Sports and Golf Physiotherapist Josh Meyer**
- **Kvest 3D biomechanics training system and SAM Putt Lab**
- **Train competitively and in a structured way**
- **Fantastic life experience**
- **Top level tournaments**

We'll even give you some well proven ways of getting sponsorship so you can come for **free!!** Email us today as places are limited.