



TECHNIQUE  
MANAGEMENT  
MENTAL  
PHYSIOLOGY  
EXCELLENCE  
FUN

## Creating your inner vision—developing a pathway to achieving your dreams

### What is YOUR golfing dream?

All great people who achieved great things, started with a dream. The birth of all great things are conceived in the mind. **Dreams create a gravitational pull**, a deep intrinsic motivation that gives players the desire, drive and dedication that are the prerequisites for outstanding achievement. **Dreams power your desire and motivation.**

Let's take a look at Ben Hogan's dream -

Ben Hogan worked as a caddy, and then when he left school he worked as a car mechanic. But he always dreamed of one day playing on Tour and competing against the best players in the world. He chipped balls at lunchtime at the garage, and then one day saved enough money to give his dream a go. He made so little money when he started out that during one tournament he only ate oranges the whole week, because he didn't have money to buy food. But he never let the dream fade, and even during the hard times believed in himself to pull through, which he did later on his career, becoming almost unbeatable – in 1953 he played only 6 tournaments, and won 5 of them (including all 3 majors he entered).

**“In order to be successful you have to develop your inner vision” GREG NORMAN**

So once you've decided what your golfing dream is the next stage is to start building a pathway to achieve this dream. As we've discussed in previous newsletters, part of this means developing a master plan for your golf game. What should this master plan include?

- setting goals to act as stepping stones to this dream
- developing a skill development plan to acquire the skills you will need to achieve your goals
- developing a strategy to outline and overcome the obstacles that may be in your way

- Visualizing your goal plan **daily**
- Review your 'master plan' **monthly**

**“You act, according to the images you hold in your mind” DR CRAIG L. FARNSWORTH**

### How you deal with failure – what separates the men from the boys

“Failure is the first step to success” – is that really true? Nothing of any meaning in life can be achieved without failure. Can you learn to ski without falling over? Can you learn to walk without falling over?! **Failure is an integral part of learning.** Failure is just a matter of perception – a champion sees failure as a learning experience. Jack Nicklaus once said that he succeeded every tournament he ever played – because he either won it, or got a valuable learning experience from it. **If you want to be a champion**, learn to embrace failure, and then take the learning experience from it. And you may say this is easier said than done, but as Greg Norman says, “this is what separates the men from the boys”. That's what separates champions from the others – **their reaction to perceived failure.**

Understand and like this concept? Well, as with all learning the critical point is in the **application**—i.e the 'doing', so we've created a series of workbooks to encourage interactive learning.

The **‘Creating your inner vision workbook’** costs the price of a golf lesson—95 euros, and helps you go through the step by step process of developing a success map for your golf. The workbook also comes with a mental training CD so that you can regularly spend time developing a strong internal picture of you achieving your chosen goals.

Interested in achieving your dreams? Send us an email at [info@elitecoaching.com](mailto:info@elitecoaching.com) to place

# Australia Winter Elite Program 2007/8



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 best training grounds for the pro game for young players in their late teens are the sports institutes of Australia”**  
HANK HANEY (Coach of Tiger Woods)

It's a great opportunity for young players to develop their games in a structured, competitive environment.

2006/7 Student Oliver Gilmartin (H'cap 1), from Orlando in Florida says, “I gained great experience from playing in the tournaments on the Australian Amateur circuit. I loved the competitive element in the training”

## KEY BENEFITS of 2007/8 ELITE PROGRAM

- **Specialist Golf Physio program “X factor”, led by physiotherapist Josh Meyer**
- **KVest 3D biomechanics training system and SAM Putt Lab**
- **Freeze Framer software to learn to control your physiological and mental state**
- **Train competitively and in a structured way**
- **Develop your character skills and learn to have a success mentality**
- **Fantastic life experience**
- **Top level tournaments on great courses**
- **Build your game for the 2008 season, at a time when many of your competitors cannot play**
- **Start the road to achieving your goals and dreams**



2005/6 Student Adam Lambe (Pro) from England says, “Even though I have played golf for many years, and spent many hours practising, I learnt in Australia for the first time what quality and effective practise is”.

ECGA Director Jonathan Wallett says, “Many players have a strong desire to have success in tournaments, but the foundation to this success is building a better golf game in training. It's like Formula One—each winter the teams build better and faster cars for the forthcoming season. I see a lot of players who are very motivated to practise, but the key is practising the right things in the right way”

**“All my tournament victories came in practice”**  
BEN HOGAN



Bruno Kernen, a former professional downhill ski racer and winner on the World Cup circuit and father of ECGA student Tatiana Kernen says,

“I believe in coaching and structured training as the road to success in every sport. Young talented people will not find their way alone into the hard business of professional sport. Jon does it very well—he finds a good balance between discipline and fun. The love for the sport should always be there”

Interested in our program? Send us an email and we will email you an information pack, together with an application form. We will even give you proven ways of finding the sponsorship to help you pay the costs of the Program!