



TECHNIQUE  
MANAGEMENT  
MENTAL  
PHYSIOLOGY  
EXCELLENCE  
FUN

## Achieve your dreams

There are many young players around the world with hopes and ambitions of one day being the next Tiger Woods or Annika Sorenstam. This dream fuels and motivates them to spend countless hours on the driving range in pursuit of this dream. So will the player who dedicates themselves the most and spends more time than their fellow competitors on the range become the best? **What are the critical success factors?**

As an elite performance coach, my concern is not on creating a positionally perfect golf swing. My focus is not on creating a perfect mind, nor a perfect body. My concern is to maximize performance. But what are the factors that determine performance?



Most players and coaches now realize that they key to becoming the best player that you can be, is to look at all aspects of your game, and assess your strengths and weaknesses and then to create a plan in which to turn your current weaknesses into future strengths. Most people would say that this is the logical way to go about things. But, in my experience, this is not the whole picture. There is one further element that is necessary—to **create, develop and nurture a success mentality**. This is the foundation on which any new skills are built on—and without this foundation the player and coach will find it very difficult for these skills to become engrained habits.

### Developing a success mentality

A success mentality is the necessary environment for new skills to grow and flourish. So what do we mean by success mentality? Below we list 3 of the necessary 10 prerequisites for building a success mentality critical for elite performance;

#### 1. FOCUS ON MAKING A FEW METERS ON YOUR MOUNTAIN EACH WEEK

What do we mean by this? Well most people try to achieve too much too fast, and then end up achieving less or nothing. An experienced climber does not try to climb too far in one day—**break the journey into lots of small steps**

#### 2. IF NOTHING CHANGES, NOTHING CHANGES

Lots of golfers go from tournament to tournament with hope as their best card. Embrace change, build and develop new habits, and then you can expect different results in your tournaments. If you **do the same thing** day after day, week after week, month after month, **expect the same results**

#### 3. PURPOSEFUL AND PRODUCTIVE PRACTISE

Practise to **increase your confidence**, and to develop your skills. Feel more accomplished at the end of every practise session. Gain motivation from the fact that you are moving step by step along your journey to becoming a champion

So what are the other commandments of achieving success? Well we can't let out all our secrets! Join one of our Academy Programs and you can then start the journey to becoming the best player that you can be. **Every** one of our 2008 students, without exception, improved their scoring average and Tour ranking/OOM position so far in 2008—would you like that to be part of that in 2009? Well the time is start now—send an email today requesting our brochure and GMAP—[info@elitecoaching.com](mailto:info@elitecoaching.com)

# Australia Winter Elite Program 2008/9



Our Australia Program begins on Monday 1st 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.

2007/8 Student Oliver Gilmartin (H'cap 0), 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 2008/9 ELITE PROGRAM

- **Specialist Golf Physio program “X factor”, led by physiotherapist Josh Meyer**
- **KVest 3D biomechanics training system and SAM Putt Lab**
- **EmWave 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 2009 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”

2007/8 Student Viva Schlasberg says (Pro), from Sweden says, “ I'm enjoying my best season so far and the foundation for this success was the work I did on my game in Australia last winter”

Two time winner on SAS masters Tour and Australia 2006/7 Student Jokke Altonen (Pro), from Finland says, “I gained a lot of understanding of my own golf swing, and my ball striking improved a lot. I really enjoyed the mental training, and now I know how I can practice this area of the game when I'm back in Finland. I reached all of my goals that I'd set myself. Outside the golf part of the program I really found the people interesting, and the beaches and trying surfing was absolutely great”

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!

