



# DESIRE

## Dream or Goal?



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GOLF ACADEMY

What is a DREAM....what is a GOAL? Is there any difference between the two? How does a player turn a dream into reality?

Often a young player is mesmerized by watching their favourite player on TV, and this is the initial seed in their mind, that then sometimes results in a dream of emulating their hero, and one day following them onto the Tour to make their fame and fortune. All the top players were influenced by heroes of a previous generation—Jack Nicklaus by Byron Nelson and Ben Hogan, Tiger Woods by Jack Nicklaus, Sergio Garcia by Seve Ballesteros etc



But some of these youngsters go on to achieve their dreams, whilst others, sometimes equally or even more naturally gifted, fall by the wayside—why???

Everything starts with a dream—Roger Bannister, the first runner to

run the 4 minute mile, believed that it was possible to run under 4 minutes, even though scientists at that time said that the human body was not physically capable of such a feat. He first dreamed about it in his mind, then secondly believed it in his mind, then through quality training (he used to train running up and down the steps of a steep hill climb) and commitment, he eventually succeeded in achieving his dream.

Everything starts with a dream, but for the dream to become reality it needs **BELIEF** and **COMMITMENT**.

The golfing world is full of players with dreams, but not so many are prepared to commit and dedicate themselves to disciplined practice regimes in order to achieve these dreams.

**A DREAM with no commitment is just a FANTASY**

What is commitment?

Commitment is the ability to develop a plan and then have the discipline to stick to it, come what may. An Olympic runner, may make a training plan that involves getting up at 5 am for a training run. One morning, this runner may get up, and then see that it is cold

and raining. Commitment is to still go running, and execute the plan that was made.

Each sportsman is faced with literally thousands of small decisions like this each week. The culmination of these small decisions will have a huge influence on whether a player will achieve his or her dreams or not.

At our Academy I often advise players, when they are hesitant about a particular decision, to make the choice that is best in the **LONG TERM**, not the **SHORT TERM**. Let's take an example of a student I coach. We both agreed it would be productive if this student regularly filled out a stats sheet after each tournament round. For the first couple of rounds this was no problem, as the student was happy with his scores. But on the 4th round, he played badly, and was very tired after the round. Commitment in this instance, would mean to still do his stats sheet, even though the student was not happy with his score and was very tired.

**COMMITMENT IS WHAT SEPERATES PLAYERS WHO HAVE A DREAM, TO THOSE WHO LIVE THEIR DREAM**

## TEACHING TIP of the MONTH

One of our teaching philosophies at our Academy is that every golfer should take a holistic view of their game—technical, mental, management and physical conditioning. This month we are going to look at the management area of the game. Many students ask me, what exactly is the management side of the game?

The Management side of the game entails such things as course strategy, practice habits, tournament preparation and evaluation.

It is a big subject, but to give you, the reader (and this is aimed at h'caps 10 and above), a few basic tips for your next round of golf, we

recommend the following advice;

1. On your score card, write down 2 scores for each hole;

(i) no of shots on the hole

(ii) no of shots from 30m and closer

2. On your iron shots to the green, once the ball finishes, write down on the score card S for short of the hole, C for the correct length, and L for long of the hole.

In my experience h'cap 10 players and above are almost always short of the hole (approx 75-80%), and long only 5—10%.

What's the meaning from this statistic—learn how far you **REALLY** hit each club, don't let your ego decide!

Remember—it's the player with the least shots who wins, not the player who hits the least club on the Par 3s!!!



## PLAYER PROFILE FEATURE—Oliver Gilmartin

**PLAYER:** OLIVER GILMARTIN

**CLUB:** GC INTERLAKEN and GC GSTAAD

**NATIONALITY:** SWISS

**H'CAP AT 1.6.06:** 2.2

**H'CAP AT 1.6.05:** 4.9

**AGE:** 17

**FAVOURITE GOLFERS:** R Goosen and M Wie

**FAVOURITE GOLF COURSE:** Brookwater (Australia) and Barnbogle Dunes (Tasmania)

**FAVOURITE GOLF QUOTE:** "It all depends on the guts you have. Its inside of you what matters, not on the outside" GARY PLAYER

**WHAT ARE YOUR HOBBIES OUTSIDE GOLF?** Listening music (hip-hop and rap), surfing and socialising

### 2006 GOALS:

- Top 3 Boys OOM Switzerland
- H'cap Scratch 31.12.06
- Swiss Junior Team

**LONG TERM GOALS:** Tour Player

**CURRENT POSITION on National OOM:** 3rd (Boys), 8th (Men)

### TOURNAMENT STATS 2006

Scoring Average: **74.6**  
Driving Accuracy: **69%**  
GIR: **52%**  
Up and Down: **40%**  
Sand Saves: **38%**  
Putts per round: **30.6**

**COACH (JW):** You've made a big progress in the last year with your game—why?

**OG:** "I've learnt how to practice much more effectively, whereas before I spent a lot of time on the range, but it wasn't so productive. Also, before, I realized that the mental game was important, but I didn't know how to practice it"

**COACH(JW):** What's your plan to achieve your 2006 goals Oliver?

**OG:** "To work on all aspects of my game. I have a plan in each area, and I know that if I show commitment and discipline and make good quality training, then good results will follow in the tournaments. Tournament results are the effect of quality training and preparation"



Jan '06

March '06



Jan '06

March '06

### COACH'S VIEW

From the above few swing frames it is clear to the trained eye that Oliver has made some good technical improvements. But the key to Oli's improvement, is the development over the last year of his character skills—more commitment, more desire and motivation, and more dedication. This was the "fuel" to make the technical changes as well as the mental and management skills that Oli is developing. Also a big thank you to our physiotherapist Josh Meyer, because a lot of Oli's technical problems were intertwined with his physiology, and we had to develop a lot more flexibility in his thoracic spine, as well as core stability issues, in order to make his body physically capable of the changes. Oli's progress will snow ball, and accelerate over the next few seasons if he continues to develop his discipline, commitment, dedication and desire. One of our key beliefs at our Academy is that you get out what you put in, just like a bank account, and Oli is putting more and more in, so he's getting more and more out! Well done Oliver!

Jonathan Wallett