



elitecoaching.com
GOLF ACADEMY

Distance Learning Program

Issue 3

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ELITECOACHING.COM GOLF ACADEMY

DESIRE

Some students are not able to physically travel to our base in Gstaad, Switzerland (Summer) or to Royal Pines, Australia (Winter) regularly, but still want the benefit of a structured learning and Golf Educational Program.

We are working at the moment on developing a complete Distance Learning Program in all areas of the game (Technical, Mental, Management and Physical conditioning) which can be accessed through the Internet.

One of our beliefs at the elitecoaching.com Golf Academy, is that education (in a golfing sense) is critical to success. Some golfers believe that just by practicing and then yet more practice, that their games will just improve and improve. We don't believe this. Yes, practice is important, but a long term Golf Education Program in each area of the game is necessary in order to educate the student, and help the student DEVELOP the necessary SKILLS

which are critical to success. This "Golf Education Program" needs to be delivered to the Student over time, in a structured way.

How will the Distance Learning Program function?

Students are able to email their swing, and then receive a "Swing Movie" back, citing the areas of improvement, as well as being able to view drills that are personalized to them.

The Mental side consists of a 12 Module Mental Training Program, with units and exercises for each Student to fill out, and practice. The Program is personalized for each students needs by way of a 100 question questionnaire that the Student fills out initially, so that then we can then create a Mental Profile for each student, and work on specific weaknesses.

The Management side is a statistical Program that we have developed ourselves, so that the Student can keep a record of key statistics from tournaments, and instantly be able to view graphs of trends in each area of the game (e.g Driving Accuracy, Long irons, etc etc)

The Physical conditioning side of the distance learning Program consists of Physiological software developed by a highly respected Golf Biomechanics experts from the UK. Again, it is interactive, so the Student goes through some self assessment exercises in order to create an optimum physiological Program specific to the needs of each individual player.

If you are interested in this "Distance Learning Program", please send us an email at info@elitecoaching.com. Please note that at this stage the Program is only available in English.

International selection for Oli Gilmartin

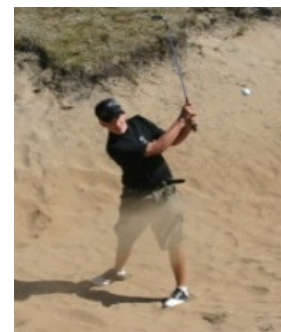
Congratulations to ecGA student Oliver Gilmartin for being picked for the 6 man team to represent Switzerland in the European Boys Championship in Sweden from 11 -15 July.

Oli says " I'm really thrilled to have been picked, especially as my Mum is Swedish, and the Championship is in Sweden. I now have to work really hard over the next few weeks so that I can prepare my game as good as possible, and hopefully I will be able to help the Swiss team

achieve a high placing"

One of Oliver's goals at the beginning of 2006 was to make the team, and at that time it looked like just a dream, but Oliver turned that dream into reality through COMMITMENT. Oliver created a map in the form of a Goal Plan for 2006 at the beginning of the year, that he regularly visualized, and periodically reviewed to see exactly where he was in relation to his goal. It's rewarding for Oliver to

receive credit for his improved results in 2006 in the form of team selection from the Swiss National Coach Graham Kaye. Next month we will inform readers of how the Oliver and the team fared in Sweden.



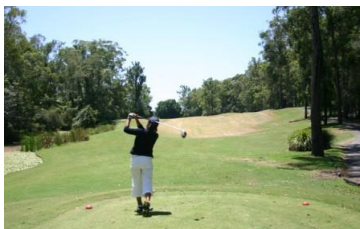
Australia 2006/7



We are frequently receiving emails from prospective students and parents enquiring about our Winter Program in Australia 2006/7, and also our One



Year Training Program that starts in November 2006, and then continues to April 2006 in Australia, then one month in St Andrews, Scotland, and finally Summer 2007 at our summer base in Gstaad, Switzerland.



We have an information pack available which we will be pleased to email to you, and also we shall be

organizing some "Open days" at GC Gstaad in August, whereby prospective students or parents are welcome to come and speak with us, and learn more about our different Programs. If these dates are not convenient, we invite Parents/students to make a private appointment with us.

Please send us an email if this interest you.



Training Tip of the month—MENTAL

One of the 8 Key Beliefs we have at the ecGA is that

"YOU HAVE TO CREATE IT ON THE INNER PLANE BEFORE YOU CREATE IT ON THE OUTER PLANE"

But what exactly does this statement mean?

Let's take a simple example of eating. You first have the thought that you are hungry, and then you may decide to then eat. The outside behavior (i.e. eating), was a result of the internal thought ("I'm hungry"). Let's look at a golf example, a quote from Gary Player, BEFORE he played the 1965 US Open;

"I saw something no one else could see...Posted on the leaderboard at Bellerive CC at the 1965 US Open were the names of all the previous US Open winners. Everyday as I walked past that board I saw something NO ONE ELSE

COULD SEE...yet...it read 1965 – Gary Player" GARY PLAYER 1975

What Gary Player meant by this statement, is that in his mind's eye (internally), he had seen himself winning the US Open, and then this internal picture, or map, that he created in his mind, then contributed to the outside act of actually winning the tournament.

"YOU HAVE TO CREATE IT ON THE INNER PLANE BEFORE YOU CREATE IT ON THE OUTER PLANE"

Jonathan WALLETT

So it is then quite apparent to see, that when you want a result on the "outer plane", you need to create it first on the "inner plane". But how can you do this?

There are a number of ways to achieve this, but to list a few of the

possible "tools" that we regularly use with our Students are;

1. ecGA Mental Training CDs

These CDs allow the student to create an "inner movie". We have different CDs available, such as "Ideal Swing", which allows the Student to picture their ideal swing. Another CD is "Goals", which again allows the student to create an internal "map"

2. Swing Movie

Our students each have a movie of their swing as it is now, and then intertwined with this movie pictures/video of a Tour Player with a similar body type, and then also pictures of how we want the swing to look in the future, using photomontage.

So if you want success on the outer plane, don't just spend time beating balls on the range, spend some time away from the course creating an internal "mental map". This will "turbocharge" your progress!