



TECHNIQUE  
MANAGEMENT  
MENTAL  
PHYSIOLOGY  
EXCELLENCE  
FUN

## 2007 Golfing New Year Resolutions!

Will 2007 be the year that you achieve your golfing dreams? Will 2007 be the year that you establish the foundation for success in the future?

In the June 2006 newsletter entitled Dream or Goal we established that everything starts with a dream. We outlined that for the dream to eventually manifest itself into reality, it requires commitment. Let's look a little closer at this process.

A player needs to establish long term goals. It's just like a business—a business to make short term and long term targets, then develop a strategy how to achieve these targets, and to be able to measure frequently where they are in relation to these objectives (for example monthly balance sheets, budgets etc).

It's important to have an aim in mind, a direction of where you want to go with your golf game. **Our brains need a map to follow** – just like a computer needs a programme in order to function. This is why setting goals is important in improving performance. To have the goal that "I want to improve my handicap" is too vague. Just imagine if you want to go on holiday. You go to the airport and you just say take me on holiday somewhere where it is hot! You have to have a specific destination, a flight time and how long you would like to stay. We use the English acronym of S.M.A.R.T when referring to goal setting ;

**S – specific** .....what EXACTLY is your aim?

**M – measurable**.....how are you going to MEASURE your success? How often are you going to review your goals?

**A – achievable**....are you ABLE to do it and is it REALISTIC for you to do it?

**R – relevant**....is it MEANINGFUL to me, am I doing it for myself or someone else?

**T – time phased**....in what timeframe do you want to achieve your goal?

Goals can be tangible (normally more result orientated) or non tangible (less result orientated and often called Learning or Process goals). It is important that you have both types of goals as they help each other and work in partnership with each other.

For instance, "I want to reduce my h/cap to 0.5 by the end of 2007" is a result orientated type of goal. Then a process goal could be "I will take charge of my emotions and reaction after a poor shot, rather than at the moment my emotions control me".

It's important to understand that in setting your goals, you have to balance it with how hard

you are prepared to achieve the goal. What are you prepared to sacrifice? When you develop your goals, it's easy to fantasize and say that you want to win all 4 major championships, but how much are you prepared to commit to your goal and what are you prepared to sacrifice? What are the **consequences** of achieving your goal? What obstacles are in your way and **how do you intend on overcoming these obstacles?**

Motivation starts with a dream. **Commitment is what separates players who have a dream, to those who live their dream.**

**“Success isn't only about the goal you choose. It's about the experience, the effort and the journey “**  
**ANNIKA SORENSTAM**

**It's like a bank account, you can only take out what you put in** – if you are only prepared to say practice one hour a week on your short game you cannot expect to become a short game wizard. 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.

Another common problem in goal setting is **managing expectations**, and that the goals are being set genuinely and not from ego. Managing expectations is a huge topic, and in my opinion critical in the success of any golfer. A golfer who is unable or has not developed skills to manage expectations, and who has a high expectation level, will always set goals that are too high. **Setting goals too high can lead long term to a loss of motivation and confidence.** As a coach of elite players, I love to see **high ambition, managed expectations and high commitment.** The problem is that a lot of players do not understand the difference between high ambition (which is positive), and high expectation (which is certainly negative). Get this equation wrong and then regardless of how hard the player works, the player will probably be unsuccessful.

If you are serious about achieving golfing success in 2007, start the journey with us—one skill all great achievers have, whether in sport or business, is that they have people in key areas supporting them to achieve their goals. Would Faldo of won 6 majors without Leadbetter? Would Norman of achieved high success in golf and business without the life teachings of Charlie Earp?

# Winter golf under the Aussie Sun

Our Winter Program here at the luxurious Royal Pines Resort is underway, and it's great to be back at such a great facility, under the warm Aussie sun.



1st tee at the Wangara course, Royal Pines

As always, the first few weeks are tough as the students overcome jet-lag, and get used to the hard, intensive training in all aspects of the game—technical, mental, management and physiology. However once a routine is established, the students get very motivated by their results, as one of our key beliefs at our Academy is that the more concentrated effort you put into your game, the more you will get out in the long term.

We believe it is also important to

achieve a balance, so students have the weekends free to relax and recharge their batteries, and enjoy the many attractions the Gold Coast has to offer.

All the students have a different objectives—some to work on their game in preparation for the 2007 season—some to play top amateur/pro tournaments here in Australia through the winter and some to enjoy and experience Australia. The standard is very high this year with two thirds of the students either being Pro or having handicaps of 1 or better.



Students at the Friday tournament with DLGA Korea



Some students on Christmas Day, Aussie style!

Students have a range of tournaments to play in dependent upon their wishes and needs (e.g Australian Amateur), and Friday of each week we have an in house tournament at Royal Pines, where students sometimes have the opportunity to play with students from the David Leadbetter Academy, which includes some of the top Korean players—offering a good experience to pit and test their skills against other ambitious and motivated young players.

## DVD filming finished—Benefit now from our Internet Golf Academy

We have just finished filming all the DVD and video clips for our interactive Internet Academy, designed to facilitate our international students who would like to benefit from our distance learning Program.

This will allow past, present and future students to email their swings periodically to us, and then receive back a mini DVD of an analysis, together with an explanation of what they need to do, and the drills that they need to work on.



Personalized DVD analysis with voice over

This now means that we can offer a full distance learning Program through the internet, as the mental and management modules are already available.



In addition, Physiotherapist Josh Meyer, authored the section on Physiology, and has made a multitude of clips of different golf specific exercises an elite player can integrate into their training plan, and im-

portantly each clip clearly demonstrates how each exercise should be performed.

The DVDs were filmed by a Professional Film Production company, Matt Barwick Multimedia, who are based in Australia.

The website for the Internet Golf Academy is scheduled to be completed in Spring 2007. However, should you be interested in any of the services it will offer, please send us an email now as the teaching aspect of it is already fully functional.