

The "GOLF COACH" Newsletter

BRINGING COLLEGE, HS AND JUNIOR COACHES TOGETHER

June 2017

"A GOLDEN ATTITUDE Creates Low Scores"

by

Dr. Robert K. Winters

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Create a Positive Foundation

As an applied sport psychologist who works with many of the world's best players, many junior and college golfers often ask me, "Dr. Winters, what do you think is the *"secret"* to shooting low scores in competition, especially when there is so much pressure for me to perform well? I always respond with this: *If you truly want to shoot lower scores and become a "player of the game", the best place to develop the "secret" is not in your physical swing or mechanics, but in your mind and your attitude!*

I am convinced the "real secret" to great shot-making, putting and scoring is this: "You must get into each and every shot with full intention and decisiveness, have a specific plan or strategy in mind, and then trust what you have programmed your body to do, and then DO IT!" This idea is so important, I want you to go back and read this paragraph again. I'm serious. Do it. Go ahead, I'll wait.

Welcome back. The point being is this: I want every young player that I work with focused and enthusiastic about every shot they will hit! This is what I emphasize, no matter how simple or difficult the shot may be, how challenging or boring the golfing situation presents itself, or how well or poorly the golfer is playing that day. In this way, the playing focus,

attitude, and mindset of the player is in 'the present' and not distracted by what has happened in the past or what could happen sometime in the future. The playing focus is on "this shot and only this shot!" This type of mindset is what I call "THE GOLDEN ATTITUDE."

"THE GOLDEN ATTITUDE" reinforces the notion that with each new shot, you are filled with enthusiasm, hopefulness, positive expectation, and belief in your ability that you can be successful, no matter what has happened in your immediate past! By using this attitude on every shot, it allows you to be totally focused in the "now and new" versus the "old and bad." (Consider this attitude an efficient way of being "task oriented" versus "result oriented!").

"THE GOLDEN ATTITUDE" also helps you to "stay on track" with your thinking instead of "derailing" yourself with thoughts and feelings of missed shots, missed putts, or uninspired play of the previous few holes. It also helps you to stay on task versus thinking about what others are doing or how you are doing compared to them. Or, it could even help you stay focused on your game versus worrying about what college coaches may (or may not) be thinking about how well (or poorly) you are playing. The focus is about *YOUR* process, not on the consequences of the shot or what others are thinking or doing!

Think about this: Imagine how good your game would be if every time you got over a drive, iron shot or putt, you had the feeling that "this is fun", or "this is the shot which will put me in the groove!" How good do you think you could score if you allowed yourself to think and feel like this? The results would surprise you!

What's sad is that most young golfers (and even tour players) ruin their games with ineffective thinking and unproductive attitudes. The problem is basically this: most golfers who are overly concerned about their results or score tend to live and die on each shot! They put so much extra pressure on the situation, themselves, and the outcome, that they create a mountain of negative anxiety inside their minds and bodies!

This in turn, produces excessive pressure to perform appropriately and they fail to achieve normal or effective results. By simply adopting a "GOLDEN ATTITUDE" philosophy, every shot becomes a new and exciting challenge that makes the game of golf more enjoyable and lower scores more attainable!

Bringing it HOME!

Summing up, if your players are frustrated or upset with their present golf game or worry about trying to perfect their swing mechanics", put a "new attitude" into their bag! Make them commit to the philosophy that on every shot they are going to give 100% effort and focus, and after the shot is over, they will live with the results.

Understand that using this type of thinking may not be as easy as it is to discuss, but make sure they are committed to this new attitude! The most destructive thing that players do is become motivated for the first couple of holes with positive thoughts and feelings but abandon those good thoughts when things start to go wrong. Committing to using a "GOLDEN ATTITUDE" will help your team members play their best golf armed with a strategy that strives for a consistent and positive attitude towards building high self-confidence!

May you always play with a golden attitude!

Dr. Robert K. Winters

About the author: Dr. Robert K. Winters

This article was written by Dr. Robert K. Winters of Orlando, Florida. Dr. Winters is an internationally renowned sport psychologist and is regarded as a leading authority on sports vision, golf and putting psychology, and developing confidence. Dr. Winters is the Resident Sport Psychologist for the David Leadbetter Golf Academy World Teaching Headquarters at Champions Gate located in Orlando, Florida. He is a former collegiate golfer and coach and has played at every level of professional tournament golf. His clientele' consists of touring professionals, collegiate, junior and amateur golfers from around the world. If you would like to reach Dr. Robert K. Winters personally, you can contact his cell number: (407-340-7785). You can also visit his website at www.drbobwinters.com or reach him via email at dr.bob@drbobwinters.com.

Trent Wearner is the author of the popular practice book Golf Scrimmages containing 230 pages of competitive practice games. Below is one he's sharing with you this month. Plus, you can receive a discount on the book at [this link](#). He also has a practice website by the same name that you must check out ... www.GolfScrimmages.com and you can use the following promo code to take 20% off a yearly Individual or Team Membership: **GSB202015**

Wedge play is one of the most under-practiced part of the game yet it is vital to good scoring. If you struggle with any sort of consistent contact or distance control, then make it a point this week to set an appointment to see a quality coach in your area to find out why you suffer with these shots. THEN, get to work on the technique and dialing in your distances with this game.

Game: Radius

- **Gear needed:** Wedges
- **Time needed:** depends on your dedication

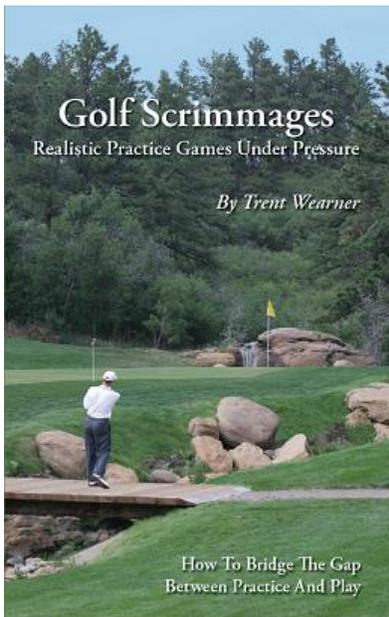
Rules: From 30, 45, 60, 75 and 90 yards away (or from the distances that you need to improve) hit one shot from each distance. Striving to hit the shot as close as possible to the hole score those five shots in the following manner: if you happen to hole the shot you earn 10 points. If it resides within 6 feet you gain 4 points. If the ball ends up 6-12 feet away you receive 2 points. If you find the ball outside of 12 feet but still on the green you get 0 points and if you make the error of missing the green you must subtract 2 points from your score.

Total the points from those five shots then gather the balls and do it again or as many times as you have time.

Score recap:

- Holed shot: 10 points
- <6 feet: 4 points
- 6-12 feet: 2 points
- >12 feet: 0 points
- Missed the green: -2 points

Trent Warner is ranked as the #1 Teacher in Colorado as rated by his peers and published by Golf Digest. He is a two-time Colorado PGA Teacher of the Year, the latest Colorado PGA Player Development Award winner, and a Top 25 Elite Junior Coach in the U.S. by FCG Tour.





PRACTICE CREATIVITY

By Matt Fields, Senior Golf Coach at the [Gary Gilchrist Golf Academy](#)

To keep junior golfers passionate and engaged during training, break up your structured practice routines from time-to-time by adding creative alternatives.

Adding fun but competitive elements to a practice schedule will give players a greater sense of inner freedom and independence. The more you allow juniors to be creative, the more self-confident they will become. Take a break from your typical practice sessions and let players re-connect with artistic instincts. After all, most of the shots around the green require more imagination than what is learned in a basic, structured practice.

One creative game our students at Gary Gilchrist Golf Academy like to play is called “Gary” named after our owner and Director of Instruction. If you don’t put a shot closer to the hole than the previous player, you receive a letter similar to the recreational basketball game of “Horse.” If you get all the letters that spell out “Gary” then you are out.

We have seen players use golf bags as an obstacle to hit shots under, over and even bank shots toward a hole on the putting green. Creating a unique training environment allows students to expand shot selection and think “outside the box.”



RECRUITING SERVICES...DO THEY FILL A NEED?

As college coaches, we receive every week information from recruiting services from across the country on prospective student-athletes looking to land a spot on a college team.

As in most everything, some are better than most.

Before I get down to the brass tacks, there is a difference between a "recruiting service" and a placement service.

The recruiting services in which I am familiar, send out hundreds of mass emails to college coaches containing information which is provided by the student-athlete and or parents.

Parents can spend well over a thousand dollars and up depending on the specific service they sign up for. Most of the time, key information that college coaches are seeking is missing or the numbers don't quite match up.

Things like their handicap as listed as a 1 but when you check their scores, you see numbers like 78-80, 83-MC, etc. OR third place in the All Family Reunion Picnic Tournament...no scores listed.

Also listed is their desired major...let's say engineering. I would bet that most of the schools receiving such emails don't even offer it. I respond back within 24 hours of every email sent to me on behalf of a student-athlete that I may have an interest.

I can count on one hand the number of responses I have received back.

Placement services which are often run by former college coaches are those who deal with the student-athlete and parents on a more personal level.

They will try to find the right school for the SA through their network of college coaches whom they know, as well as evaluate the SA's wants and needs to ensure they look at colleges that fit them academically, socially and athletically.

This type of service may cost more but usually the SA will receive more in return.

Then, there is a third option...do everything yourself!

Go on the school's website to the team homepage where you will find the email address of the coach. Send him all pertinent information about yourself as well as desired major, academic profile as well as scores in top tournaments and schedule of upcoming events.

Remember, coaches are only interested in two numbers. The score you post in tournaments, usually outside of high school matches, and your academic GPA.

Parents and HS coaches play a vital role in this process. It's important to have the student-athlete steam line their search as much as possible....small versus a large school, D-1, D-2 or D-3, desired major, location, opportunity to play, etc.

The recruiting process can often be fun but also stressful at times. The more you can get the SA to FOCUS on what they really are looking for in a school, the easier it becomes at decision time.

Scott Moyer, GCAA
Director of Golf/Men's Coach
McDaniel College Golf Club

Sports Coach vs Life Coach

A sports coach organizes the athlete and teaches the fundamentals of their prospective sport. The team sport coach takes on a wide range of duties.

- Educates and teaches all aspects of the game
- Provides golf course practice sessions for the best performance training
- Develops core values and measures behaviors on and off the golf course
- Watches over the student/athlete progress academically
- Establishes team rapport trust and integrity
- Creates a schedule for competition
- Maintains equipment and uniforms

Life Coach

A life coach assists in developing the person/players goals and to launch them to next level.

There is a wide range of action plans from the emotional aspects, motivational side, physical conditioning and time management skills.

The life coach will pull all these objectives together to provide a base to assess themselves in terms of performance while giving them lasting ideas for life.

Mary Lawrence
Head Men's and Women's Coach
St. Lawrence University
Canton, NY

Stand Up or Sit Down Without Using Your Upper Body

For a stable and strong base in the golf swing, we need to condition our legs and hips. Here is an example of a simple challenge to give athletes who want to improve: Re-learn how to get up from a seated position, and eventually the ground, without using your hands or arms. You did it as a young toddler and kid, but as we age, we tend to lose mobility in our hips because we are too sedentary. This leads to incorrect use of our shoulders and arms to brace ourselves to push off chairs or the ground, which in turn can lead to shoulder issues. As a middle school teacher, I see more injuries each year and students with less than adequate movement capabilities because we are becoming a more sedentary population. We can re-teach ourselves to be more mobile and these attempts every day equate to numerous mini-squat reps that will improve muscular function in legs and hips of athletes.

Step 1: Begin with a higher platform such as a stool or a chair, which gives stability to push off of when attempting to stand. Start in a seated position and simply move to a standing position without using your arms or hands to brace any object near you or your own legs. Can you do it successfully without having to use your arms? How about without having to adjust your feet forward, backward, or closer/farther apart? If you had to adjust your feet, learn to sit in a better position with your knees at a 90-degree angle so you have to adjust less and eventually do not have to adjust at all.

Step 2: Lower yourself back to a seated position. Did you feel like you were going to fall backwards, or did you flop? Can you lower yourself completely to the chair without turning around and holding it in place or bracing your arms on a counter or table? If you had to brace or felt you were going to fall, this means you lack the control throughout your leg muscles to eccentrically load through the squatting pattern. Think of this in relation to holding your posture in the golf swing. If I cannot control my own body simply sitting into a chair, how much am I compensating when trying to swing at 80-90 mph or more?

That is the challenge. From there, I progress to sitting on steps or curbs and eventually the floor. Progression can also involve single leg get-ups starting with a chair again and weighted get-ups once the mobility is present. Think of all the times you go from sitting to standing each

day including in and out of the car, the restroom, and your bed, couch, chairs, office, and golf carts when not walking. Take a day, week, and then a month to get into and out of all of these positions without using your hands to brace. You will rely more on your core to brace and your legs for control of the movement. These are all great opportunities to re-teach and re-train our legs to be strong and mobile which will improve golf performance.

Dave Ingalls is a Health and PE teacher in Loudoun County, Virginia. He holds a Personal Training certificate from the National Academy of Sports Medicine (NASM) and a Level 1 Titleist Performance Institute (TPI) Certification. Dave coaches High School golf at Riverside HS in Leesburg, VA. If you would like suggestions on progressions or specific exercise ideas, feel free to e-mail him at Dingalls33@gmail.com.



Mid-Florida Junior Golf Tour

North Central Florida area tour seeking junior players both boy's and girl's to compete and have fun playing tournament golf. Annual membership only \$50
Chris Wilson at 352.208.7415 midfloridajuniorgolftour.com



The Junior Players Golf Academy (JPGA) located on Hilton Head Island, South Carolina is the #1 Golf Academy in the south. The mission is to help prepare junior golfers to compete in National level tournament play and receive a college scholarship. The core competency of the JPGA is to recognize and respect each student's individuality. The JPGA approach is to get the student to commit to long-term athletic development, incorporating all aspects of training into a successful path to becoming the best athlete possible. This is all possible through the talented and personable staff and most importantly the limited student to teacher ratio that we take very seriously.

The JPGA offers a variety of programs ranging from full time (an academic school year) to daily sessions. In December we opened our new indoor training facility that includes a 3000 sq. foot gym, an About Golf Simulator (the same one they use on the Golf Channel), putting room, 3 bay full swing area, and game room. Combined with the three golf facilities we use for training and 99 holes of golf for on course work, the JPGA is the ultimate Academy for taking your game to the next level.

High school teams interested in training any time of year are encouraged to contact us so we may develop a program specifically designed for them. We will help with all arrangements.

Please visit our website for more information: www.jrpga.com

With lessons and tournaments held every spring and summer since 1984, the TCJGA introduces and fosters a passion for the game of golf in young people ages 5 to 22. The TCJGA has also introduced the sport in surrounding elementary schools during the winter months. Because of these comprehensive programs the TCJGA has been saluted by the golf industry and also has become a model for other junior golf programs in the United States.



The TCJGA has helped hundreds of kids take lessons and hit the links even if their families have not had the funds to participate. Over the years the TCJGA has given over \$280,000 in college scholarships to members attending numerous colleges and universities across the state and country, including: Northwestern Michigan College, Ferris State, Kalamazoo College, Spring Arbor, Saginaw Valley, Grand Valley, Western Michigan, Central Michigan, University of Michigan and Michigan State University.

Hundreds of TCJGA players have gone on to play on collegiate golf teams and many have pursued careers within the golf industry. Thousands have entered the working world and utilized golf's "Life Skills" such as honesty, integrity, confidence and respect on a daily basis. All have gained mentors and lifelong friends thanks to the game of golf. For more information please visit: www.tcjga.com



IMPROVE YOUR GAME. DEVELOP A TRAINING PLAN. BUILD YOUR CONFIDENCE.

Gary Gilchrist Golf Academy Summer Camps in Central Florida do just that!

GGGA provides an interactive learning environment for golfers to learn how to improve their fundamentals. Summer camps are week long with an average of 35 hours of range and on-course training plus mental performance and golf-specific fitness training. Training is on a private range with 36 holes of championship golf at Mission Inn Resort. Camps are offered Starting June 4th until August 12th. Students choose from a single week of training, multiple weeks to continue their growth or 2 week tournament camps. Find more information here:

summercamp.ggga.com

GGGA provides a **\$135 / week** referral bonus to our coach ambassadors. Boarding and non-boarding options are available. Contact: info@ggga.com or call [\(352\) 484-0787](tel:3524840787) and ask for Shannon Tarrant to refer a student and become a coach ambassador.



TOP 50 SCHOLARSHIP
GOLF TOUR

Founded in 2003, Coach Danny Thomas created the Top50 Junior Tour to offer students a professionally managed tournament experience hosted by some of the finest country clubs and resorts in Michigan. Top50SGT events are nationally ranked by Junior Golf Scoreboard and many events offer AJGA performance stars. The Top50SGT has grown to several states with the largest number of students participating in Michigan and Florida. In 2016, the Top50SGT partnered with The Hurricane Junior Golf Tour to offer students even more nationally recognized competitive tournaments.

- More than half of the Top50 Junior Tour events are Nationally Ranked 36 Hole Tournaments (JGS).

- Partnership with National Hurricane Junior Golf Tour! (Membership discount for Top50 members to play HJGT events)

- 36-Hole Tournament Champions earn "Exemption" to the Top50 National Championship in Orlando, Florida.

Website: www.top50jrtour.com

Schedule: <https://top50jrtour.com/content/skin/top50main/doc/Schedule2017Top50JrTour.pdf>

Collegiate Men's Tournaments Seeking Teams

- | | |
|--|---|
| * <u>DePauw's Dan Quayle Collegiate Classic</u>
Sept. 23-24, 36 holes @ Deer Creek GC
Contact Vince Lazar: vlazar@depauw.edu | * <u>Sizzler Amateur</u>
June 10-13 at Troon North Scottsdale, AZ
Entry Fee \$435 covers (4) rounds
Roy.Edwards@colorado.edu |
| * <u>Allegheny College Kuhn Memorial</u>
Meadville, PA Sept. 10-11
\$350 per team & PR \$20 per/player
Contact Jeff Groff: jgroff@allegheny.edu | * <u>Irish Hills Intercollegiate</u>
Adrian College, Jackson, MI
Sept. 15-16 \$450 per team
Contact: rwilliams2@adrian.edu |

- * St. John Fisher Collegiate Invitational
Syracuse, NY, Sept 9th – 10th, 54 Holes
D-2 and D-3 only, \$600 per team, Contact
Coach Bob Simms at: rsimms@sjfc.edu

Collegiate Women's Tournaments Seeking Teams

- * DePauw's Dan Quayle Collegiate Classic
Sept. 23-24, 36 holes at Twin Bridges GC
Contact Vince Lazar: vlazar@depauw.edu
- * Allegheny College Women's Invitational
Country Club of Meadville
Sept. 24-25 \$350 per team
Jeff Groff: jgroff@allegheny.edu

High School Tournaments Seeking Teams

- * Antigua National HS Golf Invitational
Chandler, AZ Sept 1st – 2nd
36 Holes, Boy's and Girl's
\$600 per 5 Player Team
Steve Kanner at:
kanner.steve@cusd80.com
- * 11th Annual Grant County Invitational
Crittenden, KY August 1st Girl's Only
18 holes with 8:30am Shotgun
Entry Fee \$275 per Team
Marcus Camacho @ Cell # 859.816.5991

High School Coaches Clinic

McDaniel College Golf and Teaching Center located in Westminster, Md. (between Baltimore Md. and Gettysburg, Pa.) will be hosting a FREE Coaches Clinic.

The clinic is for high school coaches from the seasoned veteran to the first year coach. The date has been set for Saturday, July 29th.

Topics include: scholarships and recruiting, drills and skills, properly playing a practice round, course management vs mind management, how to practice the right way, result expectations, how to prepare for tournaments, plus much more...

Details and registration information can be found under the COACH'S CORNER tab on the MGM website.

LIMITED TO THE FIRST 25 COACHES TO REGISTER

Recently Posted Collegiate Job Openings

**The following positions will have application deadlines soon approaching or are open until filled.
Please contact the school's HR or Athletic Department directly.*

Head Men's and Women's	Hamilton College	Clinton, NY
Head Women's Coach	Georgetown University	Washington, D.C.
Head Men's Coach	University of Notre Dame	Notre Dame, IN
Head Men's Coach	Charleston Southern University	Charleston, SC
Head Men's Coach	LaSalle University	Philadelphia, PA
Ass't Golf Coach	Penn State-Harrisburg	Harrisburg, PA
Head Men's and Women's	Christian Brothers University	Memphis, TN
Ass't Men's Coach	Rutgers University	New Brunswick, NJ
Head Men's and Women's	University of West Georgia	Carrollton, GA
Head Men's Coach	Appalachian State University	Boone, NC
Head Women's Coach	Clarion State University	Clarion, PA
Head Men's and Women's	Rogers State University	Claremore, OK
Head Men's and Women's	Aquinas College	Grand Rapids, MI
Head Golf Coach	College of Mount Saint Vincent	Riverdale, NY
Head Men's Coach	Cincinnati State University	Cincinnati, OH
Ass't Golf Coach	Williamette University	Salem, OR
Ass't Women's Coach	Campbell University	Buies Creek, NC
Ass't Coach-Recruiting	St John Fisher College	Rochester, NY
Ass't Women's Coach	Lynn University	Boca Raton, FL
Head Women's Coach	Indiana University	East, Richmond, IN
Head Men's Coach	MA College of Liberal Arts	North Adams, MA

Head Men's and Women's Coach	University of Jamestown	Jamestown, ND
Head Men's and Women's	Schreiner University	Kerrville, TX
Head Men's and Women's	IUPUI	Richmond, IN
Head Men's Coach	University of North Alabama	Florence, AL
Ass't Men's Coach	Oregon State University	Corvallis, OR
Head Men's Coach	University of Toledo	Toledo, OH

DO YOU KNOW THE RULE?

Player A is playing in a stroke play tournament representing his school team.

On the 7th hole, he hits a 5 iron from the fairway as his approach shot to the 7th green. The ball hits a sprinkler head in front of the green and bounces into a green side bunker. In a fit of anger, Player A slams his club into the ground significantly bending its shaft.

Can Player A continue to use the club?

Rule 4-3 (b) states if a player's club is damaged other than in the normal course of play during a stipulated round rendering it non-conforming or changing its playing characteristics, the club must not be used or replaced during the round. Penalty for breach is Disqualification.

They said it...

“I was ONE under today! ONE under a tree, ONE under a bush and ONE under the water.”

- Lee Trevino

“The reason the pro tells you to keep your head down is so you can't see him laughing.”

- Phyllis Diller

“Talking to a golf ball won't do you any good unless you do it when your opponent is teeing off.”

- *Paul Harvey*

“Golf is like taxes. You drive hard to make the green-then end up in the hole.”

- *Anonymous*

“You attack a golf course mentally, not with your swing.”

- *Jack Nicklaus*

“Run by Coaches for Coaches”