

The "GOLF COACH" Newsletter

BRINGING COLLEGE, HS AND JUNIOR COACHES TOGETHER

March 2017



Getting to Say YES!

By Dr. Bob Winters

What separates a great tournament golfer from an average one? Is it work ethic, talent or a combination of attributes? Based on my experience with successful golfers, the single reason for ultimate effectiveness and success is based on a very simple premise: Belief. *You have to believe that you can play anywhere, anytime and with anybody before you can ever hope to have success.* It's just that simple. The best tournament golfers who win junior tournaments or on the collegiate or professional tours are those that believe they belong there and they create a winning attitude long before they head to the first tee to play their round! To help you develop a great mind, here are a few tips that will get you on your way!

Making the Decision to Think "Yes versus No"

The most effective mechanism for creating an attitude for great golf is to realize that your mind can generate positive thoughts and feelings. Jordan Spieth, Jason Day, Lydia Ko and Ricky Fowler all concede that their mind is vital to playing their best golf. They know that before you walk into and address the ball, the most critical component of their golfing procedure is that they make the decision to commit to this shot at this particular moment. This means that one must have faith in one's ability, decision making and swing. Faith is having the power to believe in yourself when there are not tangible bits of evidence to confirm or refute that spiritual foundation. Therefore, faith that you will persevere in the face of golfing doubt or uncertainty is having the ultimate faith *in yourself!*

This means that you give yourself the ultimate permission to say "YES" to yourself when standing over a shot. Many players sabotage their golf games by saying "NO" even before they step into the shot. Words and phrases such as "There's just NO way that I can hit that green," or, there's NO way that this putt is going to drop!" By saying "YES" to yourself and directing your energy into

what you want to achieve (a positive focus), you have used your human volition to proceed into the direction of success.

The Words You Use have POWER!

Faith is a powerful force, but when you are stepping into a shot, you also must use your imagination and willpower to enhance that faith. To do this, you must use your self-talk to provide yourself with some empowering affirmations (words or word phrases that provide you with self-motivating energy). Positive affirmations such as: “YES....this is my day!.... and YES..... this is my moment!” Or, “YES.....I will step into this shot and give myself the best chance possible to focus and swing towards my target! It could also be: “YES.....I am going to do this now!” It could be even as simple an affirmation as “Come on now, you can do this.....YES I CAN!!! By using positive affirmations as your “pep-talk” may help move you through the wall of doubt and negativity and into a stream of confidence and well-executed shots.

A Final Word

As a golf scientist and sports researcher who is always looking for new answers to improve performance, one thing becomes very clear: the greatest steps to golfing success are the most simple, if not blatantly obvious. With this in mind, making a clear decision to say “YES” to yourself before you step into the shot provides you with a simple, yet focused, foundation for a positive and directed mind. By providing yourself with the freedom to make the decision to say “YES” before each shot may not always guarantee a shot’s success, but at least it gives you a chance to execute as efficiently as you can on every shot. Conversely, by consciously allowing yourself to make the decision to think and say “NO” before each shot *almost always guarantees* a negative action and result. Thus, the notion of tapping into one’s creative willpower to choose “YES” for success becomes vitally important.

It is also important to understand that sheer “*willpower*” may not overcome doubt and negativity, but when combined with one’s imagination and creative genius, it helps to overcome “*won’tpower*,” which is the dark side of negative thoughts and feelings. By making a clear and purposeful “YES” decision before you step into the ball, will increase your sense of control and confidence and help you hit better golf shots on the course.

Dr. Bob Winters is an internationally renowned sport psychologist who works with championship teams and individual athletes around the globe. Contact him at his website: www.Drbobwinters.com. or Phone: 407-340-7785. Available for speaking and team consultations.

Short Game Practice Drill provided by Trent Wearer

- * Golf Digest #1 Ranked in Colorado
- * Golf Channel Academy Instructor

Taking a mulligan, breakfast ball or redo shouldn't be a part of your game. Over time, these types of "freebies" weaken your ability to recover mentally and physically from whatever circumstance comes your way. Bad shots are a part of the game – how you react and recover after hitting one can make or break your round. And for you juniors interested in playing college golf, next time you hit a bad shot with a college coach watching you, think about the following: college coaches already know what you shoot. They know your scores from watching online. What they don't know though is how you act to your fellow competitors, they don't know how you act to your parents, and they don't know how you act after you hit a bad shot. You can bet, when a college coach comes out to watch you play, that's what they're looking at. Among other things they want to see how you react and recover after hitting a bad shot. The game below is all about your bad shot!

Game: Bad Ball Distance

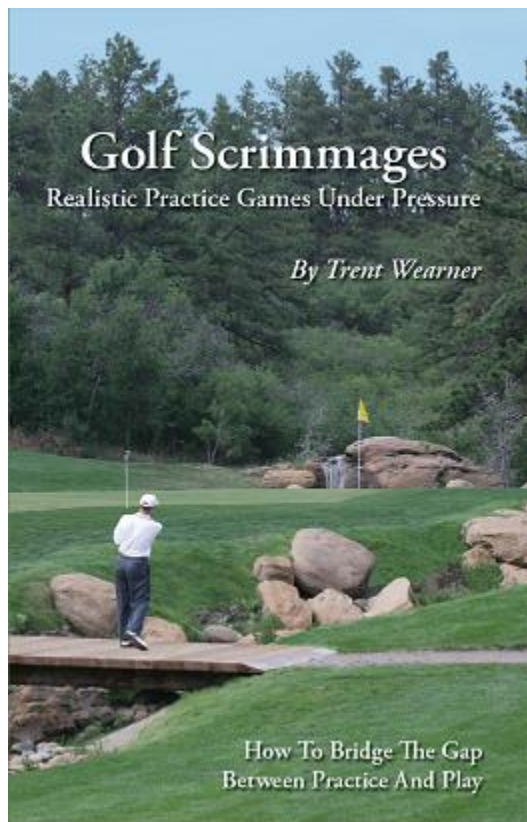
- **Gear needed:** Clubs you chip with and two golf balls
- **Time needed:** 15-25mins.

Rules: Place two balls just off of the green and chip them toward the hole. Of those two shots, step off the distance of the ball that is farthest away from the hole and log it in a practice journal. Not that you want to dwell on your bad shots but by playing this game it will help you focus on every shot you hit vs. just mindlessly hitting short game shots. Proceed to do this for a total of nine times and add up the TOTAL number of feet you had left over for all nine bad balls. Then try to beat (lower) that number next time you practice. You can even use the "scorecard" below to help get you started with different shots/clubs.

HOLE	NAME	WORST BALL DISTANCE
1	Sand Wedge	
2	Downhill Lie	
3	Deep Rough	
4	7-iron	
5	Against Collar	
6	Short-sided	
7	Open-face Chip	
8	Uphill Lie	
9	9-iron	

TOTAL DISTANCE: _____

To see more games like this, take a look at our 230-page book *Golf Scrimmages* and our interactive practice website. You can receive a discount on the book at [this link](http://www.GolfScrimmages.com). The practice website is www.GolfScrimmages.com and you can use the following promo code to take 20% off of your Individual or Team Membership: **GSB202015**



The College Recruiting Process

There are many questions recruits and parents ask when they walk into my office. The one question that most fail to ask is “how do I know I’m choosing the best school for my future”. Here is a quick comparison between what a Student-Athlete vs. Athlete-Student should be aware of when searching for a school. Below are some attributes, ranked from most important to least important that will help clarify your search.

Athlete-Student

- Success of Golf Program
- The Coach
- Financial Aid Opportunities

- Location/Weather
- Probability of playing on the team (opportunity of qualifying)
- Did you visit/what was your experience
- Alumni networking
- Potential Major/Degree
- Academic Services
- Ability to Choose Classes
- Size of School

Student-Athlete

- Alumni networking
- Potential Major/Degree
- Academic Services
- Financial Aid Opportunities
- Ability to choose classes
- Did you visit/what was your experience
- Location/Weather
- Size of school
- Success of Golf Program
- The Coach
- Probability of playing on the team (opportunity of qualifying)

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

Recruiting: Swing Videos...Yes or No?

In the many years and states that I have been fortunate to participate or present college recruiting seminars, it never ceases to amaze me the one question I can count on always getting is "how important are swing videos in the recruiting process"?

This question will often come from a concerned parent in the audience and to no surprise to my fellow coaches in attendance, I'm not a fan.

I equate swing videos to a picture on a driver's license...it shows everyone what you look like but doesn't tell you how well or poorly you drive a car.

It's the same thing with a swing video. You can see if he/she is left or right handed and how well they look in their UA shirt and FJ shoes. I have never seen one that shows the player hit a shank, top or hit a

ball fat. Have you? Sure it may show you how well or not they set up to the ball, balance, etc. but can they get the ball in the hole? That's the question.

Some of the videos should be nominated for an award. Fancy graphics and music I guess are fine if you must but most college coaches are only interested in numbers. Actually just two.

The first being their tournament scoring average and the second being that their GPA (grade point average) is higher than their alleged handicap (that's another story).

I remember watching Jim Furyk practice while he was attending high school in PA. Good thing his father was his teacher. How many swing coaches would have loved to get hold of him at that age? Then you have Bubba Watson, John Daly and for those who have celebrated enough birthdays, Lee Trevino...all with "unorthodox" swings and

All major tournament winners! I guess they figured it out how to get the ball in the hole.

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

Junior Golf Camps & Tours

Nike Golf Camp

Rochester, NY June 25-29th

Stay at Rochester Institute of Technology in their air conditioned dorms. Play 3 different courses during the week. Hosting for the 6th consecutive year and instruction provided by top NCAA coaches and current collegiate players. Dan Wesley, University of Rochester Coach at:

dwesley@sports.rochester.edu



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

Gary Gilchrist Golf Academy Spring Camps

Central Florida



GGGA provides an interactive learning environment for golfers to learn how to improve their fundamentals. Seasonal camps are one week long with an average of 30 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.

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 and ask for Shannon Tarrant to refer a student and become a coach ambassador.

Collegiate Men's Tournaments Seeking Teams

- * Oswego State Spring Invitational
Oswego, NY
April 29-30, 36-holes D 2/3
Entry Fee: \$300
michael.howard@oswego.edu
- * Griffin Invitational
Avondale, PA
April 4, 18-holes 1pm Shotgun
Entry Fee: \$295 (lunch included)
Coach McNamee: ericgolf@comcast.net
- * DePauw's Dan Quayle Collegiate Classic
Sept. 23-24, 36 holes @ Deer Creek GC
Contact Vince Lazar: vlazar@depauw.edu
- * Sizzler Amateur
June 10-13 at Troon North Scottsdale, AZ
Entry Fee \$435 covers (4) rounds
Roy.Edwards@colorado.edu
- * Allegheny College Kuhn Memorial
Meadville, PA Sept. 10-11
\$350 per team & PR \$20 per/player
Contact Jeff Groff: jgroff@allegheny.edu
- * Irish Hills Intercollegiate
Adrian College, Jackson, MI
Sept. 15-16 \$450 per team
Contact: rwilliams2@adrian.edu
- * Scarlet Raptors Spring Invitational
April 3, Pennsauken CC
Entry Fee \$200
Bob Cardea: 609-707-1250
- * Messiah College Falcons Classic
Harrisburg, PA
April 23-24, 36-holes D-3 only
Entry Fee \$500
Troy Boone: tboone@messiah.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
- * Battle at the Bay
Rising Sun, MD April 9th – 10th
Eastern University (12) teams Entry Fee \$550
Jason Badecki at: jbadecki@eastern.edu
- * Carnegie Melon University
April 8-9th, Men & Women
Entry Fee \$400 Dan Rodgers
rodgersd@andrew.cmu.edu
- * John A. Logan College Spring Invitational
Marion, IL April 3rd – 4th
Kokopelli Golf Club Entry Fee \$350
Tom Ferris tomferris@jalc.edu

Collegiate Women's Tournaments Seeking Teams

- * Minnesota State Collegiate Invitational
Coon Rapids, MN
April 14th – 15th Entry Fee \$450
Nick Campa: nicolas.campa@mnsu.edu
- * 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
- * Millville HS JV Tournament
Millville, NJ Boy's & Girl's April 7
Entry Fee \$250 for 4-player team 11am shotgun
Mike Latorre: mlattore25@gmail.com
- * 13th Annual Lions Invitational
Carrollton, GA April 1st Boy's Only
Entry Fee \$285 per Team
or \$50 per Individual Don Riggins at:
don.riggins@carrollcountyschools.com
- * 23rd Annual Tom Johnson Grant County Invite
Crittenden, KY Sept. 16th Girl's Only
\$275 per team 18-holes with 1pm Shotgun
Marcus Camacho at: 859.816.5991
- * 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

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.*

Men's & Women's Coach	Tusculum College	Greenville, Tennessee
Men's & Women's Coach	Lindenwood University	Belleville, Illinois
Men's & Women's Coach	Park University	Parkville, Missouri
Men's & Women's Coach	Presentation College	Aberdeen, South Dakota
Head Men's Coach	Kentucky Wesleyan College	Owensboro, Kentucky
Head Men's Coach	Towson University	Towson, Maryland
Head Men's Coach	Ithaca College	Ithaca, New York
Head Women's Coach	U of South Carolina	Columbia, South Carolina
Head Women's Coach	Keystone College	LaPlume, Pennsylvania
Head Women's Coach	College of the Desert	Palm Desert, California
Head Women's Coach	Cabrini University	Radnor, Pennsylvania
Head Women's Coach	College of The Desert	Palm Desert, California
Assistant Women's Coach	Austin Peay State University	Clarksville, Tennessee
Assistant Women's Coach	Marywood University	Scranton, Pennsylvania
Head Men's Coach	Yeshiva University	New York, New York
Head Men's Coach	Los Rios Community College	Sacramento, California
Head Men's Coach	St. Olaf College	Northfield, Minnesota
Head Men's Coach	Georgia College & State University	Milledgeville, Georgia
Associate Head Coach	Richard Bland College	Petersburg, Virginia
Assistant Women's Coach	Rutgers University	New Brunswick, New Jersey
Assistant Coach (M/W)	UNC-Charlotte	Charlotte, North Carolina
Assistant Coach/GA	Montreat College	Montreat, North Carolina
Graduate Assistant	Midland University	Fremont, Nebraska
Graduate Assistant	Concordia University	Seward, Nebraska
Graduate Assistant	Augsburg College	Minneapolis, Minnesota
Graduate Assistant	University of Dubuque	Dubuque, Iowa
Graduate Assistant	William Woods University	Fulton, Missouri
Graduate Assistant	Harding University	Searcy, Arkansas
Graduate Assistant	Dakota Wesleyan University	Mitchell, South Dakota
Graduate Assistant	Old Dominican University	Columbus, Ohio
Graduate Assistant	Berry College	Rome, Georgia
Graduate Assistant	Briar Cliff University	Sioux City, Iowa
Graduate Assistant	Wagner College	Staten Island, New York
Graduate Assistant	Ball State University	Muncie, Indiana

DO YOU KNOW THE RULE?

Player A is competing in an 18-hole stroke play tournament for his high school team.

On the 12th tee box, Player A hooks his drive into the heavy rough to the left of the 12th fairway. He proceeds to hit his approach shot onto the green 15 feet from the hole. The ball struck was a Titleist Pro V1 #3.

As he is about to place a marker behind his ball, he notices that the ball is not his but in fact, a Titleist Pro V1 #4.

DO YOU KNOW THE RULE?

Under Rule 6-5 it is the responsibility of the player to play the proper ball and to have an identification mark on it.

In this scenario, PLAYER A has made a stroke with a Wrong Ball in breach of Rule 15 -3(b).

PLAYER A must correct his mistake by playing the correct ball or by proceeding under the rules. Strokes played with the Wrong Ball do not count in his score. He does however incur a penalty of TWO STROKES to his score once he has completed the hole with the correct ball proceeding under the rules.

He must correct his mistake before making a stroke on the next teeing ground or if his last hole, he must declare his intention to correct the mistake before leaving the green. Failure to do so, he will be disqualified.

PRODUCT SPECIAL OFFER

100% Waterproof All-Weather Mitts made from German breathable Waterproof material with Italian fleece lining. Elastic band around the wrist keeps the heat in and the moisture out. Mitts are available plain or embroidered with your school, team or corporate logo.



Place a minimum order of (6) pairs of our All-Weather Mitts by 4/1/17 and receive a FREE one year membership to HotelsEtc.com (a \$99 value).

Offering discounts at hotels including Wyndham Collection, Comfort Suites, Ramada, Sleep Inn, Baymont Inn & Suites, Hertz and Thrifty.

To place an order or to see a virtual sample with your logo email

scott@mgmsportsmarketing.com

They said it...

"Happiness is a long walk with a putter"

- Greg Norman, PGA Tour

"You don't hit anything with your backswing, so why rush it?"

- *Doug Ford, Legendary Tour Player*

"Being nervous is not something you should be ashamed of. Nervous means you care, you really want to do well"

- *Paula Creamer, LPGA Tour*

"I never hit a golf shot, not even in practice, without having a very sharp in-focus picture of it in my mind"

- *Jack Nicklaus*

"Golf balls are like eggs...they're white, they're sold by the dozen and a week later you have to buy more"

- *Anonymous*

If you would like to contribute anything for the April edition of our newsletter the submission deadline is April 10th. Please email your information to:

Scott@mgmsportsmarketing.com

“Run by Coaches for Coaches”