

Wedge Shots

The Mt Lofty Pro Shop Newsletter



12th of January 2011 Issue 15

PGA Master Professional – *Warren Symons*

CONGRATULATIONS

To Alex Pacifico the WINNER of the Titleist golf ball draw for the the Titleist Staff Golf bag.

The draw was done by lady President Judy Denton and witnessed by David Rutter, and as you can see for yourself Alex is quite pleased with the outcome!!



To Book Your Next Lesson Call

8339 1805 or 0418 610 005

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FROM WARREN –

Whether your searching for a present for someone special or waiting to spoil yourself this Christmas,lets check out what I can offer you.

Shirts Fabulous A-Game shirts in_mergerized cotton and lots of great colours.\$39.95ea or 2 for \$49.95

Mt Lofty golf club logoed shirts – in a range of colours and sizes from \$39.95ea

CAPS - All brands including logoed from \$19.95 less 20% discount for christmas

Beginners Packages - Latest mens and ladies from only \$299 inclusive of * Driver * 3wood * hybrid * 4iron to Sand iron * putter * lightweight bag * 1 dozen new balls * free 30 min lesson WHAT VALUE!!

Now that's a great way to help any new golfer get on to the course.

Golf Bags - Prices start from \$119 and brands include Titleist,Mizuno, Taylormade and Eagles and Birdies

Gift Vouchers - If you are undecided just purchase a GIFT VOUCHER from Warren or Jeff and take all your stress away

With 2011 upon us its now a great time to prepare our games for the upcoming year.

Research has shown that low handicappers tend to set multiple goals whilst higher handicappers only tend to set one goal. I find that a players score is better by improving in 3 areas.-

- 1) Improved swing to enable more fairways to be hit
- 2) Better short game
- 3) More awareness of the mental approach and thought process.
- 4) So why not between now and years end jot down how you can improve your score by 10%.If you need help to analyse your game or work on the process needed,see me and help make 2011 your best yet.

“Remember if we fail to plan we are planning to fail

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HAVE YOU BOOKED A LESSON YET WITH WARREN?

BETTER STILL YOU CAN GET A VOUCHER FOR LESSONS FROM WARREN AS A CHRISTMAS GIFT.

ENQUIRIES OR BOOKINGS CAN BE MADE on 8339 1805



GET A GRIP – on your golf!!

Now that the scoring season is nearly upon us, why not give yourself every opportunity to 'take the money from your mates' by replacing your old slippery worn out grips!

So if you're not quite ready to upgrade your clubs make sure you remember to ask Warren or Jeff when next in, how to get the best out of your existing set.

There is no need to put up with those smooth slippery grips ANY LONGER.....

From just \$8 per grip

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Mount Lofty Pro Shop Services

- Golf Bookings (individual, small and large groups)
- Advice from the Professional and experienced assisting staff on golf equipment to suit your individual needs
- Equipment - Stockists of leading brand golf equipment
- Club Fittings
- Club Repairs
- Shoe re-Sprigging
- Hire Clubs
- Golf Lessons from one of Australia's few AAA PGA Master Professional Coaches
- Individual and Group Tuition
- Demonstration days

Call

8339 1805

and ask for Warren or Jeff



GOLF LESSONS

Have you booked your next lesson with Warren? Why not? Get your game into shape now and ready for the summer..... Improve your game and increase the fun golf brings you! Call and book today! One of Australia's very few 'AAA' Rated Master Professional!

To Book Your Next Lesson Call

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FROM WARREN- NERVOUSNESS AND STAGE FRIGHT ON THE COURSE

"Stage fright" or nervousness is just as common in golf as it is in other sports and performing arts. It can affect thinking and the ability to perform physical skills. From what researchers (and experience) have discovered so far, getting rid of the nervousness completely is not the solution. A certain level of anxiousness or nervous energy is necessary in order for one to perform their best. So the solution is partly to realize that you can play just fine **with** the nervous energy, and begin getting used to it (this will probably take time).

Since this anxiousness or nervous energy never goes away entirely, another part of the solution includes important ingredients for handling it: **preparation** and **experience**.

Preparation

Develop your technique in all areas of the game. Be well-prepared by

- Understanding your swing and stroke (what the movements are, why they make sense, etc.)
- Knowing whether you are actually DOING the things you understand (put in the practice time, with your focus of attention in the right places, to develop your awareness or feel of the things you understand)
- Ingraining good habits (get the solid fundamentals and movements you understand and have the awareness of doing so well-rehearsed that they become automatic or subconscious)

As your technique improves so will your results and, therefore, so will your confidence. You'll commonly hear this referred to as "trusting" your swing or stroke. (Question: if a golfer was not sure of their technique do you think they would feel confident about their ability to execute a shot?) Being well-prepared and confident will help decrease uncertainty and anxiety, which will reduce tension and help you relax and play shots. Technique development is a long term process. That is why golf requires practice and that is why it doesn't happen overnight, or by discovering some "new secret." There is no shortcut or secret. You have to go through the process.

Ways to develop your technique

- [Read books](#)
- [Take lessons](#)
- [Work on the mental aspect of your game](#)

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- Become more physically fit
- And endlessly repeat the cycle of practicing and then testing yourself on the golf course...

Experience

Play so many times (*obviously, therefore, this is also a long term process*) that you have both performed well **and** messed up a number of times -- particularly in situations that you have difficulty with (like playing in tournaments, or even just playing with people you don't know, etc.). You may mess up before you perform well. Learn from your mistakes. Only by repeated exposure to what causes you difficulty do you gain experience and expand your comfort zone; just as only by exercising can your body adapt and

become more fit. Experience is a great teacher that will also help you to know your own game and become a better decision maker on the course... and this feeds right back into preparation.

Tip: remember to breathe deliberately when you get nervous. Your brain needs oxygen and when people get nervous they tend to hold their breath or breathe very shallowly or sporadically.

So if you want to play more relaxed remember that a certain amount of nervous energy is actually a good thing, be prepared, and gain experience. In the short term, while you are developing your technique and gaining experience

- Remember to breathe
- Play shots that you believe are within your ability as much as possible
- Have a plan on each shot (choose a definite target line and have as clear an idea as possible of what you intend to do before doing it, etc.)

And keep learning, practicing and playing ... and enjoying the *process* of learning, practicing and playing. Best wishes for success with your learning, practice and playing.



Good golfing and club enjoyment in 2011

From

Warren and Jeff

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