

Welcome



Your Competitive Edge

Julie Cole

Director Women's Golf

Sea Pines Golf Learning Center

WHAT IS YOUR COMPETITIVE EDGE?

- **PUTTING?** Your average # during a round?
- **DRIVING DISTANCE?** Straight vs Long
- **SHORT GAME?** Confident in chipping, pitching, sand
- **COURSE MANAGEMENT?** Good thinking and planning skills
- **LOVE OF COMPETITION?** How do you feel about it?
- **MENTAL GAME?** Great attitude, great mental processes, positive, energized

WHAT DO YOU WANT YOUR 2020 GOLF IMPROVEMENT TO LOOK LIKE?

- **What attitudes/actions/technical skills should I make some changes in?**
- **How am I in these general important competitive advantage areas?**
 - **Equipment**
 - **Fitness**
 - **Nutrition / hydration**
 - **Accept the averages**
 - **Emotional / Mental advantage**
 - **Pre-round warmup**

EQUIPMENT



- **Update your equipment**
- **Invest in 60, 56, and 52 degree wedges and putter**
- **A typical 90 golfer hits the green or fringe only 46% of the time. General shot patterns are 20 yds short.**
- **3-12 ft. putts account for 62% of strokes gained in putting**
- **Approx. 50% of first putts will be from 30 ft.**

“It’s not the years in the life. It’s the life in the years.” Abe Lincoln

FITNESS

- **STRENGTH**
- **STAMINA**
- **CONFIDENCE**
- **WALKING, WEIGHTS, YOGA, PILATES, TPI etc.**
- **Average female amateur swing speed is 55 mph.
LPGA Tour: 85 mph**
- **You will lose swing speed with age and injury**

Golfer: “do you think I can get there with a 5 iron?”

Caddy: “eventually”



GAME DAY NUTRITION

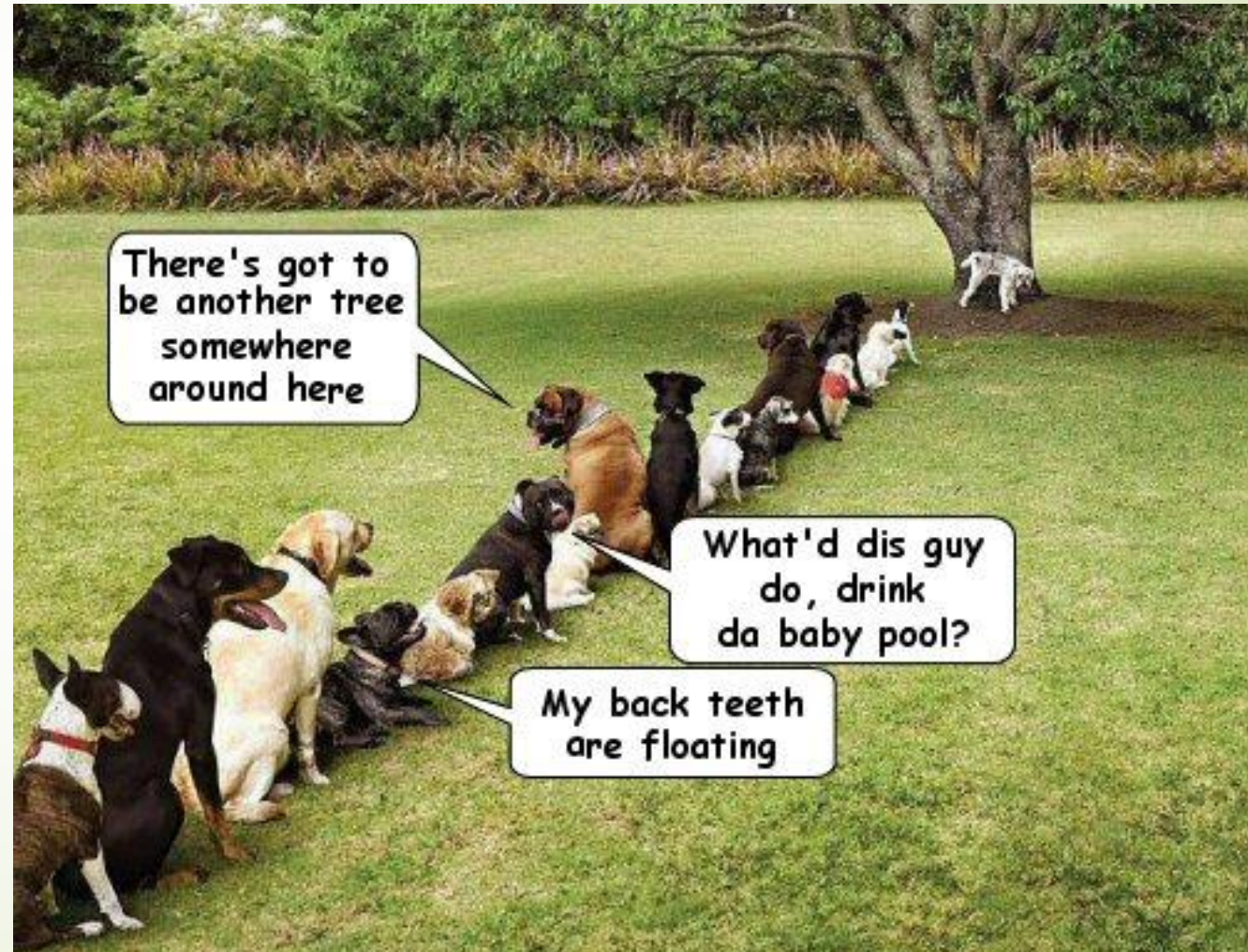
- EAT small snacks through-out the round

Hydrate

Hydrate

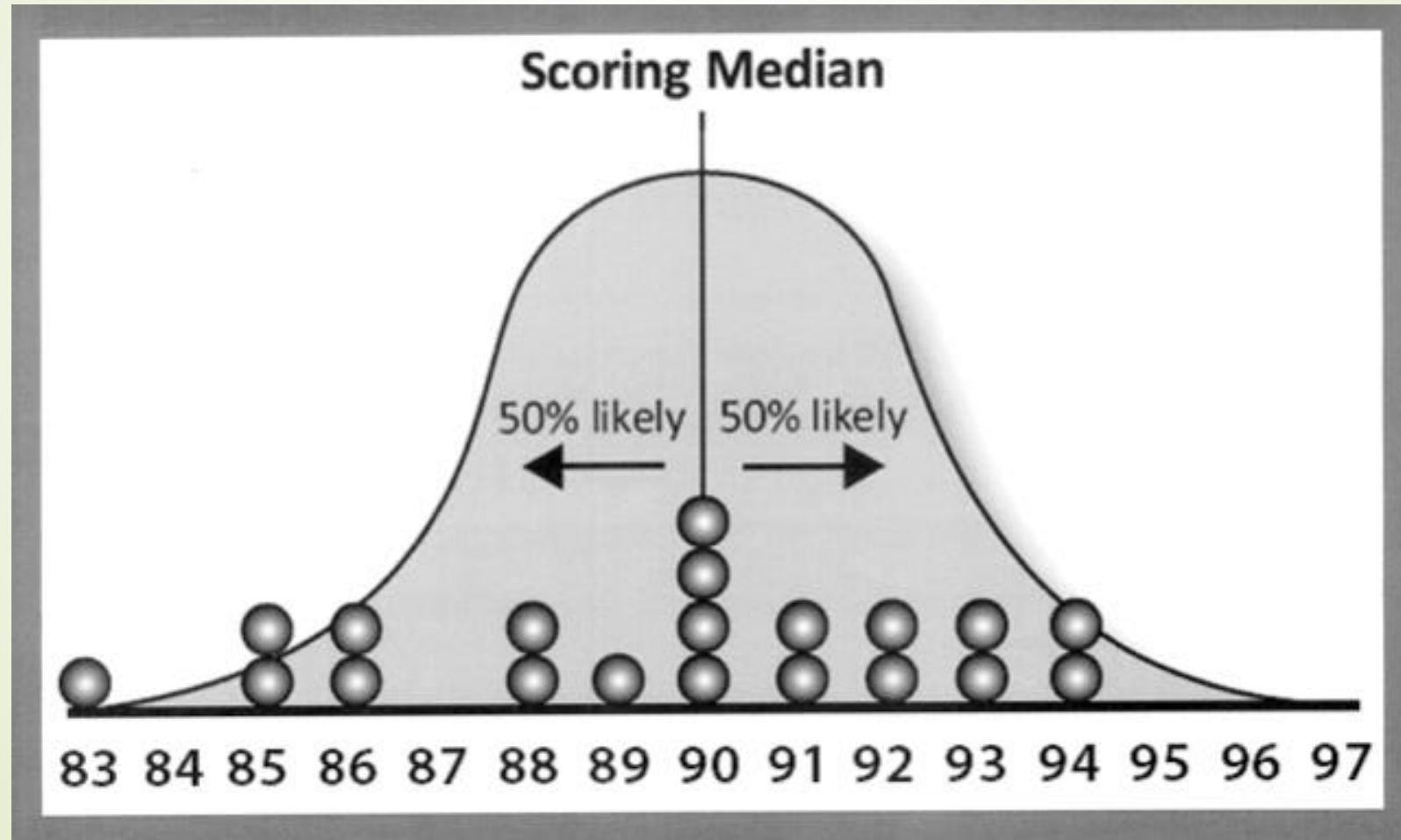
Hydrate

**Endurance,
Energy,
Concentration**

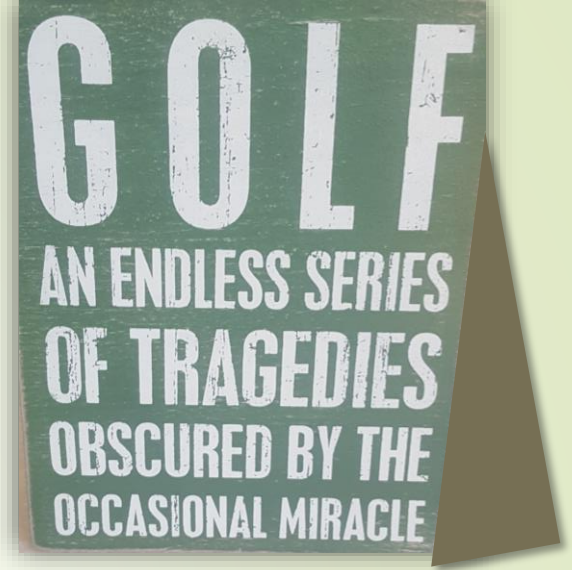


ACCEPT THE AVERAGES “Bell Curve”

Average or Better 50% of the Time



CONSISTENCY ? YES OR NO



- **Be willing to miss - All human performance occurs on a bell curve.**
- **Those willing to endure the bell curve will perform to their potential, which is all we can ask of ourselves.**
- **Golf is a sport of variables, nothing is the same and anything you can do to be consistent gives you an edge whether it is technical or mental.**
- **Day to day you won't feel the same or hit it the same. Tour players are not consistent; they just TRAIN to be.**

EMOTIONAL / MENTAL EDGE



- We cannot perform beyond the image we have of ourselves.
- Self image is where our beliefs are...What do you believe is possible in your game?
- What are your conversations with yourself and others about your game?
- Only talk about; What you did great? What did you learn? And what do you need a solution to?

PRE-ROUND WARM UP

- **Breakfast or lunch and hydrate**
- **An hour before your tee time, arrive to the course, organize, and stretch**
- **Put your cell phone away, eliminate distractions (LOL!)**
- **Start with 20 minutes full swing, commencing with wedges, then to mid-irons , and finally ~10 drives**
- **10 minutes of chips and putting for feel around the greens**
- **Final minutes prior to tee time, organize, relax (laugh talk yawn), and get to the tee ready to go.**
- **Expect tension which is needed to perform at your best.**

FIND YOUR EDGE IN 2020!

