

WARHAWK GOLF

COMMITMENT

&

PREPARATION

You must be able to commit to the game of golf

- a) develop and practice your swing
- b) participate in competitions

You must commit to the Arrowhead golf program

- a) understand your position and role in program, whether JV, Frosh, or Varsity
- b) never give up on a shot, a hole, or a round
- c) understand your teammates are counting on you

You must commit to your game

- a) concentrate, focus for entire round of golf, whether 9 holes or 18 holes
- b) know your yardage, choose your club, trust your swing, then commit

Prepare Mentally

- a) be able to focus on each shot whether in competition, practice range, or putting green. Know the rules of golf

Prepare Physically

- a) remember that you must carry your own bag for 18 holes, therefore strengthen your upper body
- b) remember that setting up for each tee shot and approach you legs are in a modified 'linebacker' position, therefore strengthen your legs
- c) remember that the golf swing twists your back, therefore set up stretching exercise routine.
- d) lift weights for tone, not for bulk
- e) practice swinging a club for perfect balance, if balance is not perfect the swing is too hard or fast

Prepare Psychologically

- a) anger and frustration must not be part of performance
- b) anger causes muscles to tighten, tight muscles result in poor shots
- c) concentrate on each shot, forgetting last