



Fore Ladies Only - June 13<sup>th</sup>, 2008 edition  
Niagara Golf Report

#### Four P's to Better Golf

Having a great golf game is defined differently for every player. Once I stopped worrying about how my game stacked up to how others were playing around me I started to relax and I saw improvement immediately just by not being so tense and nervous. I asked myself how I got that way each time I had to play in a tournament and realized I really wasn't PREPARED. I worked right up until the last minute, threw my clubs in the car and raced to the golf course, usually just in time for the starter to send us off. There was never anytime for lunch first and the hellos to friends and business acquaintances were just quick waves as I searched frantically for my cart. How well can one really drive a ball when they just barely got their shoes on in the cart? Preparing for a tournament, a friendly game, a lesson or just a trip to the range can put you in the right frame of mind to relax and enjoy golf. When you put your clubs in the car make sure you have enough balls and tees and check to see if your clubs are clean. Make sure you give yourself lots of time to get to the golf course, check in at the pro shop or registration desk and have time to take a few practice swings.

Speaking of PRACTICE, I've taken my share of lessons over the years always hoping the miraculous would happen and I would instantly change my game for the better. I also mistakenly thought I would have to spend endless hours at the driving range to get really good. I finally realized that those drills my instructors gave me to work on at home in my back yard or in my basement really do help and don't cost me a thing except a little time and PATIENCE. Learning the fundamentals and practicing them becomes a routine that brings consistency to your swing whether you are teeing off or pitching.

Finally, no matter how you play or practice, keep a POSITIVE attitude while playing your own game. A great day of golf for you may just be that you arrived on time, you played in the sunshine and you hit a few good shots!

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