

## **Crystal Springs Quarry Spring Golf Tip:**

How many times can you remember yourself saying: “This year I’m going to play more golf”, or “This year I’m going to lower my handicap”, or “Someday I’ll do a clubfitting session”?

I’m sure all of us who love this game have a similar saying that we think to ourselves, or mention to our playing partners. As a new season is set to begin, now is a perfect time to reflect on things you wish to accomplish, and to assemble plans to achieve your goals. First of all, prioritize. We all have a myriad of commitments, and desires as well. If your golf game is important to you, you’ll need to identify it as a priority. You may simply realize that you have only been able to play a handful of rounds per year for the last few years, and your priority is to simply play more. Or your priority may be to lower your handicap to a specific level. Or your goal may be to place well in an event. Whatever your goals are, you will need to prioritize them amongst the other goals and commitments in your life. Golf will obviously take a back seat to many things such as your family, home, and work, but if you take a serious look at things, you may realize there are some things that you spend your time on that actually rank lower on your list of priorities. Once you have established this knowledge, you will be ready to make some changes to your schedule and planning.

Take an objective look at where you are now. If lowering your handicap is your goal, you will need to take an honest look at where you are at now, and what it will take to get where you are going. It is very easy to fondly remember the great season you had years back when you were playing often, and scoring well, and think it will be easy to bring back that form if you simply play more often. In some instances that may be all it takes, but often making a serious improvement takes more time and commitment. If you hope to go from a 20 to a 10 handicap, there are likely some issues that you will need to overcome, as well as a serious commitment to practice. Seeking advice from a Golf Professional may be a beneficial starting point, they can help develop a practice schedule that will address the parts of your game that need the most attention.

If you simply desire to play more frequently, you will need to take a serious assessment of your work and family schedule, and see where you can combine tasks, or schedule your time more efficiently. There may be one day a week when you can go into work an hour or two later, which would allow you to get out for a quick early morning round when the course isn’t too busy, or maybe you can play after work one day a week by adjusting your schedule. It may take some creativity, but you will likely be able to find some time that you are currently spending on less important matters.

Make a plan for achieving your goals. Once you have prioritized your goals, and considered the level of effort required to achieve them, you will need to create a plan that will enable you to progress towards those goals. This step will be an extension of the last step. How many practice sessions will you need each week? Will there be any conflicts along the way that need to be considered? Will you need to coordinate schedules with your spouse or co-workers? If you create a good plan, and commit yourself to it, you will have a much better chance at achieving your goals.

Make an effort to follow your plan as closely as possible. During the season you may want to reflect on your progress, and may need to reorganize your plan if necessary. Flexibility is important -- you don't want to find yourself at some point being overburdened by your plan to have more fun by playing golf more frequently.

Enjoy the season, and enjoy your accomplishments. At the end of the season, evaluate how successful you were, and start to consider what you would like to work on next year. If you need any help or suggestions along the way, please feel free to contact one of our Professionals here at Crystal Springs Quarry. More information on lesson programs can be found at <http://www.crystalspringsquarry.com/clinics.htm> or by calling 314-514-0154.