

THE GOLF INSTRUCTOR



The Golf Instructor is published by the Australian Golf Union with support from Women's Golf Australia. The Level One and Two Golf Courses are approved by the Australian Sports Commission and included in the National Coaching Accreditation Scheme.

LEVEL TWO COACHING COURSE

10-13 MAY 2004 MOONAH LINKS



Participants at a recent NCAS Level Two Golf Coaching course

The 2004 Level Two Golf Specific Coaching Course is scheduled for May 10-13 at the new AIS golf facility at Moonah Links, the Home of Australian Golf, on Melbourne's Mornington Peninsula. The Course is open to Level One Co-ordinators who meet the following Pre-requisites:

- Must be an NCAS Level One Golf Co-ordinator for at least one year and the accreditation must be current
- Must be an affiliated golfer (AGU, WGA) with a handicap of 12 or better
- Must have reached their 19th birthday
- Or
- Be an ALPG member

Consideration is also given (but not guaranteed) to golfers who have previously played off 12 or better and meet the other two conditions.

The course costs \$475 which includes lunch, tuition, facility hire, course resources and textbooks. Transfers to and from Moonah Links will be available for participants arriving on Monday 10 May. Twin share accommodation may be available at the AIS at \$75.00 per night per person (Monday to Wednesday night inclusive). This price includes all meals.

Full Level Two Accreditation Requirements include:

- 31 hours Golf Specific Course (10-13 May)
- 30 hours General Principles of Coaching Course
- 60 hours Practical Coaching Experience (post Golf Specific Course)

For further information and all costs please call Daniel Waters at the AGU on (03) 9699 7944.

EDITORIAL.... Issue Five of *The Golf Instructor*

Some time has passed since the last issue of *The Golf Instructor* but the official newsletter of Level One and Two National Coaching Accreditation Scheme Golf Coaches is back.

It is an exciting time in golf coaching and development in Australia with a number of initiatives taking place in 2004.

Details on these initiatives are included in this issue including The First Tee, the Indigenous Sport Program, Junior Sport framework, the new 'Get Into Golf' website and CD Rom, and the 2004 Level Two Coaching Course.

Also included are features such as the new updating procedures, the 2004 Nissan School Teams National Final, Coaching Corner, the 2004 AGU Elite Training Camps, State

Updates, and a great offer from Wilson.

I would like to take this opportunity to introduce myself. I have been newly appointed as the Development Officer for the AGU. I am a very keen golfer and have recently completed a degree in Sports Administration. In my role I will be administering the NCAS process at the Australian Golf Union and assisting you in developing this great game. Please feel free to contact me on the number below in the future should you have any enquiries regarding Coaching Accreditation or *The Golf Instructor* newsletter.

Daniel Waters
Development Officer
Australian Golf Union

The Australian Golf Union

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NEW NATIONAL JUNIOR SPORT FRAMEWORK

The Australian Sports Commission (ASC) has constructed new guidelines for National Sporting Organisations to develop their own junior sport policy. The guidelines will be the basis for all junior sport policy in Australia and will impact upon the way golf is taught to children in the future.

The University of Queensland won the tender from the ASC to research the project and has been consulting with national and state sporting and education personnel to develop the framework.

The vision that the framework aims to achieve is for junior sport in Australia to “provide safe and enjoyable environments to encourage the long-term participation of young people”.

The outcomes expected of the framework include an increase in the number of young people involved in sport, improved long term retention, more people reaching their sporting potential, and equal opportunities for all young people to participate.

The guidelines address issues such as; long term involvement, getting young people involved, sport

pathways, people making it happen, quality coaching, making sport safe, and the law and sport.

The implementation of the framework is to be an ongoing process with policy reviews and updates done every four years.

Golf plans to construct one policy for all of junior golf in Australia. This will be done through consultation with a large array of junior golf stakeholders, from national and state bodies, through to regional club representatives. The end result will hopefully be resource that everyone within golf can adopt and will help foster junior golf in the future through a united effort.

If you would like further information or have any comments please contact Kevin Tangey at the AGU on (03) 9699 7944.



THE FIRST TEE PROGRAM TO BEGIN IN AUSTRALIA



State coaching representatives observe Dedric Holmes (centre) and Beth Brown (right), demonstrate The First Tee to primary school children at Moonah Links

A modified version of ‘The First Tee’, America’s national junior golf program, will operate in Australia from 2004 to 2006. The program is run by a steering committee comprising of the Australasian PGA Tour, the Professional Golfers Association of Australia, Women’s Golf Australia, and the Australian Golf Union.

The organisers of The First Tee in America delivered training to National and State representatives in December 2003 in order to explain the concepts and delivery techniques of the program.

The First Tee in Australia will be developed to introduce golf to children who may not otherwise have access to the game. In particular, the program will target aboriginal children and children from lower socio-economic areas in major cities. Equipment and coaching will be provided to schools in selected geographic regions with high populations of the targeted groups.

Each school will receive a free Wilson Go-Go Golf Kit, 3 x 2 hour coaching sessions and each child will be given 2 x 20 minute free lesson vouchers with a PGA professional. The professional will be encouraged to get the children involved in future golf club activities.

Funds are also available for the establishment of Girls Golf Club chapters if a Club does not operate in the area targeted by the program.

A PGA Trainee or State Association/Foundation representative will provide additional assistance to a school in each State with a high indigenous population. They will undertake Cultural Awareness Training and deliver 30 hours golf tuition to the school.

For further information please contact Daniel Waters at the AGU on (03) 9699 7944.



NEW GOLF DEVELOPMENT WEBSITE



The AGU will soon be launching a new *Get Into Golf* website that is specifically aimed at assisting in the development of golf at all levels and in all regions of Australia. It is for anybody interested in the game of golf whether it is as a player, teacher, coach, administrator or junior mentor.

All coaching accreditation information will be displayed including an Australia wide coaching course calendar. Coaching resources will also be accessible and the site will enable all issues of *The Golf Instructor* to be read online.

A 'Get Into Golf' CD Rom, aimed primarily at new golf coaches and teachers, has been developed in conjunction with the site and will also be available through the AGU soon.

The site will include a section specifically dedicated to the coaching of golf. It is hoped that the site will be used by

accredited golf coaches to share information and ideas.

There are three different areas where coaches can submit ideas:

- **Ideas for Coaching Programmes:** Share your teaching technique or hint on how to most effectively pass on your golf knowledge to students.
- **Development programme case studies:** Display your programmes and initiatives in order to help share ideas and increase awareness of golf development within the community.
- **Interactive school projects:** For teachers to incorporate golf into their curriculum by participating in a nationwide project. Submissions are written by students and displayed on the site with golf resources given to a selected entry.

Any contributions regarding the above areas are welcome. You can email them to danielw@agu.org.au or post to:

Get Into Golf Website

C/- The Australian Golf Union

Golf Australia House 153-155 Cecil Street South Melbourne Vic 3205

NEW UPDATING PROCEDURES FOR LEVEL 1 & 2 COACHES

(Amateur & Australian Ladies Professional Golf -ALPG)

Alterations have been made to the updating procedures for both level one and two coaches. A cheaper fee structure has been implemented which now makes the cost of updating \$21.

AGU Updating Registration Fee \$11.00

ASC Re-accreditation Fee \$10.00

Total \$21.00

Please note: cheque for \$21 to be made out to "Australian Golf Union"

Each Level One & Two Golf accreditation is valid for a 4 year period from the date the accreditation card is issued by the National Coaching Accreditation Scheme (NCAS). During this period of valid accreditation, Level One Golf Co-ordinators & Level Two Coaches will be required to "update" their knowledge and undertake a variety of tasks which are

recorded in their log book.

Co-ordinators / Coaches will be required to forward their Log Book and re-accreditation fees to their **State Associations / Foundations** (or ALPG for lady professionals). The re-accreditation will not be processed without the accompanying cheque. Once the State Golf Association / ALPG is satisfied the Co-ordinator / Coach has met all the updating requirements, the re-accreditation will be processed and details and cheques will be forwarded to the AGU. This procedure will be the same for new accreditations.

Contact Information:

Australian Golf Union: Development Officer

153-155 Cecil Street, South Melbourne VIC 3205

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ELITE TRAINING CAMPS A SUCCESS

The 2004 AGU Elite Training Camps were run for the first time at the AIS golf facility at Moonah Links in January and February. Four young golfers were selected from each state to attend one of two six day camps. Participants were exposed to information regarding fitness, musculoskeletal testing, 3D swing analysis, nutrition, and rules as well as coaching.

The new state of the art AIS facility at Moonah Links provided the ideal environment for the intensive programme. Players stayed on site and made the most of the chipping and putting greens, driving range, and golf courses.

The camps combine game and system evaluation with on course play. Due to the generosity of clubs in the area players were given access to some of the best links courses in Australia. These included The Dunes and The National Golf Clubs as well as The Open Course and The Legends Course at Moonah Links.

The camps involve some of the best golf coaches and specialists in Australia. AIS coaches Mark Holland and Gareth Jones were joined by state coaches Peter Knight, Jim Barden, Rob Farley, John Davis and David Capaldo in delivering coaching concepts, and individual tuition.



INDIGENOUS SPORT PROGRAM CONTINUES TO GROW



Participants in the Level O coaching course as part of the 2003 Indigenous Sport Program in Murgon, Queensland.

After successful pilot programs in 2002 and extended programmes in 2003, the Australian Sports Commission's Indigenous Sport Program (ISP) is continuing to introduce golf to people in regions with high indigenous populations in 2004.

The ISP aims to enhance opportunities for Aboriginal and Torres Strait Islander communities to participate in mainstream golf programs at grass root and elite levels and is supported by the Royal and Ancient Golf Club of St. Andrews.

The areas in which Indigenous Sport Programs are running in 2003-4 and the delivery organisations/personnel are:

State/Territory	District/Region	Delivery Organisation
ACT	Yass and Goulburn	ACT Monaro District Golf Association
NSW	Blacktown (Western Sydney), Charlestown (Newcastle), Tamworth, Moree, and Wagga Wagga (Regional)	Jack Newton Junior Golf Foundation Golf Club Professionals, South Australian Golf Association, NT Group
NT	3-4 communities in the Central Desert region around Alice Springs, Barkly/Tennant Creek	Golf Association
Qld	Woorabinda	Queensland Golf Union, Women's Golf Queensland, Greg Norman Golf Foundation
SA	Regions in Port Lincoln, Port Augusta, and Adelaide	South Australian Golf Association, regional development officers, indigenous coaches.
Tas	Clinics in Hobart regions with accreditation courses state wide	Tasmanian Golf Council
Vic	Binjirru ATSIC Region (Shepparton), Tumbukka ATSIC Region (Melbourne)	Victorian Golf Association

Coach training is an important part of the program and initiatives include cultural awareness training given to golf personnel. Level O National Coaching Accreditation Scheme training is followed by an offering of Level One coaching courses and club level Rules Accreditation courses to indigenous personnel. Participants are also made aware of golf services and pathways from grass roots to elite level performance.

Extended introductory golf programs will be arranged through local clubs. Special Wilson Go-Go Golf equipment kits will be supplied to States, clubs, schools and indigenous communities, while talented athlete identification and training will also be provided. Further resources will be developed for ISP administrators via the forthcoming AGU *Get Into Golf* development CD Rom and web site.



COMO MAKES HISTORY AT THE 2004 NISSAN - AUSTRALIAN SCHOOL TEAMS CHAMPIONSHIP

Como Secondary College secured Western Australia its first Nissan - Australian School Teams Championship after winning the National Final played at Peninsula Country Golf Club, Frankston, Victoria. The event was played for the first time on Peninsula's re-designed North Course which was recently named in the top 25 courses in Australia.

After the first round, Queensland's Hills Education Foundation held a three-stroke advantage but Como came home strongly in the final round to win the title. Como's strength lay in its consistency, with Mark Western scoring a 36-hole total of 149 to win the individual trophy. Western was supported ably by team mates Matt Jager and Gene Roberts, who scored 155 and 156 respectively.

Last year's champion, Hills, finished second, five shots adrift of the winner, with Victoria's St Bedes College a further twenty shots back in third place. Prince Alfred College (SA), Bathurst High School (NSW), and Leighland Christian School (Tas) each represented their home state at the event.

Como Secondary College and Hills Education Foundation will represent Australia against two schools from New Zealand at the Callaway Golf Trans Tasman School Teams Challenge to be held in Queensland in May.

This year's Nissan - Australian School Teams Championship has been generously supported by *Nissan Australia* and *Callaway Golf*.

Final scores are below.



The 2004 Nissan School Teams National Champions: Matt Jager, Ben Unbehaun (manager), Mark Western, and Gene Roberts.



Individual trophy winner, Mark Western, escapes from the rough during the final round.

1	460	Western Australia - Como Secondary College			
	Rd 1	Rd 2	Total		
	78	77	155	Matt Jager	
	78	78	156	Gene Roberts	
	74	75	149	Mark Western	
	230	230	460		
2	465	Queensland - Hills Education Foundation			
	Rd 1	Rd 2	Total		
	74	78	152	Jason Day	
	72	79	151	Aaron Pike	
	81	81	162	Jordan Hall	
	227	238	465		
3	485	Victoria - St Bede's College			
	Rd 1	Rd 2	Total		
	82	86	168	Mick Holland	
	76	78	154	James McMillan	
	79	84	163	Matthew Foulds	
	237	248	485		

4	492	South Australia - Prince Alfred College			
	Rd 1	Rd 2	Total		
	82	74	156	Andre Na	
	78	82	160	Chris Brown	
	87	89	176	Tom Bond	
	247	245	492		

5	496	New South Wales - Bathurst High School			
	Rd 1	Rd 2	Total		
	77	76	153	Scott Tener	
	80	87	167	Tom Hanrahan	
	86	90	176	Lewis Church	
	243	253	496		

6	Dsq	Tasmania - Leighland Christian School			
				Jeremy Jakupiec	
				Ryan McCarthy	
				Scott Priest	



Concentration

By Peter Knight, NSWGA State Coaching Director.

The success or otherwise of a player in competition is going to hinge on a number of factors. A major one is whether the player is able to concentrate on the task at hand on the course or have their attention direction in the wrong place by any of the potential distracters which are ever-present in the golfing environment.

Concentration is being able to have your attention directed as it should be while you are playing. Robert Nideffer a US sports psychologist has spent a lot of time researching the value and training of attention in sport. He has identified that there are four types of attention – broad external, broad internal, narrow external and narrow internal.

Broad external is having your attention on what is going on around you. In preparation for a shot it is noticing the position of the green, pin, hazards, wind direction and strength, elevation of the green and lie of the ball.

Broad internal is taking the information you have gathered and creating a plan for the shot. You know from experience what club to use based on understanding how far you hit the ball and allowing for distance and wind direction and speed.

Narrow external attention is having your attention focussed on the flight of the ball to the target and the target itself. This is the type of attention that most players may believe is all that is necessary for golf. When your attention is directed toward your target, there is no thought of hazards or anything else not involved with the outcome you desire. It is the sense of 'blocking out' the distractions.

Narrow internal is having your attention back on yourself. Reminding yourself of a swing cue, sensing the feel of the club, ensuring you are aligned correctly.

Each of these is required at different times during a game of golf. The descriptions above follow the order that you would follow when you are playing a shot.

In developing your attention it is important that, like any other skill it is trained. When you are on the course or practice fairway notice how you are placing your attention. If you sense that it is being placed inappropriately, then deliberately shift your attention direction. For that matter, the principles of attention direction apply off the course as well as on it. They apply in everything we do.

So even away from the course, practice shifting your attention direction and notice how easy it is to do so, how appropriate and inappropriate attention help or hinder you and whether you find yourself spending a large proportion of your time with one type of attention direction.

Problems occur when a player has a preferred attentional style and stays with it in situations where altering the attentional style would be more appropriate.

Other problems occur when a player is distracted from the attentional requirements of the task.

There are two words that frequently appear on the subject of sports psychology – choking and the zone. A golfer's job, is to stay as far away from the internal state of choking and seek the internal state of playing 'in the zone'. Is there a clearly definable difference between the two?

The main difference between choking and the zone is that when a player reacts poorly in a competitive situation, the majority of time is spent with the attention focussed internally; over-analysis occurs, there is usually excessive

self-talk and indecision.

When a player is in 'the zone' the attention is mostly externally focussed. Most of the actions that occur seem to be automatic with no internal interference. That is not to say there is no internal focus. Of course there must be for the purpose of analysis to determine club and shot selection, but there is no inappropriate internal attention.

Problems occur when a player has a preferred attentional style and stays with it in situations where altering the attentional style would be more appropriate.

Other problems occur when a player is distracted from the attentional requirements of the task. Focussing on an inappropriate cue can internally distract a player. They can have external distractions such as being given poor instruction "don't miss the ball". External distractions can also come from the environment.

Teaching control and understanding of attentional control is a basic requirement for all sporting activities and can make the learning process smooth.

When you are approaching the ball you will take into account the position of the fairway or green, where hazards are placed, wind direction, etc. Your attention is broad external.

Your decision making process involves taking all the above into consideration to determine which club and shot type is best. Your attention is broad internal.

As you go through your set-up routine, you will be allowing for wind direction, ball position and any slope on which you might be standing. Your attention is narrow external.

As you waggle the club you may have a swing thought or get a general bodily swing feel, perhaps even just relaxing to an appropriate level. Your attention is narrow internal.

Just before you swing, your attention will probably shift back to the ball so you will once again have a narrow external focus.

Playing by seemingly just reacting to external cues is an unreasonable objective for a golfer as there are decisions to be made for all shots. The more smoothly (and quickly) this process takes place the less likely you are to be distracted by having too much internal focus.

When you are practicing or playing become aware of how your attention is directed. Notice whether it follows the pattern outlined above. If it differs, apply some self-discipline to get your attention direction in order. The key here is awareness of how your attention is placed.

You may feel that reducing your internal focus will leave you a little unprepared for your shot. This is to be expected as you are altering your usual pattern. Just because it is a usual pattern doesn't necessarily make it best.

If you have been focussed too much internally then altering this will almost certainly lead to less 'brain strain' during a round and will be welcomed in time with better scoring.

Reference – R. Nideffer, *Psyched to Win* (1992), Leisure Press, Champaign, Ill, USA



Henley High School New Focus for Golf



Jan Douglass and Nick McCormack have a dream.



A meeting of students and officials at Westward Ho.



Students in the Specialist Golf Course at Henley High School, who are coached and play as part of their school studies.

The South Australian Golf Association has totally funded a project to pay for 16 students to commence a four year golf course as part of the Specialist Sports Programme at Henley High School. Participation will include junior membership of Westward Ho Golf Club.

Jan Douglass and Nick McCormack have seen the project grow from a dream they had of offering talented young South Australian golfers the best opportunity they could to develop that talent.

A meeting attended by Course Coordinator, Trevor Cibich, officials from Westward Ho, students and parents took place in December 2003 and generated a high level of interest.

Applications for students entering year eight in 2005 are open for all students including those outside of the feeder schools and from the country. Enquiries should be made to SAGA on (08) 8352 6899 where application forms are available. Trials will be held on Wednesday 26 May 2004 at Westward Ho (Adelaide Shores Golf Park) from 8.30 to 11.30.

www.golfmed.net

We would like to inform you that www.golfmed.net is now available for you and your students. The coordinator of www.golfmed.net is Golf Physiotherapist, Ramsay McMaster.

Ramsay is a consultant to a wide range of and national and state golfing bodies and institutes and for the last 10 years, Ramsay has been involved with implementing Systems at the "grass root level" working with juniors and club golfers.

This is a unique golf specific website that focuses on the following objectives:

- To promote a healthy and injury-free golfer
- To provide golf specific information and awareness to all levels of golf
- To provide golf specific training to medical professionals who have an interest in golf medicine
- To provide a world-wide network of golf specific providers within golf organizations
- To provide intellectual information to academic institutions, golf governing bodies, sports science organisations and the golf community.

Visit the website to access the above and a free newsletter featuring information on biomechanics, injuries and the latest in training techniques.

The benefits of the newsletter are:

1. It provides golf specific information, bi-monthly in electronic form.
2. It updates you on the latest research and development in golf specific training/biomechanics and golf injury.
3. It provides a network of professionals who are points of authority around the world in the sport of golf.

Victoria 2004 Level 1 Course



The Victorian Golf Association will again conduct the annual Level 1 Co-Ordinator course during July 2004.

The course will be conducted over two days from 5th – 6th July at Waverley Golf Club in Melbourne. Full details can be obtained by phoning Geoff Keets at the VGA on 9889 6731. Any interested parties will be added to current data base and forwarded information which will be available shortly.

Victorian Primary Schools Championship

The Victorian Primary Schools Championship now in its fourth year is expected to attract in excess of 2000 participants this year. With the introduction of metropolitan schools into the event in 2003, the event will certainly continue to increase in popularity and numbers.

Level 1 Co-ordinators have traditionally been active with supervision of qualifying rounds at the school level. However, other level 1 co-ordinators not already involved are more than welcome to assist and should simply contact Ross Austin at the VGA. Qualifying rounds take place during June/August with final in September.

