

10 common mistakes

How average golfers can improve their game

Mistake No. 1: Getting prepared for a round of golf.

The player arrives late, races into the pro shop upset because they're behind schedule. They're in a hurry to get on the course and tee it up. They run to the first tee with their shoes untied.

The player then has a bad experience on the course — and it basically started from not managing their time properly. Their game becomes a reflection of their madness before they even hit the ball off the first tee.

The Fix: Mentally prepare yourself for the upcoming round. Plan out your strategy.

Are you physically fit?

Know what kind of golf you will be playing that particular day. Is it a business meeting? A big party? Or will you be trying to play the best golf you're capable under the conditions provided that day?

Prepare to manage your game under all conditions. Give yourself plenty of time to stretch and hit balls on the driving range.

Try not to fatigue as fast.

You're playing a game that can last up to six hours. Be prepared. Eating the proper foods and drinking plenty of fluids before and during your round can help maintain the energy level needed to play at peak performance.

Know how to make adjustments to your swing and to be ready for changing elements, like the weather.

Mistake No. 2: The player is

About the author



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not ready to play golf.

The Fix: The player should have a game plan before they step foot on the course. Each player should give themselves plenty of time to register in the pro shop, do some stretching and most importantly hit balls on the range. Sam Snead said it best about warming up prior to a round of golf — he needed to see which way the ball was going to fly that day. The player should recognize the shot that he is hitting on the range and take it to the course.

Mistake No. 3: The player tries something new on the course that they heard about or saw another player do. They try to duplicate a shot that they've never performed before. The player does not stay within their ability.

The Fix: Practice new swings on the range, make the adjustments on the course. The player must learn what works for them and how they can make slight adjustments on the course in

order to play their best game that day. The player must understand what makes the ball go farther, how to make the ball go higher or lower, how the ball can travel left or right and straight based on rotation or path.

Mistake No. 4: A player takes a lesson and expects their score will go down immediately. If the score doesn't go down, they decide to try something else.

The Fix: The player should understand this game is difficult. You're hitting an object that's 1.68 inches in diameter and only weighs 1.62 ounces with a club traveling at a speed of 90 mph at impact. What is the chance of hitting the ball straight and accurately all the time? Slim to none.

Be patient and work on the range to understand what you can make the ball do. Remember there is no bad shot. Just the wrong shot at the wrong time.

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