

YOUR BALL SUDDENLY LANDS IN A WATER TRAP ON A DAY WHEN THINGS JUST AREN'T GOING YOUR WAY. HOW DO YOU HANDLE IT? SL GOLF PRO NANCY QUARCELINO ADVISES THE ANSWER LIES UNDER YOUR HAT MORE THAN IN YOUR HANDS. LEARN HOW IMPORTANT THE 'MENTAL SIDE' OF GOLF IS IN TAKING YOUR GAME TO THE NEXT LEVEL.

Article by Nancy Quarcelino

# Golf: 90% MENTAL & 10% PHYSICAL

"The game of golf is 90% mental and 10% physical." This quote has been used by Jack Nicklaus many times to help describe how tough the game really is.

Earl Woods, Tiger's dad, stated that there would never be anyone tougher mentally than Tiger. When Tiger is in the field, everyone else is playing for second place. "I tried to break him down mentally," Earl Woods said. "I tried to intimidate him verbally." Even as Woods was collecting junior golf trophies, his father routinely laughed at his mistakes.

During casual rounds, when Woods was at the top of his swing, his father would toss a half dozen balls at his feet, jingle coins in his pocket or call out to him, "Water on the right--out of bounds on the left."

"He would stop and look at me with the most evil look but he wasn't permitted to say anything," Earl Woods said. "He always had an escape word if it got to be too much, but he never used it. One day I did all my tricks, and Tiger looked at me and smiled. At the end of the round, I made him a promise. I said, 'Tiger, you'll never run into another person as mentally tough as you.' He hasn't, and he won't."

As golf instructors, we normally help people with their technique with golf shots. This is done primarily on the golf driving range where there are no distractions and no obstacles. There is just a wide open range and plenty of golf balls to hit.

But to really help our students, we must see them on the golf course. Watching them play helps us to understand what they need

to work on in order to help them with lowering their scores. It also shows us how they perform when they get stressed by having to play a shot over water or out of a deep bunker.

There have been thousands of books written about the game of golf. But in recent years, we seem to be finding as many books being written about the mental side of the game as the mechanics of the game. Many of the top PGA and LPGA Tour Players have their own mental game coach that they rely on quite frequently.

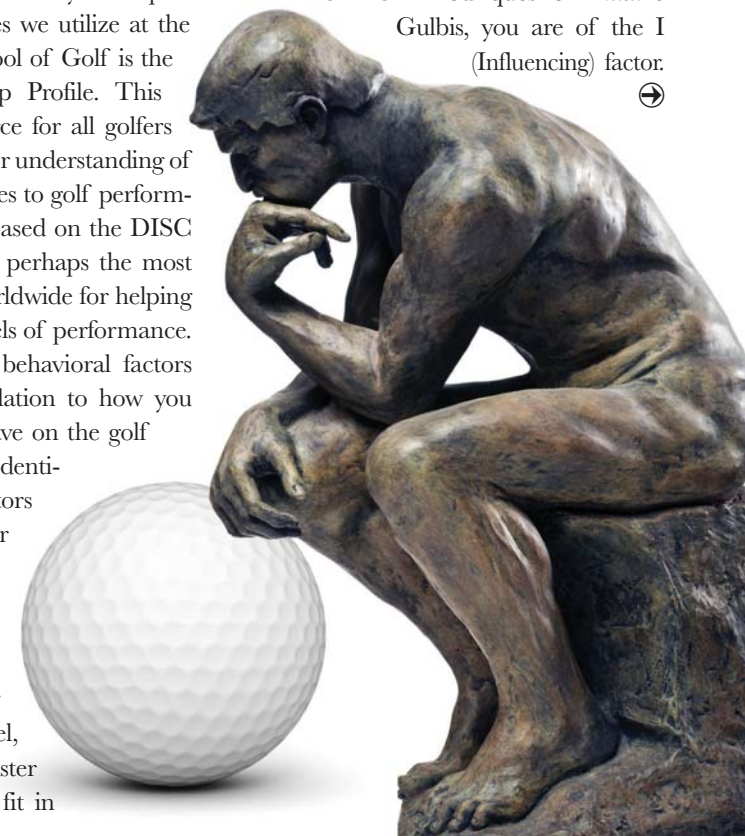
Just in case you don't have your own personal mental golf coach, don't worry, there are other avenues available at your disposal. One of the resources we utilize at the Nancy Quarcelino School of Golf is the Mental Golf Workshop Profile. This profile is a great resource for all golfers who want to gain a better understanding of their behavior as it relates to golf performance. The results are based on the DISC Profile model, which is perhaps the most popular profile used worldwide for helping people reach higher levels of performance. There are four DISC behavioral factors which have a direct relation to how you play and how you behave on the golf course. You may even identify with one of these factors by watching your favorite golfer who plays on the tour.

If you enjoy watching Arnold Palmer, Tiger Woods, Morgan Pressel, Dottie Pepper, Julie Inkster or Greg Norman, you fit in

the D (Dominance) factor. These golfers are aggressive and play with a sense of urgency. They are goal oriented, strong willed, take risks and are very competitive.

If your favorite style of golfer is Ben Hogan, Se Ri Pak, Bernhard Langer, Jack Nicklaus, Jonathan Byrd or Tom Kite, you fit in the C (Caution) factor of the DISC model. These players are conscientious, analytical, and very exact and logical in their play. They are methodical and always trying to find out the truth and facts regarding their play and game.

If you connect with Brad Faxon, Phil Michelson, Peter Jacobson, Christina Kim, Chi Chi Rodriques or Natalie Gulbis, you are of the I (Influencing) factor. ➔





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and are very enthusiastic, optimistic, sociable, creative, spontaneous, and instinctive with your game.

If Ernie Els, Annika Sorenstam, Karrie Webb, Retief Goosen, Fred Couples and Jay Haas are more your style, you relate to the S (Steadiness) factor in the DISC model. These people are very steady in their games, relaxed when they play, deliberate, patient, adaptable to any conditions, and persistent in their competitions.

Upon completion of the profile, you are given a picture of exactly the golfer you are. This is your core golf temperament. These are things you cannot change. You will need to own these traits and learn how to work them in your favor when on the golf course.

For instance, when do you arrive at the golf course to play your round? Are you a golfer who needs to get to the golf course early to warm up or do you arrive just in time for your tee time? How do you warm up? Do you practice for an hour at a time or do you just hit a few golf balls? When faced with a tough shot behind trees, do you try and advance the ball as far as possible or play it out safely to the fairway?

All these answers help you to know what kind of golfer you are and how you can help yourself with your game. I know that how I teach some students may not necessarily be what I do when I play golf. We are all different and when you understand this, you can prepare the way that is best for you.

We saw Tiger win the US Open with a broken leg and torn ACL. He had to prepare much differently after his surgery than he would if he had not had the surgery. But his competitive spirit kept him in the game.

We also saw Greg Norman almost win the British Open. He can still compete even though he has not played competitively in years. These people do not lose what they have; they just know how they perform day in and day out.

The mental game is a crucial component to a successful golf career, whether on the PGA tour or around the corner at the local golf course. To access more information about the Mental Golf Workshop, go to our website [www.QSOG.com](http://www.QSOG.com) and click on our partner page. You will then be directed to answer a few questions regarding your golf game and immediately be given a report on your own personal golf profile.

To get the most benefit from the profile, set goals for improvement. Then give yourself the time to reach your goals and give yourself the tools you need for success. If those tools are: practicing once a week, playing once a week, taking lessons, or seeing your personal trainer more often, you are giving yourself the best chance of attaining your goals. *Good Luck!* ♦

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For information about instruction call the Nancy Quarcelino School of Golf at 615-778-8823 or go to [www.qsog.com](http://www.qsog.com).