

## Some Things to Think About

From Dr. Rick Rigsby, Texas, USA.

Always show up early

Good enough isn't good enough if it can be better

Better isn't good enough if it can be best

### Long term athletic development:

Basic rule to reach elite level is a commitment of 10,000 hours of practice over a 10 year period.

Learning is based on play; two things to learn.

- 1) Shape of the golf swing;
- 2) Where does it get its energy?

The sole purpose of the golf swing is to produce a correct repetitive impact

Angle of attack and width at the bottom of the golf swing are most important. Swing your club like it's an airplane landing.

Quote from Greg Norman, "The club and the hands pass the left leg at the same time."

Make your practice more difficult than your play.

Pre and post event nutrition are most important.

- ❖ Eat breakfast, it increases your calorie burning
- ❖ Eat every 2-3 hours
- ❖ Plan your day, follow a balanced eating program
- ❖ During a round, drink water before every tee shot

Have a balanced food intake

- ❖ Fruits, vegetables and nuts. Nuts should not be roasted, baked or salted.
- ❖ Healthy carbohydrates
- ❖ Lean protein sources
- ❖ Good fats

Reminders: If it's in a box or has a long shelf-life, or has a long list of ingredients, it's probably not good for you.

### Good Foods To Eat:

- ❖ All orange and yellow fruits and vegetables and dark green vegetables. (Iceberg lettuce has no nutritional value whatsoever.)
- ❖ Berries, greens, broccoli, kiwi, walnuts, almonds and pinenuts are all good choices, uncooked.
- ❖ Keep blood sugars consistent to avoid spikes in blood sugar levels. Some sources are: whole grains, fruits and vegetables, whole unprocessed plant foods; the darker, the better.
- ❖ Example of choices: Whole wheat bread (not white); sweet potatoe (not white potatoe).

### Hydration

Caffeine and high fructose drinks (Gatorade) can negatively impact your performance by 10% Dehydration decreases your mental and physical abilities.

If you are thirsty, it is too late. You have already started to dehydrate.

### Post-Game

- ❖ Eat within 30 minutes of completing your round.
- ❖ Examples: Chocolate milk, sports drinks with whey protein, protein bar, or peanut butter and jelly.

The list above mentions some of the things you should be aware of if you are attempting to become an elite golfer. There are many sources of information on fitness, nutrition, etc.. One of the best resources which has a vast array of information for you is the Titleist Performance Institute located online at <http://www.mytpi.com>.