

Find all the GHOSTS, GOBLINS & DEAD CELEBRITIES

October 2008.

October. The eighth month in the old Roman calendar. October retained its name (from the Greek "octo" meaning "eight") when January and February were added. "Octo" is never a good number to see on a scorecard. Like a **horror film** befitting of Halloween, no one likes to see the 'snowman' appear...

Snowmen and other such big numbers normally happen for one of several reasons:

1. Poor choices
2. Consecutive crappy shots
3. Mental meltdowns

- **Poor choices:** most bad swings – and hence bad results - start with bad choices. Making choices to play in ways that are beyond our capabilities and/or competencies, or simply because we feel we "should" be able to hit a particular shot, are often the cruxes of big numbers. Instead, play the shot you are confident you can pull off 9 times out of 10.

- **Consecutive crappy shots:** this is another recipe for a big number... how to avoid? Improve the *quality* of your miss-hits. In a nutshell, that's what the game of golf is all about. Make your *rotten* shots a little more palatable, and the big numbers will begin to dissipate on your score card.

- **Mental meltdowns:** Realize when you step to the first tee, that you *will* hit some bad shots on the golf course. It's going to happen, even to the best players in the world. That way, when those mis-hits rear their ugly heads, you will be less surprised, irked, disappointed or frustrated – and more willing to *accept* the outcome and respond in a positive way.

Golf's most difficult challenge or two much time at the office? You decide
Click here:

<http://www.youtube.com/watch?v=HMWjUqr3o9s>



Ghostly Quote of the month

"He who is not every day conquering some fear has not learned the secret of life." ~ Ralph Waldo Emerson

Ponderings- Are you afraid of the "bad round" goblin? Here are Six Ways To Enjoy A Bad Round

Don't worry if your swing goes south. You can shoot Randy Jackson's weight and still have a great day, with these tips, drills and words of wisdom.

Make it personal

1. If you're on your home course, says Top 100 Teacher Gary Wiren, keep a record of your personal best score on each hole, and try to break as many of your lows as you can. "You can shoot 105, but if you walk into the clubhouse, grab a beer and drink to that first-ever birdie on 18, that's happiness," he says. Bonus: The hole-by-hole approach takes your mind off your overall score, which can in turn save your overall score.

Make it fun

2. Play some games, says mental-game expert Joe Parent, who has worked with Vijay Singh and David Toms. "Bet with your friends on silly things, like up-and-

downs from trouble spots,” he says. “Try heroic shots--hit driver off the deck, putt out of bunkers that don’t have lips. Hey, your score is toast, so what have you got to lose? Have fun.”

Set attainable goals

3. There’s nothing wrong with gunning for a number, according to Top 100 Teacher Rick Grayson. “But your score is outside your control. I have my students set attainable goals. Something as simple as ‘I won’t throw any clubs,’ or ‘I’ll tee off only with hybrids on par 4s and par 5s.’ These are things you can control, and when all else is failing, it gives you the satisfaction of accomplishing a mission.”

Break glass for swing

4. If you club feels like an unfolded lawn chair, you still need to... the rest of this article is reserved for golf improvement members. You can join for as little as \$6.95 per month and get all the member bonuses plus a \$30 savings per lesson. Call 616-802-4969 today!

Golf Enjoyment Scorecard

Category	Percentage
Overall Performance	%
Course design	%
Course Conditions	%
Course aesthetics	%
Amenities	%
People	%
Weather	%
Competition	%
Exercise	%
SCORE	%
	Total 100%

Source: Golf Magazine Oct. 08’



BETTER GOLF

INSTRUCTION SECTION-

Sometimes its scary how identical golf is to other sports. This months instruction section is dedicated to football players and baseball players.

It’s football season and you are spending your Sunday afternoons on the recliner. **So how can that benefit your golf game?** Watch Ray Lewis or your favorite linebacker the next time he takes his stance. See **Exhibit 1 (exhibit reserved for golf improvement members. Join today!)** and emulate the straight back, bend at the hips and weight over the balls of your feet.

Not a fooseball player? How about relating to baseball. Copy the weight position of Mariano Rivera. His pitching position is comparable to the top of the backswing position. The key points are the trail leg leaning towards the target and the upper body leaning away from the target.



**HOW TO SCARE UP
An Extra 10 yards FAST!**

If you have always been told to keep your head down, you have undoubtedly topped the ball a few times. Here’s the **shocking truth**. You didn’t look up and trying to keep your head down actually caused... to get the rest of this tip and all the great exhibits from this months newsletter join the Silver Jr. Golf Improvement Membership for only \$6.95 per month! Call 616-802-4969.

Birthday’s: This months

birthday winner is Marc Lindhout. Marc wins a Free Coaching Session.

Have a November birthday? Please submit the day and month to info@grandrapidsgolflesson.com for contest eligibility.



Schedule update

Winter Golf Instruction:

East Paris Location:
Tuesdays, Wednesdays & Thursdays 5PM - 7PM
Muskegon Location:
Mondays 7AM-6PM

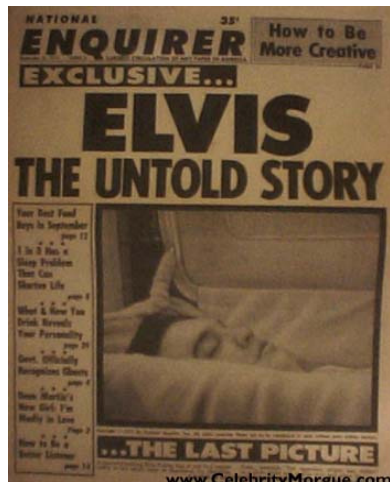
Additional Fitness Center Locations TBA

Mental Toughness For Golf:

November 6th at Mary Free Bed Rehab Hospital
6:30PM - 8:00PM. Free For My Members.
www.regonline.com/mentaltoughnessforgolf

Gold Plus VIP Call-In Dates

11/10/08 8:00PM - 9:00PM
11/13/08 12:30PM - 1:30PM
11/24/08 8:00PM - 9:00PM
12/8/08 8:00PM - 9:00PM



Last Minute Housekeeping Notes:

*Have Golf Questions about the swing,

rules, etiquette, the tour, equipment, mental game or anything else golf related? Send in your golf question to get answered in a future edition.

Guess the name of this famous author and win a free coaching session



Your Partner In Golf Success, Scott Seifferlein



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Watch This Video!

<http://www.grandrapidsgolflesson.com/features/golf-video.html>