

Committing to Your Game

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One of my clients recently forwarded an article to me from the New York Times about the importance of coaching in achieving breakthroughs in performance. The story featured a man who, in his twenties, ran his first marathon in just over four hours—not a bad time. Eight years later he finished a marathon in 2:40—an excellent time! He credits the improvement to coaching and a shift in his thinking about training.

Coaching involves having a professional or team of professionals monitoring and managing your program to achieve a higher level of performance. The golfing staff at Lakewood is an excellent resource for improving the mechanics of your game. If you feel fitness or aches and pains are what hinders your performance then I can work with your golf pro to make your game better.

This is all very straightforward. The tricky part comes in changing your attitude about the game. Are you content playing the game as you are now, or would you love to shave your score?

Like any athlete, if you want to be better at what you do, a shift in thinking is needed. There is a difference between working to improve your golf game and training for better performance. Training involves a higher level of commitment and can incorporate nutrition, exercise, fixing swing mechanics, and most importantly committing to the process.

Commitment to the process involves paying attention to the details of your swing, having a willingness to break it down in order to improve it, and thinking about how everyday decisions, such as eating choices, will influence your performance. Far from being fanatical, being committed involves being thoughtful about where you are and where you'd like to be. Like our marathon runner above, being committed means improving over the long term, whittling away at obstacles and keeping your eye on the prize.