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The Role of Parents and Coaches

Critical Ingredients in the Development of a High Performance Athlete

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Role of Parents

Parents and guardians play a pivotal role in the development of high performance athletes. The recommended role of parents/guardians is as follows:

- To provide each child with unconditional love - regardless of their golf performance.
- To provide appropriate food, clothing, and shelter to the best of your ability.
- To communicate with coaches and golf officials as necessary.
- To have a discussion with the child to find out exactly how they want you to “act” as a golf parent.
- To interact with each child as a human being - not a golfer.
- To support and encourage coaches, local PGA Professionals, personal coaches and golf officials.
- To be aware of the common pitfalls into which many parents inadvertently fall.



Role of Parents

Common Pitfalls

- Living vicariously through your child. Remember, they are playing, not you.
- “Coaching” your child in golf. This is strongly discouraged. Athletes at this level need “professional” coaching as well as parents who “specialize” in being mom or dad.
- Rewarding your child with positive body language, encouragement and material goods only when they are successful on the course. They need to be “picked up” most when they are down while remaining “grounded” when they are at the top of the leader board.



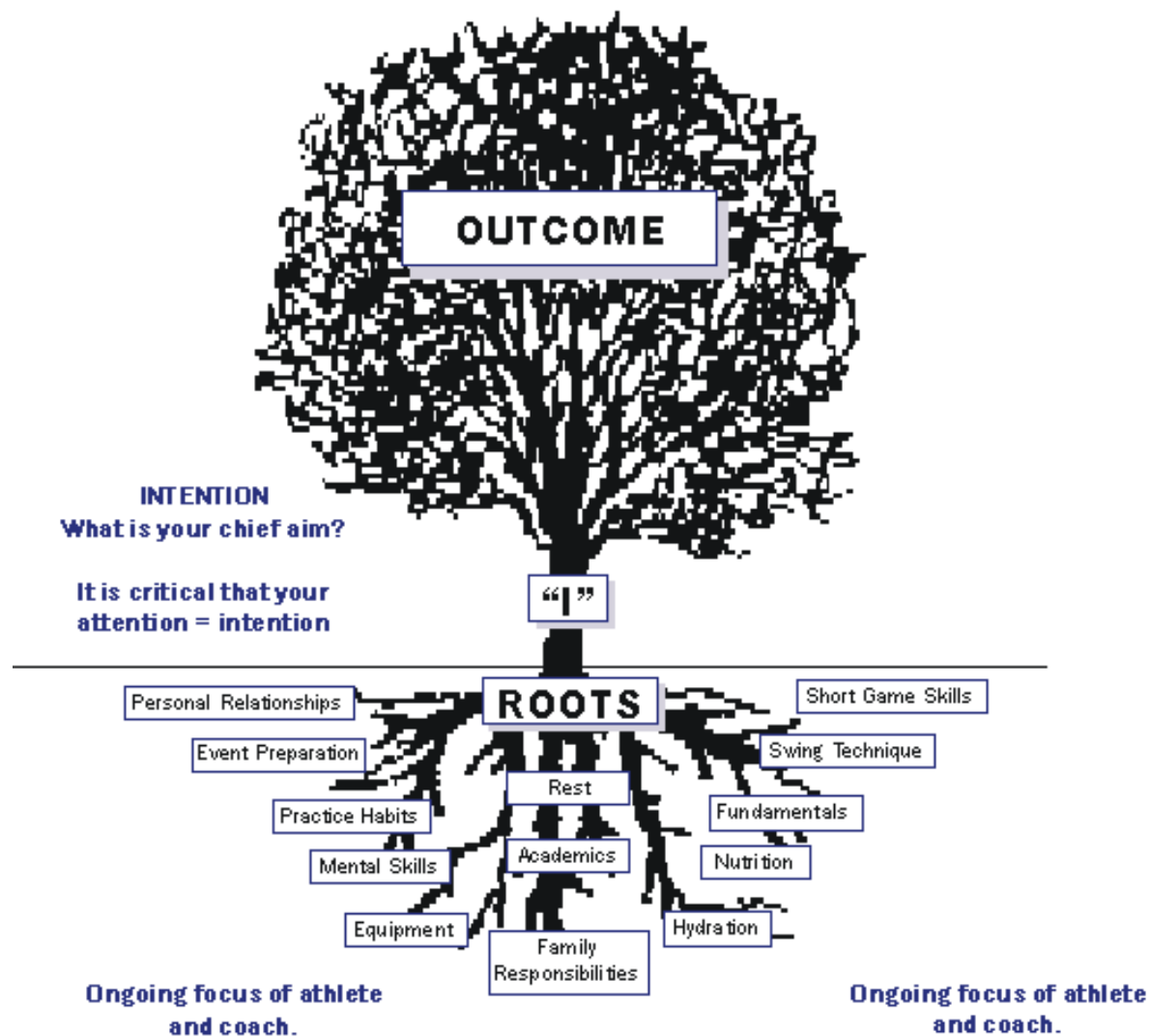
Role of Parents

Common Pitfalls cont.

- Viewing your child's identity as a "golfer". Golf is not who they are, it is one of many things that they choose to do.
- Judging the performance, commitment and ability of your child.
- Adding to the considerable challenge and pressure the game inherently provides.



The Tree Metaphor

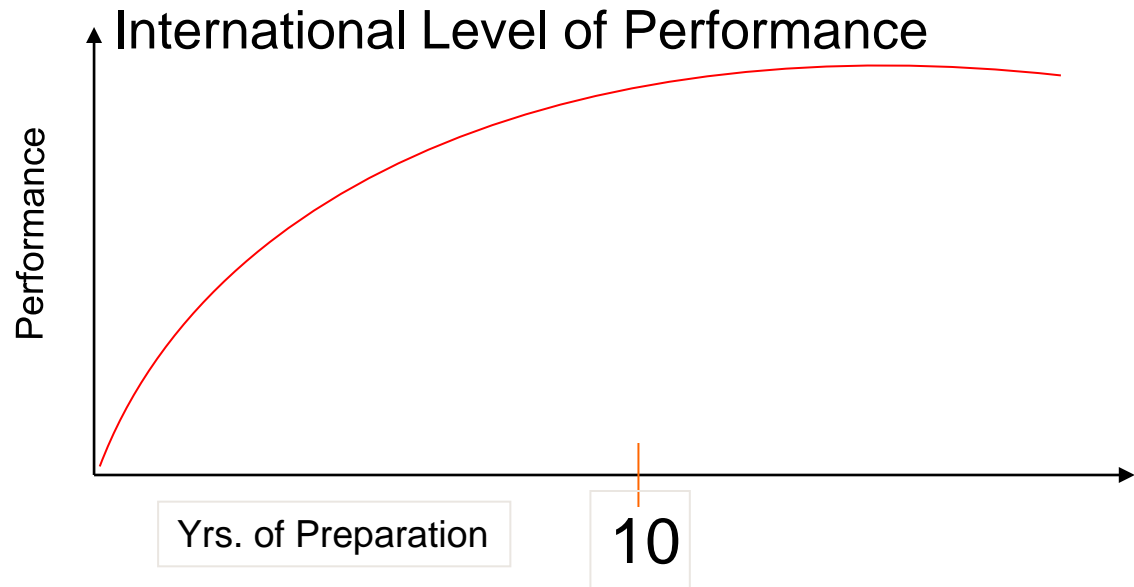


Developing Expertise

The Road to Becoming a World Class Competitor

A schematic illustration of the general form of the relation between attained performance as a function of the number of years of serious preparation. The international level of performance is indicated by the dashed line.

- Courtesy of "The Road to Excellence"

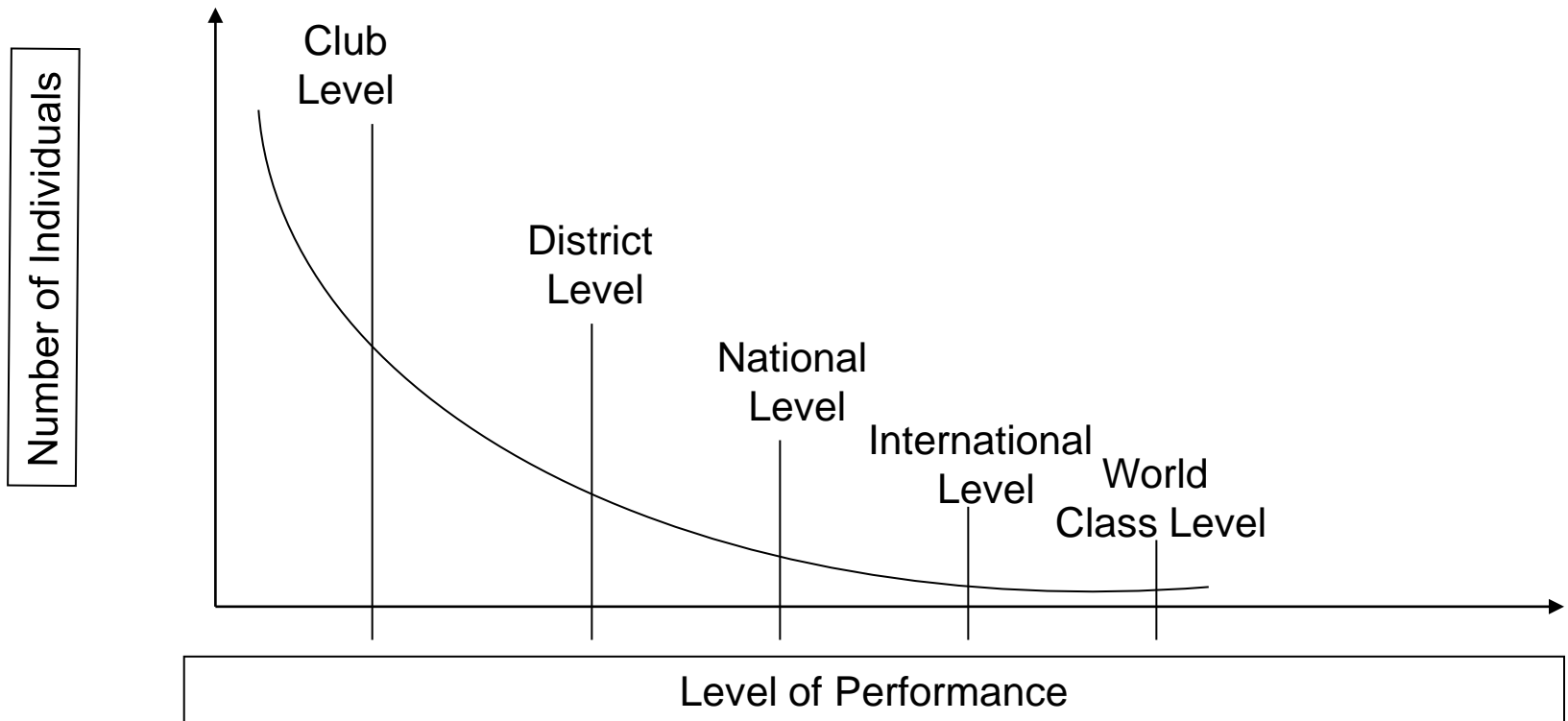


THE RESEARCH IS VERY CLEAR AND CONCLUSIVE. IT SUGGESTS THAT IT TAKES AT LEAST TEN YEARS OR 10,000 HOURS OF INTENSE INVOLVEMENT OF DELIBERATE PRACTICE TO ATTAIN INTERNATIONAL LEVELS OF EXPERT PERFORMANCE.



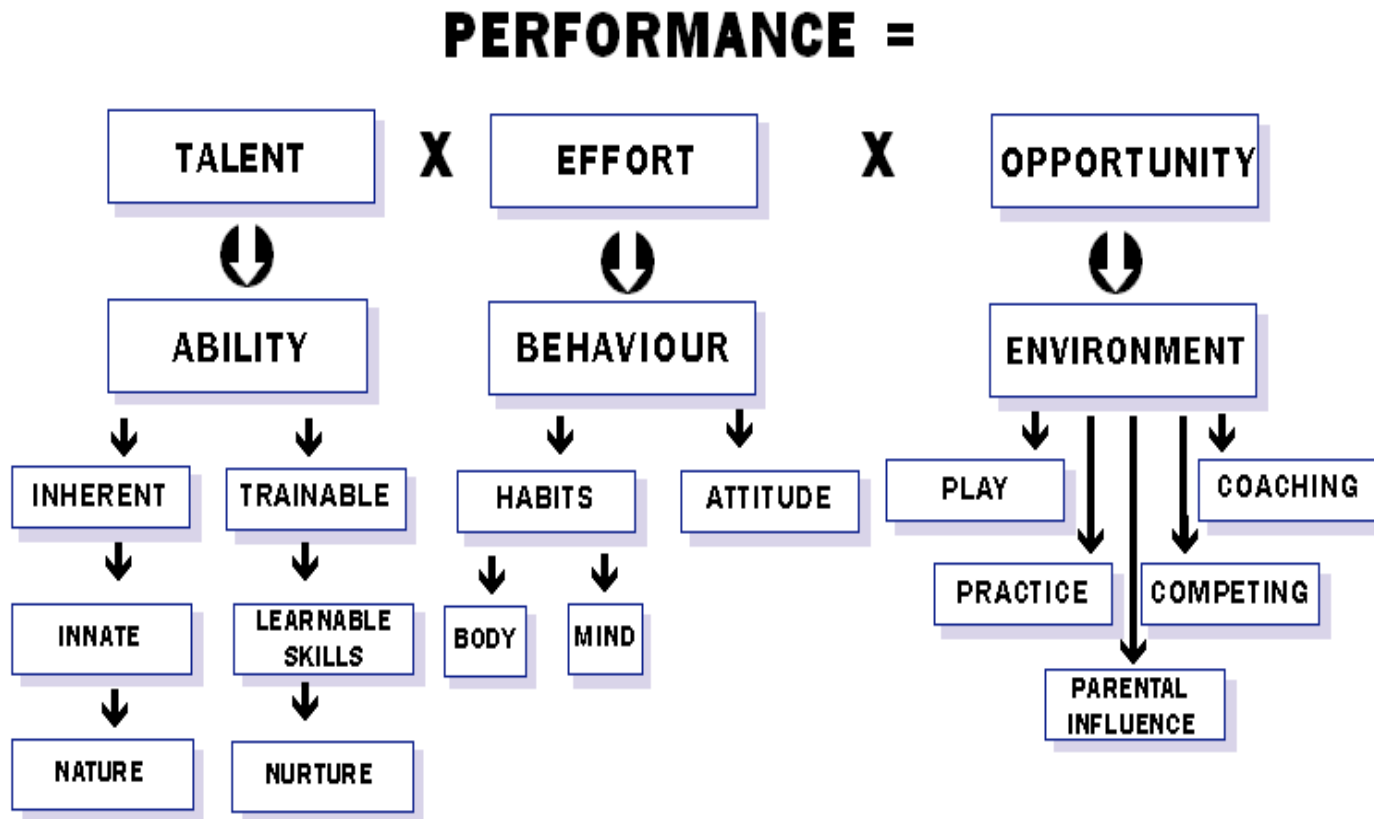
Developing Expertise

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- Courtesy of "The Road to Excellence"

Performance Equation



Courtesy of Dr. John Marshall - Self-Management Group



Role of a Coach

What do Coaches Really Do?

- A “coach” in by-gone eras was an actual vehicle that transported people (usually VIP’s) from their present location to their desired destination.



Role of a Coach

What do Coaches Really Do?

Coaches are generally charged with the following duties:

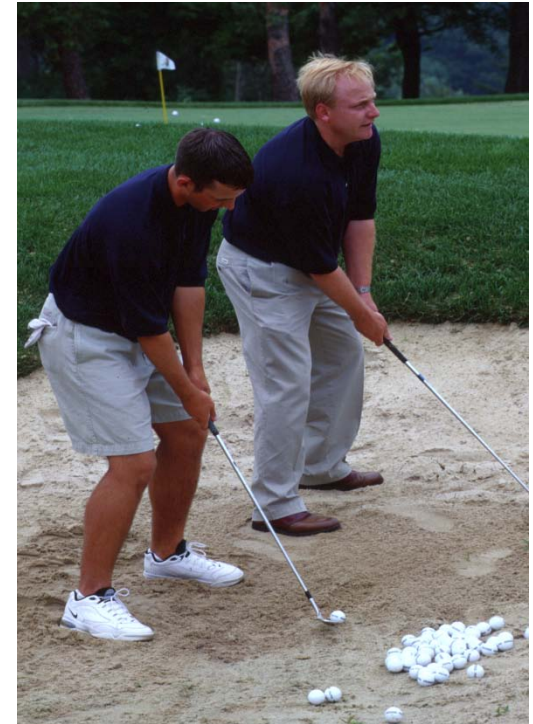
- To facilitate the establishment of a success strategy by working with selected athletes.
- To provide honest feedback at all times.
- To communicate openly with athletes, parents, golf officials, local PGA of Canada professionals, personal coaches and collegiate coaches.
- To encourage and support athletes as much as possible, both on and off the course.



Role of a Coach

Model Professional Coaches:

- Put players first.
- Create partnerships with players.
- Honor the game.
- Refuse to motivate through fear or intimidation
- Involve parents, guardians, coaches and other support group personnel.
- Focus on developing character as well as golf skills.
- Stress the importance of academics and life planning outside of sport.



Coach Responsibilities

- Helping the Athlete understand who he is as an individual
- Identifying the goals of the athlete
- Objectively measuring the skill level of the player
- Providing advice and strategies for improving swing technique and fundamentals.



Coach Responsibilities

- Facilitating the establishment of a detailed success strategy that leads to the achievement of desired outcomes.
- Educating and supporting parents.
- Communicating openly with athletes, parents, golf officials, personal coaches and collegiate coaches.
- Encouraging and nurturing the athlete both on and off the course.
- Providing specific feedback.



Coach Focus

- Fun and enjoyment.
- Developing a deep rapport with the athlete.
- Educating parents - making them aware of their role and to the common pitfalls that need to be avoided.
- Assisting the athlete in formulating a detailed goal setting program.
- Making certain that the golfer's equipment is optimally fitted.



Coach Focus

- Collecting accurate data from competitive rounds
- Teaching and coaching mental skills and strategies
- Formulating game plans, event preparation and execution
- Nutrition and hydration education / plans
- Physical training plans



Coach Focus

- Making athletes aware of the concept of periodization (training phases) and incorporating this into the success strategy for the player
- Preparing the athlete to plan for collegiate golf possibilities if desired
- Establishing a balanced and challenging competitive schedule and training regimen
- Making certain that the player's swing fundamentals areas as sound as possible
- Measuring long and short game skill levels



End Result

- Independent decision making
- Critical thinking skills
- Important life skills
- Friendships
- Healthy lifestyle
- Golf skill development
- Fun

