



**GOLF TIPS FROM BETH
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This month, “It’s the shot, not the score that counts”.

The Santa Barbara Chapter returned this week from the Sectional championship in Tucson, Arizona. We had some interesting weather to say the least. Monsoon rains on Thursday evening that dumped 4” of rain. The Dell Urich course, that we played, went from a hardpan send the ball anywhere you wished course, to a narrow course with a lot of water hazards. The course proved to be interesting and the competition went on. While speaking to players after the event, I heard low and high handicap players make the same comment. “Boy, I was shooting for a bogey or a par on every hole.” “I could have scored a 4, if I had made that chip and instead I took a 7.”

These comments made me realize how many players keep an eye on their score throughout the round and some times every hole. They are driven by the score. Let’s call this approach, “scorecentric”.

I would like to introduce another approach to the game of golf called, “shotcentric”. This concept is pretty simple and it is the approach that I take while golfing. While contemplating your shot, focus on the type of shot you wish to make and what that looks like. Where do you want the ball to finish? Once you have decided, use your routine and address the ball. Focus, keep your head down and execute that perfect golf shot. If your focus is the perfect golf shot, (and we all know what that feels like), you will find yourself enjoying the game more and hitting better golf shots. Get out of the habit of adding your score as you go. Add at the end of the round.

If you execute the perfect golf shot, every time you address the ball, the score will take care of it self. “Hit perfect golf shots and the score will come.”