

Current level of performance

Introduction

The level of performance that I am at can currently be put into six groups.

- Prior experience
- Fitness levels
- Commitment
- Frequency of training
- Diet
- Values and beliefs

I will go through these individually telling you about each one individually telling you detailed accounts of each.

Task 1

Prior experience

My current experience for my chosen sport which is golf is that I started golf when I just hit my thirteenth birthday but the standard and dedication was not high, I was playing about once a month at a local nine hole golf course. After a year of doing this, I joined Stinchcombe Hill golf club, where I had a couple of lessons and after 4 months I got my first handicap. My first handicap was twenty eight, which shortly became twenty four after a few months of having it. I managed to reduce it by entering small junior competitions and shooting under my handicap several times. By the time I was fifteen I was entering adult competitions and getting English golf union coaching which helped me to take in my second year at Stinchcombe Hill over five hundred pounds in prize money, reduced my handicap to eleven and won several tournaments including the junior championship, I was also introduced into playing for the junior team which came second in the league just one point away from winning. This year (2002) and my third year I feel have not been as committed and I feel could have done better, I still feel it has been a successful year though. I have reduced my handicap to seven won the best part of eight hundred pounds which included caddying for the winner of a high money tournament at our club which I got paid four hundred pounds, won several tournaments which includes retaining the junior championship, was the most successful team member winning five out of six games, have become a member of our team which I helped get promoted and win the North Gloucestershire League Finals and have been elected to be junior captain next year. In these years I have learnt a lot from my coaching and from mistakes I have made which I feel have made me a better player.

Fitness levels

I feel that my current level of fitness is of quite a high standard but it has been higher. At the end of October I managed to get to

level thirteen on the bleep test then had a break for quarter of an hour then done the test again and got to level ten. I also do circuit at night which mainly involves weights, the circuit also involves press ups and running. Each month I increase and make the circuit harder to improve strength and fitness. I do this current circuit twice a night.

My current circuit/fitness programme (nov2002)

Five min run

Several stretches

Twenty press ups

Weights(x 20 on each arm)

Twenty sit ups

Twenty squat thrusts

Weights (x 20 on each arm)

Thirty star jumps

Twenty press ups

Five min run

I do this circuit once at six o'clock and then again at nine o'clock. I do this every night except Saturday and Sunday.

Commitment

I feel that I am in general a very committed golfer but at this moment in time (Nov 2002) my commitment has dropped in that I haven't played as much as I normally have done in past years even though the weather is bad I still tried to play as much as possible in previous years which I haven't done over the last two months.

Why I feel I am a committed Golfer

I feel that I am a committed golfer because of the simple fact that I love the sport and would play it every day if I could. From when I started playing at Stinchcombe I have become more committed to the sport as the years went by. In my first year of starting golf at Stinchcombe I was playing about three times a month and I didn't have time to play much more because I was a very keen football and cricket player which limited how much golf I played. As the months went by I became more and fonder of golf and finished playing football after six years of playing, and quit competitive cricket to play more golf. When summer arrived each year I would start to play ridiculous amounts of golf, I would be playing at least two or three rounds of golf a day from nine till nine at night six days a week and I have done this every year for the last three years of my life I also did not miss one tee off time last year and turned up for every junior match. This year I am going to be equally committed but do more constructive practice which will make me a better golfer mentally and physically. "I think that my commitment to the sport is the reason why I have been chosen to be junior captain next year for Stinchcombe Hill golf club."

Frequency of training

I feel that the amount of golf I've played is more than a lot of keen players would play in a decade but I feel that the amount of actual training I have done to increase my performance is not enough.

All my training is before a round or after a round

My current frequency of training:

- Ten minutes of putting
- Hit about twenty balls in the net with a mid iron
- Practice chipping for ten minutes
- Stretch off for a couple of minutes

Then play a round, some times after a round I might go and hit balls on the range if I have played poor and some times I may go on the range before the round depending on the occasion.

My frequency of training will be changing as the next years summer competitions come closer in that I will be spending more time practising on the range and on the shots that count in a round like bunker shots etc,

I will warm up and warm down and do many stretches to prevent injury, I will also practice after rounds on parts of my game that I have performed poorly in. I also need to practice more in the winter as the standard of golf that I play in the winter is very poor compared to the standard of play in the summer.

Next season's frequency of training:

-On the range

- Hit twenty golf balls with a short iron
- Hit twenty golf balls with a mid iron
- Hit twenty golf balls with along iron
- Hit ten balls with a wood

-On short game area

- Practice chipping from five yards then when you hole one go to ten yards then hole one of them and go from fifth teen yards.

-Go to practice bunker with five balls and don't stop until you hit all five continuously from twenty yards to within two club lengths.

-Putting green

-Putt five balls in two shots or less for each ball continuously from fifty too seventy feet.

-Hole five putts and you can't leave the putting green until you have holed every ball continuously from three feet the n six feet then nine feet.

-Warm up

- Twenty star jumps
- Two minute jog on the spot
- Stretch major muscles used in round.

Diet

What diet! I eat what I want when I want I eat a regular amount of all the seven food groups. I eat near enough every type of food and I have a very high metabolism and do a lot of physical exercise to stop me getting over weight. I feel that I eat far too much including four meals a day with snacks in between but I have a very good physique and am if any way underweight for my height as I am six foot and eleven and a half stone.

An average day of food consumption in my life would be two slices of toast in the morning Followed with a sausage roll a couple of hours later then for lunch I'll have a pasty two packets of crisps, two chocolate bars a cake and a few biscuits. I will then have snacks in between like sweets and chocolate before tee and have tee at about six o'clock. After tee I'll eat junk food till about nine and then have super which will probably be two boiled eggs or a sandwich.

Values and beliefs

I value the sport very highly as I hope that I will be doing it for a career when I get my qualifications. I also feel that I have a easy goal to reach which could be a bad thing but as the goal is easy my belief in reaching that goal is extremely high.

Task 2

Targets I wish to achieve in my performance in short, medium and long term.

Short term

I hope that in the short term which is in about a quarter of a year I am more committed as I have very poor commitment which will hopefully increase my performance. I feel that my performance will increase as the weather gets better because I like playing golf when the weather is warm and in previous years I have played better golf in the summer, if I can cut my handicap one shot I will be quite pleased which I also think is a simple goal but is quite difficult as there is very few tournaments in the next three months to cut my handicap.

Medium term

In a year which is what I would call medium term I hope to have a handicap of four or less which I feel is a reachable goal and if reached will be the main hurdle out of the way in the road to getting the job that I want when I am older.

Long term (3 years)

In the long term I will hope to have finished this course with at least a merit, a handicap of four or less and be hopefully doing my P.G.A apprentice which will get me a job teaching and hopefully playing in some golfing tournaments on the P.G.A

Task 3

There are many goals that need to be set and completed to achieve the goals that I have set which involves much practice and determination.

Achieving my short term goal which is lowering my handicap 1 shot and being more committed will be done by at least one well thought caring round of golf a week and at least 3 hours on the range and 2 hours of short game practice on grass a week as that is the part of game I'm performing poorly in. After doing this for a couple of weeks I will raise the amount of hours of practice I do to a amount that I am comfortable with, I'll also try and care about every round I play and try not to lose interest as easily as I do. This task seems quite simple but I have many boundaries to over come, such as practicing on grass for two hours a

week as I am at college from 7:30 till 18:00 and by the time I get home it is dark, I also have a girlfriend that I stay round at weekends and some nights after college as she doesn't live within a sensible distance to just pop round her house so I get little time to practice at weekends, but on some weekends I may come home around midday on Sunday where I could maybe squeeze a round in.

The first goal of achieving my medium term goal is achieving my first term goal without achieving this goal I will find nearly impossible to achieve my medium term goal. The key to achieving this goal is practice and play; I feel this goal is easier to overcome than my short term goal as I seem to play my best golf in the summer as I dedicate more time to the sport. Hopefully this should be when I should hopefully cut the shots I need to achieve this task. In previous years my handicap has always dropped the most in the summer months. I feel that the biggest problem to overcome is to dedicate all my spare time to golf, if not playing then practicing.

I feel that my long term goal will be the easiest of the goals to achieve as long as I achieve the short and medium term goals without achieving the goals I can't achieve my long term goal and do what I want to do as a profession. As long as I finish my course which I feel I will do and am quite confident I will do, and have a handicap of four or less I will meet the requirements of the job I want to do. Also having a national diploma will give me a higher chance of finding somewhere to do my apprenticeship as it is an extra qualification and a good back-up for a job in golf if I don't have a handicap of four or less.

Main barriers

Here is a list of the main barriers I need to overcome to achieve my short, medium and long term goals.

- More practice in winter.
- At least one round of golf at the weekend.
- At least three hours of practice a week.
- At least five hours of practice in the summer.

Task 4

Evaluation of my performance

There are many factors in the performance of golf from putting to anxiety control so I have devised a programme to show how I have performed in the last month.

	(V. poor)	1	2	3	4	5	(V. good)
Putting			-				
Chipping		-					
Sand play				-			
Short irons				-			
Mid irons					-		
Long irons					-		
Driving						-	
Visualisation			-				
Concentration			-				
Anxiety control			-				
Motivation			-				
Confidence			-				
Effort		-					
Practice time				-			

As you can see my analysis table shows that I am performing poorly in most areas of my game at the moment this is due to lack of practice. I have practiced quite lot in the last month but I have only practiced on driving, mid irons, and short irons which is why in performing good in them areas at the moment. My short game is very poor at the moment which is affecting other areas such as motivation, confidence and most of the mental game. I feel that if I get my short game back to a high standard which will involve a lot of practice then I'll can get my mental game back as good as it once was.

References

Honeybourne j et al – Physical Education and sport (Stanley Thornes, 1996)

Physical Education through diagrams (Rosemarie Gallagher, Sally Fountain, and Linda Gee)

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