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Dressing To Win Your Golf Game

By Jimmy Bonner

Golf is about patience, vision, and what you wear. That's right, what you wear can have a major

effect on your game. Golf is a unique game that doesn't always spell out a specific dress uniform for golfers, but if you aren't thinking about what to wear your game can suffer. Included below are some tips for golfers of any age, and a ability to improve their game by selectively choosing what they wear.

Starting at the top of the body, wearing a hat has become acceptable in golf. In the 1980's it was visors, in the 1990's it was hats, and in the 2000's it's all about hats. Tiger Woods made a statement by always wearing his signature Nike hat, and it's not just for style. Hats can help block out the sun, which can help you improve your shot. Hats are also good was to keep your eyes confined from other players. Got a secret putting trick that you do with your eyes? Now you don't need to let others see it, because your hat obstructs their view. Hats also can help on colder days by keeping the head warm. When the temperature drops many golfers lose their focus, by wearing your hat and keeping your head warm, your focus can always be on the game.

Golf requires a collard shirt that is as far as many clubs will instruct you what to wear. While it is important to wear a collard shirt for requirement reasons, it is also important to be selective in the shirt you select. The number one thing for golfers to consider when purchasing a golf shirt is the room it offers in the shoulders. As most experience golfers will tell you most of the swing is in the shoulders. If you are wearing a golf shirt that obstructs this part of your swing, you can be in for a long day. Conversely golfers do not want to wear baggy shirts that may also interfere with their game. Choose a comfortable shirt that will fit normal.

Pants are also required on the course for gentlemen. Your pants should have pockets. This may sound elementary, but many a golfer has left the store mad because they don't have pockets. You'll need pockets for your score card, tees, wallet, and what ever else you choose to bring. Be sure to purchase pants that are light weight and made of a material that won't irate you in the sun. For example pick light weight cotton versus a wool pant. Pants also should be a comfortable fit.

Shoes in golf maybe the most important article you wear to the course. For maximum tread you need to purchase soft spiked golf shoes. These are the shoes that have soft rubber spikes naturally built into

the shoe, not the metal kind. Shoes should be comfortable, and fit very well. Fit is especially important in golf because if you walk the course in shoes that don't fit, your feet will develop blisters. Blisters can distract you from your game, and put you in the rough quick.

Overall your golf clothing choices should reflect thought, and have a theme of comfort. You want to be able to perform your best, but if you're just picking things out of the closet you may end up playing worse than you could with some golf specific gear.

Jimmy Bonner is the author of the best-selling golf ebooks. He can walk you through every single step to cut your handicap, hit ball farther and stop slicing at *Advanced Golf Skills*

<http://www.advancedgolfskills.com>

COMPETITION IS BEST KEPT TO YOURSELF!

By Rhoberta Shaler

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Are you 'playing golf' at work? Richard Behrens, Golf Grand Master, says, "Good golf is all in the mind....the golfer's own lower mind, and how the person perceives the situations s/he finds...on the course are the major reasons s/he suffers from unsatisfactory play." It's all in the mental discipline of the game. This mental aspect of 'the game' often eludes players. The same principles that affect your golf shots apply to the workplace. Have you ever talked yourself out of executing a project that is well within your ability to make, or have carried anger with you from another poor situation and had it affect your entire day?

In any game played with others, there is a winner. Either an individual or a team wins. Just about everyone who enters a competition does so with the desire to win. This is healthy and natural, however, if you have a 'need' to win, things change. The need to win drives your mind into the future and away from the matters at hand. This is a problem.

It is impossible to do something for pleasure and have a need to win. That 'need' will eradicate the pleasure of simply doing the activity. How is this applied in the workplace? Hopefully, you enjoy your work. a difficult situation that requires careful reflection.) You want to be there. The tasks interest you. You enjoy the

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environment and the people...most of the time. Great start! This allows you to look forward to your work and your workplace.

What if you went to work each day with the attitude, "I just have to find ways show everyone that I am better than my peers."? Oops, trouble ahead. This is the 'need' to win. Doing your work to the best of your ability because you enjoy it and you care about it demonstrates your desire to win. And, just as in golf, you are competing with yourself. Can you do better quality work? Can you pay more attention to details? Can you bring the project in slightly ahead of schedule? Will you take time to be supportive to colleagues? Do you treat folks respectfully? Do you refrain from gossip and bad-mouthing? AND, can you do all that a little better than you did yesterday because you WANT to? Now, that is the desire to win.

Your desire to do your best shows that you are truly on your

own team. That's where you want to be—on task and on target with your desire to demonstrate what you value and who you are. You do that by living in integrity with what is important, significant and valuable to you. Your attention is not on showing others up, but, rather, on bringing your best to the workplace.

Excellent golfers play to improve on yesterday's performance. Even when they are playing tournaments, their focus is on doing their best, not on beating others. They keep the fun in their game, too. The best keep their competition to themselves. There's much to be learned from the game of golf. How are you playing?

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