

GPG

Tournament Prep



The Iceberg Illusion

Success
is an
iceberg

SUCCESS!

WHAT PEOPLE
SEE

Persistence



Failure



Sacrifice



Disappointment



WHAT PEOPLE
DON'T SEE

Dedication



Hard work



Good habits



@sylviaaduckworth

Pre-Tournament Check List

Test Skills

- Bandwidth <http://www.pgatour.com/stats/stat.331.html>
- Speed Control
- Contact (foot powder)

Routine

- Random practice going through full routine

Mental prep

- Growth Mindset
- Know your tendencies
- Attitude, Effort, Actions

Golf Course Overview

Google Earth <https://www.youtube.com/watch?v=EDbc41S2UWo>

Diet

- Covered by Tiffany

Conditioning

- Covered by Tiffany

Equipment

- Loft and Lie
- Shafts
- Grips
- Club Configuration
- Rain Gear
- Clothing
- Balls, Gloves, Coins, Tees, Divot repair tool

Competition Days

Wake up 3 hours before your tee time

Have a plan for Breakfast and Warm up

Be at the tee 10 minutes before your tee time

Look over your pin sheet before the round

Make sure you pick up the local rules sheet and READ IT!

Post round very specific practice

Post Tournament

Statistics

<http://strokesgainedcalc.com/>

<https://www.gamegolf.com>

<https://shotstohole.com/>

Tournament Recap posted to your Edufii

Plan for moving forward

1 DAY BEFORE COMPETITIVE EVENT

Keep Your Routine!

- A large misconception that people have is that you need to do something different or extra the day before an event to give you an edge. This is a common mistake. You want your body to go through the same routine you normally would to keep it consistent. Stick to the 3-Day-Prior-Plan.
- Limit physical activity to a practice round.
- Aim for 7-9 hours of sleep.
- Some mild static stretching before sleep is ok.



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QUESTIONS ???

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NUTRITION & WARMUP PREPARATION

What to do in the days leading up to and day of a competitive event:

- What should I eat?
- How much should I drink?
- Are snacks ok?
- How should I stretch?
- What is a proper warmup before my round of play?

3-DAY-PRIOR-PLAN

Eat a meal or snack every 3-5 hours focusing on consuming proteins, carbohydrates and fats.

Maintain proper hydration. This means at a minimum 80 ounces of water per day, or roughly 5 bottles of water (16.9oz).

Snack Examples:

- Protein bar
- Trail mix
- String cheese with nuts

Breakfast Examples:

- Oatmeal, walnuts and banana
- Eggs, bacon and toast
- Yogurt, granola and fruit

Lunch Examples:

- Peanut butter and jelly sandwich
- Turkey sandwich
- Burrito

Dinner Examples:

- Spaghetti & meatballs
- Chicken and/or fish with rice
- Steak and potatoes with green beans

WARMUP ROUTINE

Functional Range Conditioning (FRC)

- Neck Circumduction
- Neck Rotation
- Shoulder Roll (back/forward)
- Arm/Wrist/Shoulder Rotation
- Arm Circumduction
- Thoracic Spine Rotation
- Upper Spine Circumduction
- Hip Rotation
- Hip Circumduction
- Leg Rotation
- Wrist Circumduction
- Ankle Circles

FRC

1 SET
X
5 REPS

Dynamic:

- Golf Club Rotations
- Lunge with Rotations
- Golf Club Flexion/Extension
- Single Leg Romanian Deadlift

DYNAMIC

1 SET
X
12 REPS