

In Honor of The Masters 2010.....
Learn to Master Fitness for YOUR Game!

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How about that Masters Tournament this year? Pretty exciting, heh? It was interesting to watch the changes in the leader board throughout the weekend. Even watching from the comfort of my couch, it was a nail biting experience because anything could happen from hole to hole. Just imagine being the actual player! I sum it up by saying that in the end it was "survival of the fittest".

Preparation is definitely the key to winning any tournaments. Those of us amateurs know that. But does practicing shots from different areas of a driving range over and over again help us win? Does playing the tournament course repetitively and *knowing* the green guarantee great play? By looking at the professionals, it takes a lot more than that. Shots are NOT mastered, but the probability of success DOES go up with practice.

So, if all the PGA professional players at The Masters practice quantitatively and qualitatively equally, what sets them apart? With so many variables out there on the course, taking extra steps to ensure a well rounded game is imperative. That is where the fitness of the body and mind play a large role off the course. We saw that firsthand at this Masters...

As **Lee Westwood** took the lead during the third round, one of the Masters commentators stated, "Lee has re-dedicated himself starting with fitness and his play reflects that." Lee has been training **off and on** for many years and his wins have been **off and on** for many years. Go figure? He recently got his body and mind focus back "ON" at 100%...and look what happened! Even when the pressure mounted, he maintained.

Phil Mikkelson has been working closely with his TPI certified golf fitness trainer, Sean Cochran for awhile now. Sean evaluated Phil's strengths and weaknesses in stability and mobility from the beginning, then focused on closing that gap for a more balanced golf-ready machine. Will we ever forget Phil's second shot on the 13th hole from behind a tree on Sunday? That was a perfect example of committing to a shot and staying balanced with a strong base of support. Confidence to "just go for it" was evident.

Anthony Kim was almost stealth-like as he climbed the leader board at the end of the day on Sunday. And to think, just three years ago the young rebel self-admittedly didn't "respect the game as a sport". He since has hired a trainer and even did a photo shoot for Men's Fitness magazine in 2009 regarding his favorite core exercises for his swing.

Congratulations to our top 3 winners at the Masters this year. They are of all different ages and backgrounds. They are all working toward perfecting their shot-making skills on a daily basis. They are all spending long hours on the range and playing practice rounds. And they are all learning to MASTER the art of fitness, nutrition, and mental strength to set themselves apart.

This is only the beginning.....

Yours in golf AND fitness,

Mindi Boysen

Fit For Golf! Fit For Life!