

Yarra Bend Golf Course is currently undergoing a massive development. BannLynch Golf are the new lease holders and haven't wasted any time in beginning redevelopment of the clubhouse and pro shop as well as construction of a 60-bay driving range. Yarra Bend, which is on **Yarra Bend Rd, Fairfield** has long been regarded as an exceptional public golf course. Now it is set to become the **premier coaching and learning centre of Melbourne.**

Peter Knight has joined the team of coaches there and is looking forward to coaching players of all standards. "Coaching players of all abilities from beginners upwards means having to convey swing concepts in a whole lot of different ways. Doing this keeps my coaching and communication skills sharp."

Peter will be coaching during the following times:

Tues 8.00am—12.00pm; Wed 1.00-6.00pm, Thurs 8.00am—12.30pm & Sat 1.30-6.00pm.

Bookings can be made with the Yarra Bend Pro Shop on 03 9481-3729.

Social Media

Facebook

Do you know the fastest growing age group using Facebook? Surprising as it may sound, of the **400 million using Facebook** the over 55's are the fastest growing. **Golf Possibilities has joined Facebook creating a fan page.** The page will be populated with tips and information especially for golfers and coaches. **To join, search Golf Possibilities.** If you have questions regarding golf and coaching, log them on the Golf Possibilities Facebook page.



Twitter

Facebook has led the social media usage by a large margin over the past couple of years. Now its usage overseas is being rivalled by Twitter. Like Facebook, the **largest user group is the 35-49 year age group.** A key difference between Twitter and other social media is that **each tweet (message) is limited to 140 characters;** messages are short and sweet. Peter Knight can be followed on Twitter; search **peterknight6.**



Blog

Every couple of weeks there will be a post on **www.golfpossibilities.wordpress.com.** These posts are **short articles which invite interaction with the reader.** The first post is about how golfers use abstract thinking on the course.

Readers are invited to make recommendations on how to dress the site up. The request is partly to promote interaction, but mainly due to lack of expertise!



Elite Golf College

Students of the Adelaide-based golf programme are able to receive VET funding which allows all their fees to be deferred, same as uni fees with HECS. Peter is pictured here at a recent open day using PuttLab with prospective students. www.elitegolf.edu.au

10 Tips to Staying on Track with your Goals

I was recently reviewing the annual goals with a golfer. He was saying that while he had set goals earlier in the year and was inspired when he did so, he now realised that **he struggled with continuous motivation** to achieve the goals and that he hadn't really reviewed the goals since he had originally set them earlier in the year.

This is all very normal with people who are reasonably new to formally setting goals. One reason is that they may have a goal which could take most of the year to achieve. There is no built in rewards system to inspire them to keep going when they don't see results immediately.

What is needed is a way to monitor progress on a regular basis. The 10 tips below all offer a way to stay on track and keep you motivated to working to your goals. Incorporating all of them at some time will provide you with a variety of ways to stay on track.

Here are ten tips to keep you on track to attaining your goals.

1. Create steps to reaching your goal. If you wish to lower your handicap by 6 shots in 12 months then aim to lower your handicap by 1 shot every two months.
2. Write down your stepping stone goals as well as the major goal. You could also do this pictorially. Create a graphic of where your handicap is at present and plot your progress. Maybe like the picture of a thermometer.
3. Create a vision board which has pictures of you or other people achieving the goal. Also include messages from magazines and friends who are supporting you.
4. Enlist the help of a friend who you will be accountable to. Contact them each week and let them know what you plan to do in the coming week regarding the goal and report on whether you did what you had planned to do for the preceding week.
5. Spend a minute or two each day stating your intention to achieve your goal. Say it as though you are truly committed to achieving it.
6. List the gains to be made by achieving your goal and also the losses you may incur by not achieving your goal. Read the lists and add to them at least weekly.
7. Allow yourself to accept setbacks as inevitable and realise that this an inevitable part of the realisation of a long-term goal. Overcoming these setbacks will provide you with skills to either avoid or overcome the same setbacks in the future.
8. Do something—however small—every day to work towards your goal.
9. Review your progress, your plan to reaching your goal and even the goal itself every two months.
10. Reward yourself for each step you have taken to achieving the goal.



By using some or all of these tips it is so much easier to stay on track. Some of the tips will be powerful for some of you and others less so. If that is the case, use the ones which provide the most meaningful inspiration and consider why the others are less inspiring.

Once the player in the example began to set some stepping stone goals, he immediately saw that his long-term goal was both realistic and that he had made significant progress already.