

Setting the Stage for a GREAT 2014!

What are your goals for 2014? Write them down. Go ahead, get the pencil and paper and write them down, I'll wait. Good, now let's figure out HOW to reach those goals. What are your top 3 strengths (go ahead and write those down under your goals)? What are your top 3 weaknesses? Now, let's look at the goals, strengths, and weaknesses - are they measurable? Most times, they are NOT. A goal of "playing better" is not measurable. Weaknesses such as "I putt bad" are not measurable.

Develop S.M.A.R.T. Goals

Just like in business, I prefer students to set their goals using the SMART method

- Specific
- Measurable
- Attainable
- Realistic
- Time-based

Instead of, "I need to drive the ball better," choose, "I'm going to improve my driving to 55% fairways hit on average by April 15." We can then tackle the causes of missed fairways and how to correct it through mechanical adjustments, mental approach, or equipment.



If you really want to reach your goals in 2014, let's start by establishing the REAL GOALS! Chart your rounds and let's find the most efficient way to improve! As always, if I can be of help in your improvement, please let me know! Check out www.robstocke.com for more information or email me at golfd1@mac.com

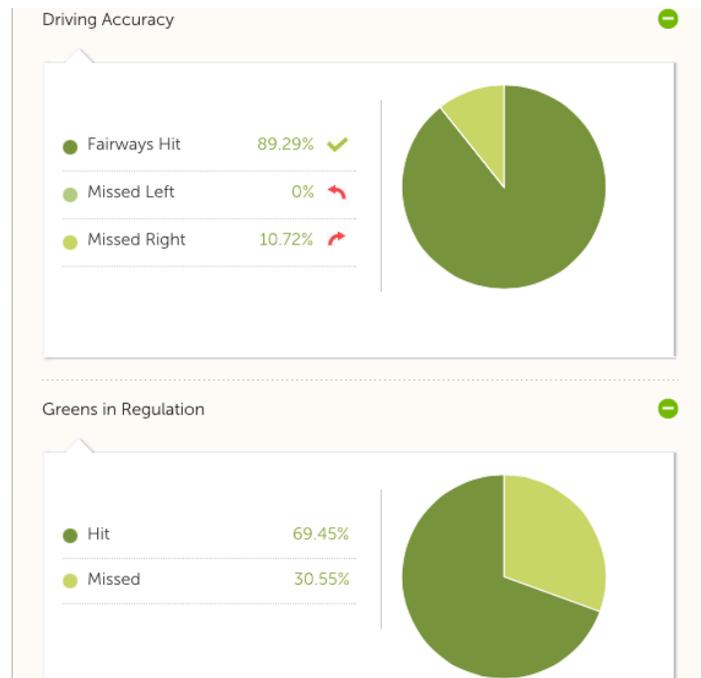
Charting Your Rounds

Great players know their stats; PGA Tour players have the advantage of every shot being recorded by Shotlink, but are you charting your rounds? Greens in regulation, and putts per round are ok, but let's really see where we are losing strokes! Start with something that can really help you chart your rounds - I recommend **GOGI** - it's a free app (go to www.mygogi.org and signup), in addition to a great stat tracker, it has some super tips, and ability to video and analyze your swing.

Hole	1	2	3	4	5	6	7	8	9	Out	10	11	12	13	14	15	16	17	18	Total
Back Handicap	46	34	34	32	30	34	40	30	20	20	40	33	46	23	25	43	24	30	29	297
Par	2	3	4	4	4	5	3	4	4	4	5	4	4	3	4	5	4	4	4	71
Score	5	5	3	6	5	5	5	5	5	5	5	5	5	4	5	5	5	5	5	48
Net Score	5	4	2	4	3	4	2	3	2	2	2	3	3	3	3	3	4	4	4	13
Round Score	-1	0	+1	+2	+2	+2	+4	+4	+5	+5	+7	+6	+6	+6	+6	+5	+5	+5	+5	+5
Putts	2	2	3	2	2	3	3	1	2	2	2	2	2	1	2	1	2	2	2	18
Fairways Hit	3/3	3/3	4/4	3/3	3/3	3/3	3/3	3/3	3/3	3/3	3/3	3/3	3/3	3/3	3/3	3/3	3/3	3/3	3/3	300%
Greens in Regulation	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	55%
Priority Strokes																				1

Look for Patterns

After you have some rounds in your log, look at the stats - we want to see patterns - is there a consistent miss? Is there a certain side where you miss more than others (this can be short/long or left/right or both). You might be surprised in some of the data, I know I was the first few times I charted my rounds! Look closely at the numbers to see which areas can be improved the fastest and which would have the most impact on improving your score.



FlightScope

Utilizing this Doppler Radar technology we can fine tune and measure your game. We will identify what's good and what areas need some work, then correct and measure your improvement! You can also test your game in the Skills & Combine Challenges.

