

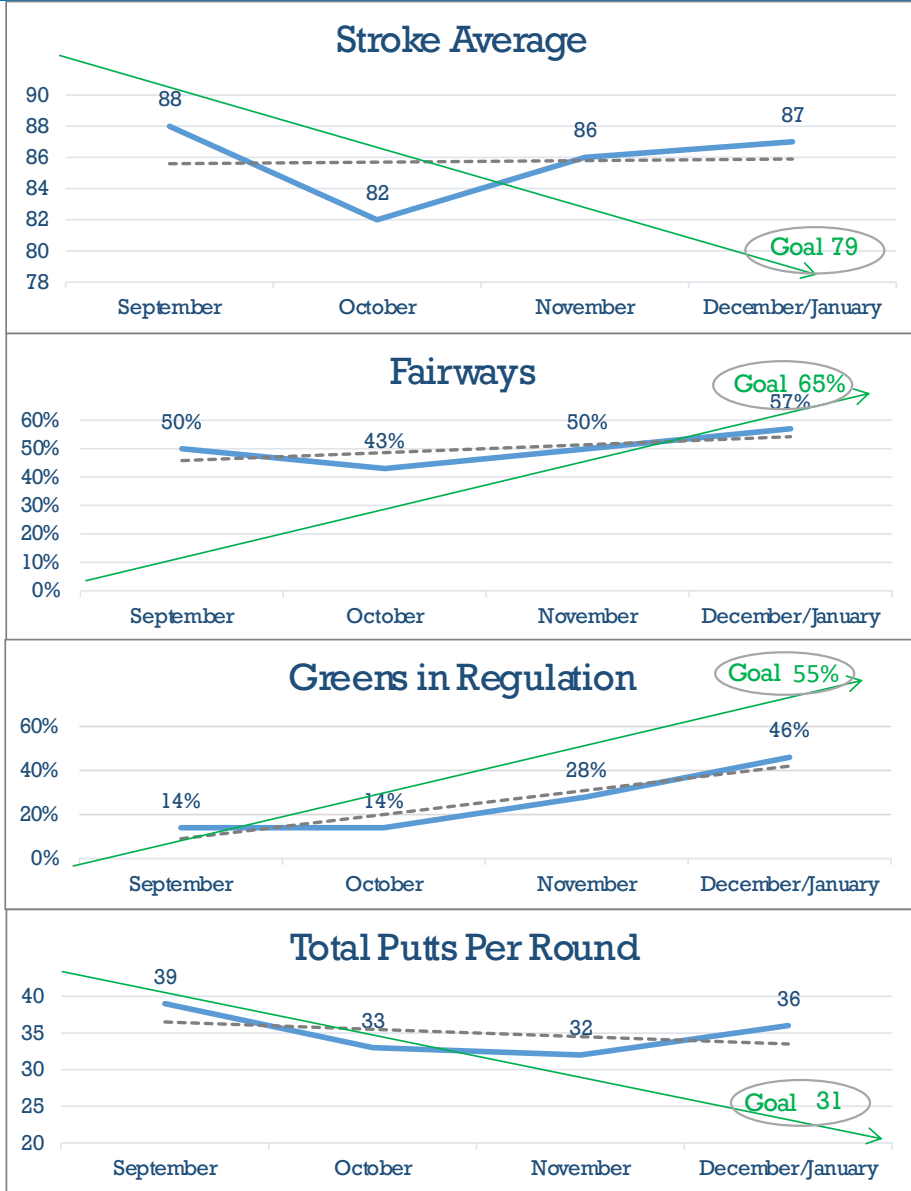


# PERFORMANCE PROFILE

Stroke Average:  
85.54

JGS Ranking:  
2517

Class Ranking:  
89



## Grading Scale



### Trackman Driver Testing

Driver Carry Distance **196.4** Yards 5 shots

### Trackman Approach Testing

Short Approach **52.3** points 14 shots  
 Medium Approach **62** points 6 shots  
 Long Approach **25** points 4 shots

### Short Game Testing

**Total** **265** feet 18 shots

### Putting Testing

**Total** **54** points



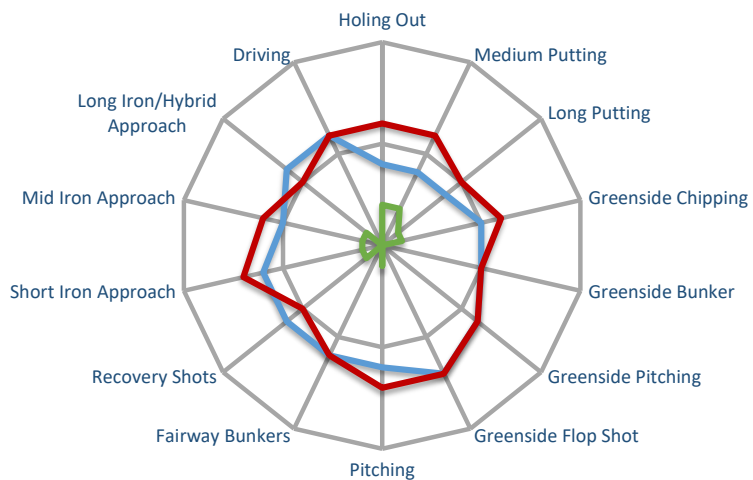
# Perceptions

1 - 3 = Low    4 - 7 = Average    8 - 10 = Excellent

**Core Competencies**      **Distances**      **Player Rating**      **Coach Rating**      **Gap Rating**

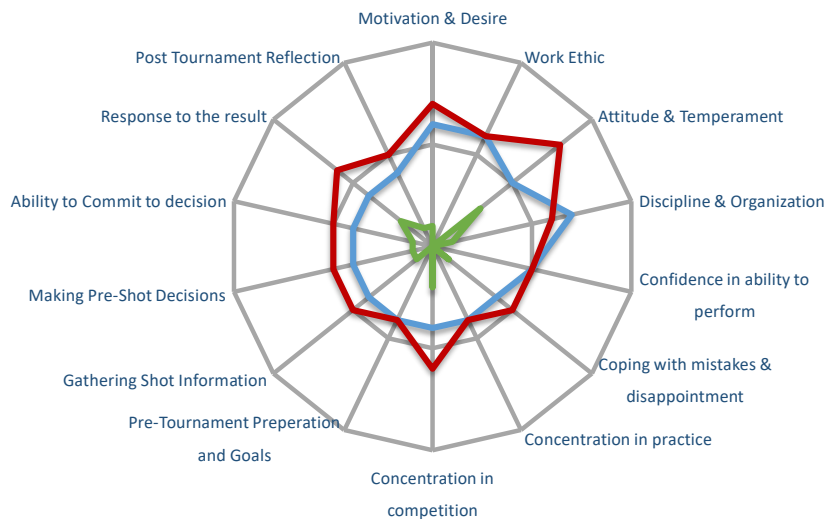
Core Competencies	Distances	Player Rating	Coach Rating	Gap Rating
Holing Out	3ft to 12 ft	4	6	2
Medium Putting	12ft to 24ft	4	6	2
Long Putting	24 ft to 50ft	4	5	1
Greenside Chipping	<30 yards	5	6	
Greenside Bunker	<30 yards	5	5	
Greenside Pitching	<50 yards	6	6	
Greenside Fbp Shot	<30 yards	7	7	
Pitching	50 - 100yards	6	7	1
Fairway Bunkers	Variable	6	6	
Recovery Shots	Variable	6	5	1
Short Iron Approach	Player Dependent	6	7	1
Mid Iron Approach	Player Dependent	5	6	1
Long Iron/Hybrid Approach	Player Dependent	6	5	1
Driving	Player Dependent	6	6	

**Player Rating**      **Coach Rating**      **Gap Rating**



## Skill Access Competencies

Skill Access Competencies	Player Rating	Coach Rating	Gap Rating
Motivation & Desire	6	7	1
Work Ethic	6	6	
Attitude & Temperament	5	8	3
Discipline & Organization	7	6	1
Confidence in ability to perform	5	5	
Coping with mistakes & disappointment	4	5	1
Concentration in practice	4	4	
Concentration in competition	4	6	2
Pre-Tournament Preparation and Goals	4	4	
Gathering Shot Information	4	5	1
Making Pre-Shot Decisions	4	5	1
Ability to Commit to decision	4	5	1
Response to the result	4	6	2
Post Tournament Reflection	4	5	1





# Testing

## Driver Performance - Measured using 5 Shots on TrackMan

	Sept	Oct	Jan	Mar	May	
Driver Carry			196.4			CarryDistanceon Trackman

## Approach Performance - Measured with TrackMan Combine

	Sept	Oct	Jan	Mar	May	
Short Approach			52.3			Points on Trackman Combine
Medium Approach			62			
Long Approach			25			

## Shortgame Testing

	Sept	Oct	Jan	Mar	May	
15 Yard Pitch From Fairw			12			Feet from hde after two shots
10 Yard Bunker Shot			39			
15 Yard Chip From Fairw			19			
20 Yard Flop Shot			34			
20 Yard Bunker Shot			51			
30 Yard Bunker Shot			41			
30 Yard Pitch From Fairw			28			
20 Yard Chip From Rough			28			
30 Yard Chip From Fairw			13			
<b>Total</b>			265			

## Putting Testing

	Sept	Oct	Jan	Mar	May	
Holing Out - 3ft to 6ft			1			Points from Putting Score Card
Medium- 7ft to 15ft			10			
PACE - 20ft to 30ft			7			
Actual Round Drill			36			
			54			
<b>Total</b>			54			

GradingScale  
createdfrom  
data from IMG  
Academy  
Golfers

Advanced

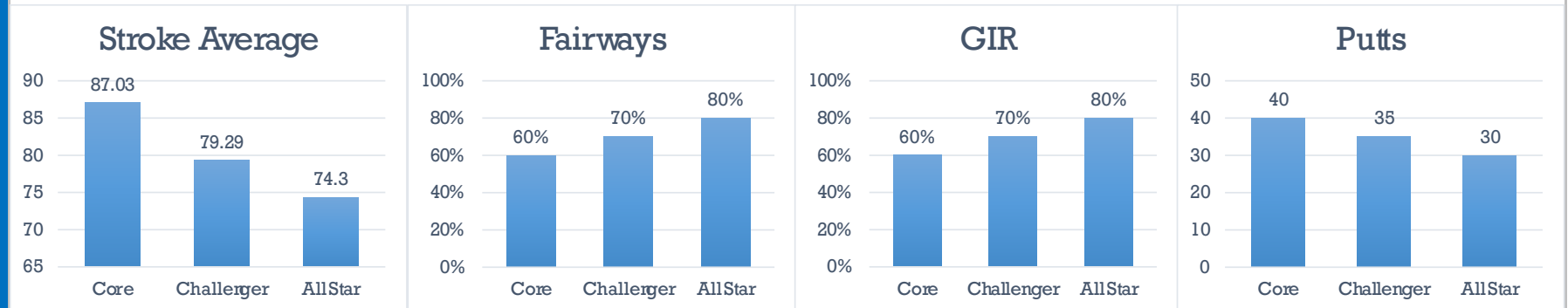
Average

Low



# Performance Results

<b>TOURNAMENT ROUNDS</b>	<b>Sept</b>	<b>Oct</b>	<b>Nov</b>	<b>Dec</b>	<b>Jan</b>	<b>Feb</b>	<b>Mar</b>	<b>Apr</b>	<b>May</b>
Overall Stroke Average - JGSB	na	86	86	NA	85.5				
Monthly Stroke Average - JGSB	87.5	81.7	NA	NA	87.7				
Scores	87.88	89.80.76	NA	NA	86,87,90				
Greens in Regulation			NA		46%				
Fairways Hit			NA		57%				
Scrambling inside 50 yards			NA		3.24				
Total Putts			NA		36				
<b>IMGA 18-HOLE ROUNDS</b>	<b>Sept</b>	<b>Oct</b>	<b>Nov</b>	<b>Dec</b>	<b>Jan</b>	<b>Feb</b>	<b>Mar</b>	<b>Apr</b>	<b>May</b>
Stroke Average	97	92	86	NA	83				
Scores	97.98	94.89	88.82.87	NA	83				
Greens in Regulation	14%	14%	28%	NA	33%				
Fairways Hit	50%	42.8%	55%		43%				
Scrambling inside 50 yards									
Total Putts	39	33	32		36				
<b>Tournaments vs IMGA Rounds</b>	<b>Sept</b>	<b>Oct</b>	<b>Nov</b>	<b>Dec</b>	<b>Jan</b>	<b>Feb</b>	<b>Mar</b>	<b>Apr</b>	<b>May</b>
Stroke Average		-6			2.5				
Fairways	-50%	-43%			14%				
Greens in Regulation									
Scrambling inside 50 yards									
Total Putts									





# Goal Setting

## Core Competencies

Putts 3' - 12'	Putts 12' - 24'	Putts 25' - 45'	Chipping < 30y	Bunker < 30y	Flop Shot < 30y	Pitching < 50y
Pitching 50 - 100y	Fairway Bunkers	Recovery Shot	Short Approach	Medium Approach	Long Approach	Driving

### EVALUATION

### ACTION

### OUTCOME

Putts 25'-45': High number of 3 putts from course stats, 3 per round average and a high putting test number, 54. Lack of consistent strike based on swing center movement, creates a lack of ball speed/control. Hip rotation, upper torso rotation and shoulder sway create the inconsistent strike.

The priority drill is ball between knees or band around legs to create stability and awareness of lower torso movement/turn. Pace drills with metronome are also a component of the practice plan. Using powder for impact feedback is important.

**Putts 25' - 45'**  
The goal is to eliminate 3 putt average to less than 1 per round and lower putting test score to 45 by semesters end.

High short game test scores from short shots, 3 short shots over 50' and high score average under <50 at 2.92. Poor low point control because of knee/hip pivot creates inconsistent strike, fat and thin, and thus issues with distance control.

Awareness of low point with shaft between legs on the ground is a must for every practice chipping session. Left leg only is the priority drill to create more stability in lower body. Ball between knees is the other priority drill. Utilizing different lofted clubs in practice better suited to the shot is important to reduce proximity to the hole.

**Chipping < 30y**  
<50 average score goal is 2.5 and short game test score for chip shots should be no more than a 7' average per shot.

Bunker <30: Short game test scores from bunker shots of 131' indicate the need to improve bunker play and confidence.

Inconsistent entry point as a result of poor set up, and balance. Using line drills for entry point awareness and improving set up; knee bend-distance width-handle height. Stability and balance in lower body with feel of proper release through impact.

**Bunker < 30y**  
Goal is to improve bunker distance on short game test to 65' by semesters end.

Long Approach: Low Trackman number on long approach, 25. Low GIR% from course stats on long holes. The sway of lower body on backswing induces an upper torso lean towards target during backswing. This creates an early release in downswing, also resulting in compensation with the hands because upper torso is out of position. The poor transition is also rooted in poor balance.

Shoulder sway drill away from target slightly (noodle) on backswing with shaft in ground by right leg using mirror for feel and awareness. Priority drills are balance drills using mirror, rubber discs and feet together. Right leg only drill to feel pivot on right leg with right leg angle maintaining towards target.

**Long Approach**  
Improve long approach shots to green, measured through GIR% and raising Trackman number on long approach to 60 minimum by semesters end.