

## The Report ${ }^{\circ}$

The House 53 Performance Report is a complete, personalized report analyzing the player's goals, strengths and weaknesses, and mental strength. This report is designed to give an honest diagnosis of the player's current ability, their probability in achieving their goals based on current preparation habits, and a detailed plan to guide the player over the next 12 months to help them better achieve their goals

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## Welcome!

Over the past few years performing hundreds of individual lessons to players, ranging among all ability levels, there has been a gap in my ability to teach the individual parts of the game of golf, and getting the results I know that my students are capable of attaining.

After lots of analyzation of my teaching style, the information I am passing onto my students, the results of my students in both regular and competitive rounds, I believe I have found the answer. Instead of starting out with the usual, "Hey, what's going on with your game," and having the client briefly give their take on the matter, I am going to find the matter within this report.

The results from the Mental Assessment from GolfPsych; the results from the physical assessment; and the stats from the most current rounds leading up to this report that you completed have been analyzed, in comparison to the goals and desires you have specified, to create the report you now hold.

This report isn't just for you to read and to learn about how your weaknesses and strengths play a part in the state of your game, but it is also for me as well. It is my job to help guide you to be the best golfer that you can be, and to achieve the goals that you have for yourself.

The House 53 Performance Report is an in depth evaluation of your game that I need to have to create the best course of action. With this report, I know that we can not only help you achieve your goals for the initial time period ahead, but also for the years to come.

Thank you for taking the time to do the assessments, to read through and study this report, and most importantly, trusting in me to get you to where you want to go in the game of golf. I look forward to helping you achieve all of your aspirations and goals in the game.

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# Section I. Background and Goals 

## Background



Goal $\quad+\mathbf{5 . 1}$
HDCP

## Year Long Goals

1. Qualify and Win the 2024 Callaway Cup
2. Qualify for the Sectionals of the US Open Qualifier
3. Finish Top 15 in Multi-Round Professional Event
4. Season Competitive Stroke Average of at least 69
5. Improve Overall Driving Distance

## First 3 Month Benchmarks- Golf Instructor

1. Feel more comfortable with the width of the hands at the top
2. Feel the transition becoming more second nature
3. Increase driver speed to at least 110 mph
4. Get Launch Angle of 7 iron to below 19 degrees
5. Improve Swing Plane

## First 3 Month Benchmarks- Fitness

1. Increase spine and hip mobility
2. Lose 10-15 pounds
3. Increase Pull-Ups to 12 non-stop
4. Increase Hamstring Flexibility
5. Increase Upper Back and Chest Flexibility

# Section II. Mental Assessment \& Round Stats Results 

## Mental Assessment Results

| Jimmy Shaw <br> December 16, 2023 <br> Score |  |  |
| :--- | :---: | :---: |
| Montal Acuity   <br> Focus and Mental Pre- <br> Shot Routine 8.0 Above Average <br> Calculations and <br> Commitments 8.2 Above Average <br> Emotional Management 7.6 Above Average <br> Course Management and <br> Game Plan 8.1 Above Average <br> Tough-Minded 7.9 Above Average <br> Confidence 7.7 Above Average <br> Independent Decision <br> Making 7.8 Above Average <br> Tension Management 7.8 Above Average   |  |  |

Dr. Deborah Graham of GolfPsych performed countless hours of research to identify the specific mental skills (Champion Traits) that are most important for golfers to perform at their highest potential. The numbers above are ratings as to how effective the player is currently using these skills.

The above Champion Traits are rated on a $0-10$ scale. The following rating scale determines a player's Acuity: 0-4.9 is Weak; 5-5.9 is Below Average; 6-7.4 is Average; 7.5-8.4 is Above Average; and 8.5-10 is Strong.

A player's performance in certain areas of the game can be tied to their Mental Acuity of certain Champion Traits. Becoming stronger in a player's Mental Acuity will result in improvement in many of the player's physical game weaknesses.


| Pars Per Round | 11.60 |
| :---: | :---: |
| Par Percentage Per Round | 64.44\% |
| Par 3 Pars | 2.20 |
| Par 4 Pars | 7.00 |
| Par 5 Pars | 2.40 |
| Bogeys Per Round | 2.80 |
| Bogey Percentage Per Round | 15.56\% |
| Par 3 Bogeys | 1.00 |
| Par 4 Bogeys | 1.60 |
| Par 5 Bogeys | 0.20 |
| D. Bogeys or Worse Per Round | 0.20 |
| D. Bogey or Worse Percentage Per Round | 0.00\% |
| Par 3 D. Bogey or Worse | 0.00 |
| Par 4 D. Bogey or Worse | 0.20 |
| Par 5 D. Bogey or Worse | 0.00 |
| Scoring in Round |  |
| 1st Third | -1 |
| Middle Third | 0.6 |
| 3rd Third | 0.8 |
| Penalty Strokes | 0.2 |
| Strokes from Out of Bounds/Lost Ball | 0 |
| Strokes from Water Hazard/Unplayable | 1 |
| Strokes from Other Penalties | 0 |

## Fairways

| Rounds | Total |  |  |
| :--- | :---: | :---: | :---: |
| Fairway \% | $70.00 \%$ |  |  |
| Fairway Total | 70 |  |  |
| Fairway Hit Total | 49 |  |  |
| Par 4 |  |  |  |
| Par 4 Fairway \% | $76.92 \%$ |  |  |
| Avg. \% Par 4 Distance Covered | $66.69 \%$ |  |  |
| Par 5 |  |  |  |
| Par 5 Fairway \% | $50.00 \%$ |  |  |
| Avar 5 Distance Covered |  |  | $51.90 \%$ |

Greens in Regalation

| Rounds | Total |
| :---: | :---: |
| GIR \% | 57.45\% |
| Total Greens | 94 |
| Par 3 GIR \% | 80.00\% |
| Total Par 3 | 20 |
| Total Par 3 GIR | 16 |
| Par 4 GIR \% | 47.06\% |
| Total Par 4 | 51 |
| Total Par 4 GIR | 24 |
| Par 5 GIR \% | 77.78\% |
| Total Par 5 | 18 |
| Total Par 5 GIR | 14 |

## Proximity from Approach

$\left.\begin{array}{|r|c|}\hline \text { Rounds } & \text { Total } \\ \hline 50-75 \text { yards } & 3.33 \% \\ \hline 50-75 \text { yards Hit Green \% } & 66.67 \% \\ \hline \text { 50-75 yds Avg. Proximity to Hole (in } \\ \text { feet) }\end{array}\right]$
$\left.\begin{array}{|r|c|}\hline \mathbf{1 7 5 - 2 0 0} \text { yards } & 14.44 \% \\ \hline 175-200 \text { yards Hit Green \% } & 38.46 \% \\ \hline \mathbf{2 0 0 - 2 2 5} \text { yards } & 7.78 \% \\ \hline \begin{array}{r}175-200 \text { yds Avg. Proximity to Hole (in } \\ \text { feet) }\end{array} & 31.60 \\ \hline 200-225 \text { yards Hit Green \% } & 71.43 \% \\ \hline 200-\mathbf{2 2 5} \text { yds Avg. Proximity to Hole (in } \\ \text { feet) }\end{array}\right)$

## Scrambling

| Rounds | Total |
| ---: | :---: |
| Chipping and Pitching | $57.58 \%$ |
| Average Strokes per Round | 6.6 |
| Average Chips and Pitches Per <br> Hole | 1.00 |
| Avg Total Strokes Chipping and <br> Pitching | 2.36 |
| Avg Proximity to Hole | 8.64 |
| Aand Shot | $77.78 \%$ |
| Average Strokes per Round | 1.8 |
| Average Sand Shots Per Hole | 1.13 |
| Avg Total Strokes From Sand | 2.25 |
| Avg Proximity to Hole | 6.11 |


| Rounds | Total |
| :--- | :---: |
| Putting |  |
| Total Putts Per Round | 29.6 |
| Putts Per Green In Regulation | 1.797 |
| Distance of Putts Made (in feet) | 74.6 |
| Make Percentage |  |
| $40^{\prime}+$ Make Percentage | $14.29 \%$ |
| Total 40'+ | 7 |
| $25-40^{\prime}$ Make Percentage | $16.67 \%$ |
| Total 25-40' | 12 |
| Total 25-40' Makes | 2 |
| $15-25^{\prime}$ Make Percentage | $13.04 \%$ |
| Total 15-25 | 23 |
| Total 15-25' Makes | 3 |
| $8-15^{\prime}$ Make Percentage | $39.13 \%$ |
| Total 8-15 | 23 |
| Total 8-15' Makes | 9 |


| 4-8 ${ }^{1}$ Make Percentage | 70.00\% |
| :---: | :---: |
| Total 4-8' | 20 |
| Total 4-8' Makes | 14 |
| $0-4{ }^{\dagger}$ Make Percentage | 100.00\% |
| Total 0-4 | 62 |
| Total 0-4' Makes | 62 |
| 3-Putt or Worse Percentage |  |
| $40^{\prime}+$ | 42.86\% |
| $40^{\prime}+3$-Putts or Worse Total | 3 |
| 25-40' | 8.33\% |
| 25-40'3-Putts or Worse Total | 1 |
| 15-25' | 4.35\% |
| 15-25' 3-Putts or Worse Total | 1 |

## Section III.

## House 53 Questionnaire Results and Overview

## Yearly Table



## Questionnaire Results



The questionnaire asked questions regarding the player's preparation during the different seasons of the upcoming year. The scores above are based on the answers the player gave regarding their preparation during four (4) 3-month periods of the year. Based on the answers regarding the amount of tournaments, major tournaments, and/or meaningful rounds the player projects to play in each quarter of the year, a type of season has been determined for that quarter.

In some instances, the player will see two (2) entries for a certain quarter. When that happens, it has been determined that the player will be operating in two (2) different seasons during that quarter. This occurrence is quite common.

The different seasons a player travels through during a year demand different amounts of practice, focus, and attention. Each season puts different values on: how long a player practices; the amount of attention on each area of the game; as well as the number of times a player meets with their golf and fitness professional.

A goal of the player should be to get a close to the Ideal Score, which will be addressed in later sections of this report. When a player is within five (5) points of the ideal score, the player is preparing at a High Rate of Efficiency. A player is preparing Efficiently when they are within 12 points of the Ideal Score. The probability of achieving one's goals is very high when preparing at an efficient rate.

In some cases, a player is not going to be able to operate at an efficient level for a particular season. There are times when it is not feasible to prepare at a efficient level. In those times, focusing on one's mental acuity needs to be of supreme importance. The lack of time spent on physical preparation can be helped with extra time spent on improving one's mental acuity.

In Appendix $A$, the player will see the differences in what their current preparation schedule is and what the Ideal preparation should be. Use this comparison in this Appendix, and the analysis in Section $V$ to adjust one's preparation schedule accordingly.

The Ideal Score is based on a player who is highly competitive. If the player in this report is a recreational golfer with a goal of lowering their handicap, achieving their career best score, win a club tournament, or perform at their best during an important round, then having a score for each season within 15 points is considered preparing at a High Rate of Efficiency, and a score within 20 points is considered preparing Efficiently.

The area that may be lacking the most will be dedicating time to fitness, and moreover, a fitness professional. If there is not enough time or finances to devote to regular visits to a fitness professional, or time to go to the gym, there are plenty of mobility and fitness apps available to download that will help one's fitness goals. If there is a lack of time and finances to devote to
personal golf instruction, go to www.house53performance.com and become a member through "Build a Game" for instructional tips and drills.

## Pre-Season

(3-6 weeks prior to Regular Season)

## Player's Time Frame: March 11-April 14, 2024

The big swing changes have been made. No need to make anymore big changes, just keep dialing in the ones that have been made. In most cases, the weather is not conducive to great scores, but the sun is starting to stay out longer and longer each day. Focusing on swing mechanics does have its time and place in a player's practice regime, but it doesn't need to encompass the majority of our practice.

The swing changes need to become even more second nature. All of these changes take a lot of conscious thought. Being able to switch a way of thinking over-night is just not a feasible expectation. (See Thinker vs. Athlete in Appendix B has further notes for this season).

Check-ups are needed to make sure the player is staying on track with the changes that have been made over the past months. In practice, when the weather is suitable, focus on creating "live" situations a much as possible. As the PRE SEASON gets moving along, incorporate playing more than over the past few months. Implement mock tournament rounds regularly.

Transition one's workouts by focusing on Power, Speed, and Endurance workouts. Need to continue overload training for endurance for the long year ahead. Stretching, hip flexibility, and spine mobility are essential to maintaining a consistent swing and practice schedule throughout the year. These areas need to be at the forefront of any fitness regimen.

## Regolar Season <br> (30-40 Weeks)

## Player's Time Frame: April 15-December 6, 2024

The intensity of swing change lessons needs to migrate to the golf course. Lessons should be geared towards enhancing the corrections and checking up on progress. There shouldn't be
any new "big changes" that come up. A player can never get enough short game work in.
Practice on mechanics should be a portion of the player's practice time, but the focus should be to continue to enhance and further engrain your changes. The focus should be on actual distances, direction, and mental approach.

The majority of time should focus around putting. Work on that putting. Get a putting lesson with video to improve one's putting. Along with putting, a player's short game should also take priority. However, when practicing the short game, multiple chips and pitches from one spot is not effective. Practice getting the ball up and down from a variety of different conditions.

Workouts should be focused on balance, flexibility, mobility, and continued endurance. A player's nutrition and water intake needs is very important to operate at a high level due to the weather conditions during this season tend to be very warm. Nutrition and Hydration can severely effect a player's ability to operate both physically and mentally at a high level.

## Post Season (Lasts A-5 Weeks after the Last Tournament of Regular Season)

## Player's Time Frame: January 1-14, 2024; December 9-31, 2024

The POST SEASON is the season of reflection, rest, and the time to restructure one's goals, and habits for the year to come. The POST SEASON becomes the planning season, and for many, arguably the most important for the coming year.

In this season, the player needs to go back and evaluate the recent REGULAR SEASON's successes and shortcomings, and also to look back on the prior Seasons (i.e.- Post Season, Off Season, and Pre-Season) leading up to the REGULAR SEASON. The player needs to evaluate all aspects of their game: stats, mental acuity, fitness, and seasonal preparation.

After evaluating one's game over the past year, set yearly goals, and then determine the areas that are in need of the most improvement. It is time to plan the POST SEASON to get off to a good start. The POST SEASON is a time to begin working on swing mechanics, club and set changes, and the beginning of body development and improvement.

The POST SEASON may be the last of the four seasons, but it is the season that sets the foundation for all of the other seasons to come. Is it technically a part of the previous golf
season? One could argue one way or the other. Many times it overlaps one year to the next depending on the player's regular season.

## Off Season

(9-14 Weeks Prior to Regular Season)

## Player's Time Frame: January 15-March 10, 2024

This is last season to make any further major swing changes. Most of the time, the weather will force a player indoors, which is ideal for making long lasting swing changes. By not having a ball, the player is not affected by the outcome. All that matters are the positions that the player gets in. This also trains the player to do much of their mechanical work away from the golf ball, and improves the player's ability to visualize the swing, and shot shape. Visualization helps strengthen Focus and Visualization, both vital to performing at a high level.

One thing that should not be overlooked is putting. Putting is not something that can only be worked on while on a putting green. Many high level players work very hard on their putting away from the golf course. Feel and touch can only be achieved on a green, but the mechanics can be honed elsewhere.

A player's fitness needs to transition to workouts that focus on Power, Speed, Mobility, and Endurance. It takes strength and increased muscle to create more speed and power, but the way in which a person trains for the two is quite different. Overload training to a player's system elevates what a player can produce. The goal is that a player's "normal" keeps getting pushed to faster levels.

## Section IV. <br> Mental \& Statistical Strengths and Weaknesses

| Weaknesses Mental |  |  | Strengths Mental |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1. | Emotional Management | 7.6 | 1. | Calculations and Commitment | 8.2 |
| 2. | Confidence | 7.7 | 2. | Course <br> Management and Game Plan | 8.1 |
| 3. | Tension Management | 7.8 | 3. | Focus and Mental Pre-Shot Routine | 8.0 |
|  | Weaknesses <br> in the Game |  |  | Strengths in the Game |  |
| 1. | Par 4 Greens in Regulation | 47.06\% | 1. | Par 3 Scoring Avg. | 2.80 |
| 2. | Greens in Regulation from 125-150 yds | 29.41\% | 2. | Sand Play Proximity | 6.11' |
| 3. | Last 6 Hole Scoring Avg. | +0.8 | 3. | Fairways Hit | 70.00\% |
| 4. | 8-15' Make Percentage | 39.13\% | 4. | Par 5 Scoring Avg. | 4.78 |
| 5. | 4-8' Make Percentage | 70.00\% | 5. | Double Bogey Percentage per Round | <0.01\% |

The player's individual Strengths and Weaknesses come from the stats collected. The stats were then compared to the stats provided by the PGA Tour for its players for the season of 2022-2023. However, comparing a player's stats to the PGA Tour is the only factor for determining the player's statistical Strengths and Weaknesses.

Two other factors are used to determine the player's Strengths and Weaknesses. These factors include:

1. The player's current level and their stated goals for the future: There are going to be parts of the game that are going to seem weaker than other areas of the game. However, when taking the player's goals into account, other areas of the game, that are not as weak, but not nearly strong enough to be considered a strength, are going to be considered a top priority. House 53 believes that by focusing on improving the designated weaknesses, any other weaker areas will ultimately improve at a faster rate.
2. House 53 does a careful analysis starting at the hole and working backwards: In many instances, the player will determine their Strength or Weakness based on perceived notions. By starting at the hole and taking a deep dive into the stats as a whole, House 53 can learn the foundational Strengths, and what Weaknesses keep the player from achieving their goals.

In Section $V$, we will cover the game plan for not only improving the true weaknesses of the player, but also to further solidify their strengths. For the mental goals, the player should begin by focusing on 3 traits to strengthen for this coming year. By strengthening the player's 3 most under-performing traits, the player will find that the other 5 Champion Traits will be strengthened as well. Unless this trait is a current strength of the player, the player should begin by strengthening Focus and Pre-Shot Routine. Currently, the player's score in this trait is $\mathbf{8 . 0}$, which is Above Average, and currently the third best performing trait.

Since Focus and Pre-Shot Routine is not the lowest rated trait, the player should have a goal to strengthen the three lowest rated Champion Traits. The next three lowest rated Champion Traits are: Emotional Management (7.6), Confidence (7.7), and Tension Management (7.8). A more thorough explanation of each trait, and tools to help strengthen these specific skills have been sent to the player upon finishing the Mental Assessment. Use the "Mental Skills and Assessment Report" from GolfPsych to strengthen each area.

The player should work to improve their Focus and Pre-Shot Routine score to above an 8.5 rating to be in the Strong rating. By improving the player's Mental Acuity scores, the player will not only become mentally stronger, but the player will show increased improvement in many areas of their physical game.

## Section V. <br> House 53 Yearly Plan

The start of every great plan is to identify the individual Strengths and Weaknesses the player presents, and then formulate a plan on how to improve them. In the following recommendations, the player may find that the Weakness identified as being the most important to improve is not in the list provided in Section $I V$. In some cases, there will be a Weakness from the list in Section IV.

There will not be any analysis surrounding a player's current Strengths. Many of the Strengths a player possesses will only get stronger from improving the Weaknesses. In many cases, improving the Weaknesses will take the strain off of the Strengths. To make sure a Strength remains a Strength, the player needs to be conscious of their practice scheduling. See Appendix A for the player's current preparation schedules, and the Ideal preparation schedule.

There will be cases when the listed Weaknesses will not be in the same order as they are listed in Section IV. Section IV is merely a listed, not listed in order from Weakest to Weaker.

There will only be 3 to 5 Weaknesses to have a detailed synopsis on. It is not feasible for a player to assume that they can improve all the weaknesses they have in their game. It is best to choose the $3-5$ most pressing weaknesses at the time and improve those, while also scheduling their practice as to not allow their strengths to become a new weakness. Focusing on more than 5 weaknesses in one season is not recommended.

| H | Goal Score |
| :---: | :---: |
| 8-15 Make Percentage 39.13\% | 50\% |
| Other Factors <br> Improvement of Calculations and Commitment |  |
| From the rounds provided for the statistics, aside from putts inside 4', which are predominantly tap-ins, putts from $8-15$ ' is the second most common distance first putt that the player has. Currently, the make percentage from $8-15$ ' is the furthest away from PGA Tour average of any putting stat accounted for. <br> Devoting a higher percentage of one's practice to putts from this distance will benefit greatly, however, the vast majority of improvement is going to come from improving the strength of the Calculations and Commitment. Making a high percentage of putts from 8-15' is about being fully committed to both the line and the speed the player chose before attempting the putt. <br> Reaching a goal of making $50 \%$ of the putts attempted from $8-15$ is going to be tough, but very achievable goal. From the 5 rounds provided for this report, 23 putts from 8-15' were attempted with only 9 successful makes. To reach a goal of at least $50 \%$, the player would only to have needed to make 3 more putts. The player has a goal of lowering their stroke average to 69 for the year of 2024 . In 5 rounds, these 3 strokes would lower their strove average by 0.6 strokes. If the player plays in 20 rounds this year, it is projected this average would eliminate 2.4 strokes for the year. |  |



6 strokes from 218 to 212 , or 1.2 strokes per round over 5 rounds.
An area of the game that the player needs to focus improvement is their Greens in Regulation average on Par 4's from it's current level of $47.06 \%$. Missing more than half of the greens decreases the chances for a birdie and increases the chances for the player to make bogeys.

The area of the player's approach game that can be improved the most to improve the overall percentage of Greens in Regulation is their Greens in Regulation from 125-150 yards. Currently, that percentage is $29.41 \%$. Another significant stat accumulated is the percentage of the Par 4 that the drive covers. For Par 4's, the player covers $76.92 \%$ of a Par 4's total distance, which proves the other stat that approaches from 125-150 yards is the highest number of approach shots a player has in a round at $18.82 \%$ of all approach shots into the green.

When the player is working on their approaches, the largest amount of focus needs to be on the distance range of $\mathbf{1 2 5 - 1 5 0}$ yards. The most important goal is improve the Par 4 Scoring Average to at least 4.08 shots per hole, but the plan is to improve the areas of Greens in Regulation from 125150 yards, which should improve the player's overall Greens in Regulation on Par 4's, giving a player more birdie putts at a makeable range, rather a large number of par putts.

Pro Tip: When a player has a mid-iron or better as their approach shot, they tend to be more aggressive than with longer clubs in their hands. Being successful when attempting an aggressive approach shot creates better scoring opportunities. However, the margin for error is drastically smaller. For the first part of the year, be concerned more in hitting the Green in Regulation, rather than having a more makeable first putt. As the year moves on, and the player is consistently hitting Greens in Regulation, the player can then start aiming closer and closer to the pin.

## \#3

## Other Factors

## Improvement of Eimotional Management Improvement of Tension Management

The player averages nearly a stroke over par (+0.8) for the last 6 holes of the round. Though there are many physical factors like course conditions, weather conditions, the difficulty of the finishing holes, and other statistical measures that could contribute to this, for the report's purposes of improving this statistic over the next playing season, we are going to focus on the certain Champion Traits.

As rounds develop, elevated stress and tension levels decrease the player's necessary energy levels to be at their best in the final stages of a competitive round, when the stress and tension levels are generally higher than at other times during the round. Currently, the player has Above Average
ratings in Emotional Management (7.6) and Tension Management (7.8), but is still not a Strong level.

The player's ability to better manage their Tension and Emotions throughout the round will not only provide the player with more energy at the end of the round, especially when the rounds are long in duration. Elevating these numbers will also make the player more equipped to handle the added stress of finishing off a round positively.

| H4 | Goal |
| :---: | :---: |
| Score |  |

Though the current percentage is right at PGA Tour average, increasing the make percentage by $5 \%$ would be beneficial to further lowering the player's yearly average score. Since the current proximity from the hole on Chip and Pitching is 8.64 ' and the current proximity from greenside sand shots is 6.11', improving this statistic will improve Par saves and capitalize on short birdie opportunities, mainly on Par 5 's.

Performing drills from 4-8' during each practice section will benefit the player greatly. However, working to further improve the mental Champion Trait Focus and Mental Pre-Shot Routine will further improve the make percentage from 4-8'. Currently, the Mental Acuity score is 8.2, which is Above Average, but only . 3 points away from Strong.

When a player is attempting putts from 4-8, being extremely focused on the putt is very important. Working to continue to improve one's focus, and maintaining a consistent Pre-Shot Routine are keys to making putts 4-8'. Winners on every major Tour are, usually, over $90 \%$ for the week on putts $4-8$, so improving this stat is vital to improving one's score.

Extra Tip: When playing a round, keep the focus on statistics out of one's head. Thinking about the statistics during the round will only cause a negative outcome. Instead, pick three (3) mental goals for each round. The only number that matters is the percentage of shots the player successfully accomplished all of the mental goals on each shot. Set a goal at the beginning of the round as to what the percentage the player wants to attain.

# Section VI. Goal Resetting 

After reviewing all of the analysis, now is the time to make one's final goals for the year. In this report's initial questionnaire, the player was asked to provide five (5) initial goals for the year. Now is the time to amend the goals from before, and add any new ones, up to a total of ten (10) for the year.

Try to keep in mind the analysis from Section $V$ when completing this portion. If the player wishes to make goals in relation to their seasonal preparation, look in Appendix $A$ to review the preparation sheets.

The initial goals can be considered a rough draft, and the following, 5-10 goals will be its final draft. It is recommended that the player keep these goals in different places so that they are at the forefront of a player's mind. The objective of making goals is to give the player difficult, but attainable through hard work and dedication, aspirations over a specific period of time.

I recommend putting the Macro goals (i.e.- shoot a score less than 80) at the top of the list, and then the Micro gorals (i.e.- average less than 1 penalty stroke per round) at the bottom of the list. It is good to have a mixture of Macro and Micro goals for the year. Achieving the Micro Goals increases the chances of achieving the top, Macro Goals.

1. Qualify and Win the 2024 Callaway Cup
2. Qualify for the Sectionals of the US Open Qualifying
3. Finish Top 15 in a Multi-round Mini Tour Event
4. Season Competitive Scoring Average of at least 69
5. Improve Overall Driving
6. Lower the Par 4 Yearly Scoring Average to at least 4.08
7. Increase 8-15’ Make Percentage to $50 \%$
8. Increase Emotional Management Rating to over 8.0
9. Increase Tension Management Rating to over 8.0
10. Increase Greens in Regulation from 125-150 yards to over $\mathbf{6 5 \%}$

# Section VII. Closing 

The goal of this report is to give the player a complete analysis of the player's game, from their mental strength acuity, physical statistics, and preparation. In golf, as in all other sports, there are so many factors that contribute to the success, or lack thereof, that by just looking at the physical stats does not tell the whole story. The House 53 Performance Report was designed to provide a full diagnosis to help a player reach their goals.

The report cannot guarantee that if followed the goals of the player will all be met, however, it is our belief that if the player improves in the areas suggested, the player will achieve improvement in their game. The one goal every golfer should strive to attain is to enjoy the process of improving in the game.

The goals the player provided were the next playing season. However, golf is a sport that can be played for many, many seasons. If, at the end of the this season, the player improves in multiple areas, but did not reach their intended goals, that is not a failed season. The improvement over this season will lead to further success in the future.

There are some instances when help is needed for certain areas of the game. Here are some resources for each player to consider:

1. Start a Journal- Journaling is a great way to keep up with one's progress by taking notes on swing thoughts discovered, and; to keep the player accountable. At www.house53performance.com, I have created a Daily Journal that a player can purchase.
2. Read "The Eight Traits of Champion Golfers" by Dr. Deborah Graham- After taking the GolfPsych Mental Assessment, the player should have received the results and a brief description of each trait, along with tools to improve each of them. If the player wants to know more about each, this is a great book to read.
3. Set up a session with Dr. Deborah Graham- Just because a player is not in Boerne, Texas doesn't mean you can't set up a session with her. Call the office, 888-280-4653. Trying to improve one's mental toughness is very difficult to do on one's own, so setting up a session with a professional is the way to go. GolfPsych also hosts in person, weekend golf schools. These are excellent for even more in depth mental game work.
4. Drills and Practice Schedules- Knowing how to practice is not something that everyone knows how to do naturally. For many, there is no set structure. At www.house53performance.com, a player can join the "Build a Game" membership and
have access to swing tips, practice drills, practice routines, and games to play on the course.

Remember this:

## Golf is a Game of Process, Inaccurately Measured bv Results

If the player can keep this in mind through the next year, the process of the journey, no matter how successful or unsuccessful, will still be an enjoyable ride, and the future will be greater than the player could imagine. Good luck on your journey over the year. Stay the course in the process.

J immy $S$ haw

## Appendix A

|  |  | Ideal Number |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Answer | Season \# | Season | Score |
| DaysWeek Practice | 3 | 4 to 5 | 1 | Pre Season | 11.4 |
| HoursWeek Practice | 4 | 15 to 25 | 1 | Pre Season | 14.4 |
| Areas Practice |  |  |  |  |  |
| Swing Mechanics | 10\% | 10\% | 1 | Pre Season | 4.5 |
| Range | 10\% | 10\% | 1 | Pre Season | 9.5 |
| Wedge Work | 12\% | 12\% | 1 | Pre Season | 9.5 |
| Chipping and Pitching | 13\% | 13\% | 1 | Pre Season | 9.5 |
| Sand Play | 12\% | 12\% | 1 | Pre Season | 9.5 |
| Putting | 15\% | 15\% | 1 | Pre Season | 9.5 |
| Playing/On Course | 10\% | 10\% | 1 | Pre Season | 9.5 |
| Mental Game | 18\% | 18\% | 1 | Pre Season | 9.5 |
| Total | 100\% |  |  |  |  |
| Instruction |  |  |  |  |  |
| Created Plan with Golf Instructor | 2 | Yes | 1 | Pre Season | 5.7 |
| Meetings with Golf Instructor-Meek | 4 | Once a Week | 1 | Pre Season | 13.6 |
| Screened by Fitness Professional | 3 | 1-2 Months | 1 | Pre Season | 7.2 |
| Created Plan with Fitness Professional | 2 | Yes | 1 | Pre Season | 3.8 |
| Meetings with Fitness Instructor | 5 | Twice a Week | 1 | Pre Season | 28.5 |
|  |  |  |  | Total | 155.60 |


| Jimmy Shaw <br> December 26, 2023 |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Answer | Season \# | Season | Score |
| Days, Week Practice | 4 | 6 to 7 | 1 | Pre Season | 10.2 |
| Hours,Week Practice | 4 | 15 to 25 | 1 | Pre Season | 14.4 |
| Areas Practice |  |  |  |  |  |
| Swing Mechanics | 20\% | 20\% | 1 | Pre Season | 6.75 |
| Range | 20\% | 20\% | 1 | Pre Season | 14.25 |
| Wedge Work | 10\% | 10\% | 1 | Pre Season | 9.5 |
| Chipoing and Pitching | 5\% | 5\% | 1 | Pre Season | 4.75 |
| Sand Play | 5\% | 5\% | 1 | Pre Season | 4.75 |
| Putting | 15\% | 15\% | 1 | Pre Season | 9.5 |
| Playing/On Course | 10\% | 10\% | 1 | Pre Season | 9.5 |
| Mental Game | 15\% | 15\% | 1 | Pre Season | 9.5 |
| Total | 100\% |  |  |  |  |
| Instruction |  |  |  |  |  |
| Created Plan with Golf Instructor | 2 | Yes | 1 | Pre Season | 5.7 |
| Meetings with Golf Instructor Week | 4 | Once a Week | 1 | Pre Season | 13.6 |
| Screened by Fitness Professional | 4 | 0-4 Weeks | 1 | Pre Season | 9.6 |
| Created Plan with Fithess Professional | 2 | Yes | 1 | Pre Season | 3.8 |
| Meetings with Fitness / Instructor | 5 | Twice a Week | 1 | Pre Season | 28.5 |
|  |  |  |  | Total | 154.30 |



| Jimmy Shaw December 26, 2023 |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Answer | Season \# | Season | Score |
| Practice |  |  |  |  |  |
| Days/Week Practice | 3 | 4 to 5 | 2 | Regular Season | 7.65 |
| Hours/Week Practice | 4 | 15 to 25 | 2 | Regular Season | 19 |
| Areas Practice |  |  |  |  |  |
| Swing Mechanics | 15\% | 15\% | 2 | Regular Season | 4.5 |
| Range | 10\% | 10\% | 2 | Regular Season | 6.8 |
| Wedge Work | 15\% | 15\% | 2 | Regular Season | 9.5 |
| Chipping and Pitching | 5\% | 5\% | 2 | Regular Season | 4.75 |
| Sand Play | 5\% | 5\% | 2 | Regular Season | 4.75 |
| Putting | 15\% | 15\% | 2 | Regular Season | 9.5 |
| Playing/On Course | 20\% | 20\% | 2 | Regular Season | 10.2 |
| Mental Game | 15\% | 15\% | 2 | Regular Season | 6.5 |
| Total | 100\% |  |  |  |  |
| Instruction |  |  |  |  |  |
| Created Plan with Golf Instructor | 2 | Yes | 2 | Regular Season | 7.6 |
| Meetings with Golf Instructor Week | 5 | Twice a Week | 2 | Regular Season | 2.5 |
| Screened by Fitness Professional | 3 | 1-2 Months | 2 | Regular Season | 11.4 |
| Created Plan with Fitness Professional | 2 | Yes | 2 | Regular Season | 7.6 |
| Meetings with Fitness Instructor | 5 | Twice a Week | 2 | Regular Season | 10.5 |
|  |  |  |  | Total | 122.75 |


| Ideal Numbers |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Answer | Season \# | Season | Score |
| Days/Week Practice | 4 | 6 to 7 | 2 | Regular Season | 15.2 |
| Hours, Week Practice | 5 | $25+$ | 2 | Regular Season | 18 |
| Areas Practice |  |  |  |  |  |
| Swing Mechanics | 8\% | 8\% | 2 | Regular Season | 2.25 |
| Range | 10\% | 10\% | 2 | Regular Season | 6.8 |
| Wedge Work | 13\% | 13\% | 2 | Regular Season | 9.5 |
| Chipping and Pitching | 12\% | 12\% | 2 | Regular Season | 9.5 |
| Sand Play | 12\% | 12\% | 2 | Regular Season | 9.5 |
| Putting | 17\% | 17\% | 2 | Regular Season | 9.5 |
| Playing/On Course | 8\% | 8\% | 2 | Regular Season | 3.4 |
| Mental Game | 20\% | 20\% | 2 | Regular Season | 14.25 |
| Total | 100\% |  |  |  |  |
| Instruction |  |  |  |  |  |
| Created Plan with Golf Instructor | 2 | Yes | 2 | Regular Season | 7.6 |
| Meetings with Golf Instructor Week | 3 | Every Other Week | 2 | Regular Season | 10.2 |
| Screened by Fitness Professional | 3 | 1-2 Months | 2 | Regular Season | 11.4 |
| Created Plan with Fitness Professional | 2 | Yes | 2 | Regular Season | 7.6 |
| Meetings with Fitness Instructor | 3 | Twice a Month | 2 | Regular Season | 13.5 |
|  |  |  |  | Total | 148.20 |


|  |  | Jimmy Shaw December 26, 202 |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Answer | Season \# | Season | Score |
| DaysWeek Practice | 4 | 6 to 7 | 3 | Post Season | 6 |
| Hours/Week Practice | 3 | 10 to 15 | 3 | Post Season | 7.2 |
| Areas Practice |  |  |  |  |  |
| Swing Mechanics | 35\% | 35\% | 3 | Post Season | 17 |
| Range | 15\% | 15\% | 3 | Post Season | 1 |
| Wedge Work | 10\% | 10\% | 3 | Post Season | 1 |
| Chipping and Pitching | 3\% | 3\% | 3 | Post Season | 0.5 |
| Sand Play | 2\% | 2\% | 3 | Post Season | 0.5 |
| Putting | 10\% | 10\% | 3 | Post Season | 2.6 |
| Playing/On Course | 5\% | 5\% | 3 | Post Season | 0.5 |
| Mental Game | 20\% | 20\% | 3 | Post Season | 10.2 |
| Total | 100\% |  |  |  |  |
| Instruction |  |  |  |  |  |
| Created Plan with Golf Instructor | 2 | Yes | 3 | Post Season | 9.5 |
| Meetings with Golf Instructor Meek | 5 | Twice a Week | 3 | Post Season | 23.75 |
| Screened by Fitness Professional | 4 | 0-4 Weeks | 3 | Post Season | 4.8 |
| Created Plan with Fitness Professional | 2 | Yes | 3 | Post Season | 9.5 |
| Meetings with Fitness Instructor | 6 | More than 3x Per Week | 3 | Post Season | 34.2 |
|  |  |  |  | Total | 128.25 |


| Ideal Numbers |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Answer | Season \# | Season | Score |
| Days/Week Practice | 3 | 4 to 5 | 3 | Post Season | 4.5 |
| Hours/Week Practice | 3 | 10 to 15 | 3 | Post Season | 7.2 |
| Areas Practice |  |  |  |  |  |
| Swing Mechanics | 35\% | 35\% | 3 | Post Season | 17 |
| Range | 5\% | 5\% | 3 | Post Season | 0.5 |
| Wedge Work | 5\% | 5\% | 3 | Post Season | 0.5 |
| Chipping and Pitching | 5\% | 5\% | 3 | Post Season | 0.5 |
| Sand Play | 5\% | 5\% | 3 | Post Season | 0.5 |
| Putting | 5\% | 5\% | 3 | Post Season | 1.3 |
| Playing/On Course | 5\% | 5\% | 3 | Post Season | 0.5 |
| Mental Game | $35 \%$ | 35\% | 3 | Post Season | 17 |
| Total | 100\% |  |  |  |  |
| Instruction |  |  |  |  |  |
| Created Plan with Golf Instructor | 2 | Yes | 3 | Post Season | 9.5 |
| Meetings with Golf Instructor Meek | 5 | Twice a Week | 3 | Post Season | 23.75 |
| Screened by Fitness Professional | 4 | 0-4 Weeks | 3 | Post Season | 15.2 |
| Created Plan with Fitness Professional | 2 | Yes | 3 | Post Season | 9.5 |
| Meetings with Fitness Instructor | 6 | More than 3x Per Week | 3 | Post Season | 34.2 |
|  |  |  |  | Total | 141.65 |



|  |  | Ideal Numbers |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Answer | Season \# | Season | Score |
| Days/Week Practice | 3 | 4 to 5 | 4 | Off Season | 4.5 |
| Hours,Week Practice | 3 | 10 to 15 | 4 | Off Season | 14.25 |
| Areas Practice |  |  |  |  |  |
| Swing Mechanics | 35\% | 35\% | 4 | Off Season | 23.75 |
| Range | 5\% | 5\% | 4 | Off Season | 2.25 |
| Wedge Work | 5\% | 5\% | 4 | Off Season | 1.3 |
| Chipping and Pitching | 5\% | 5\% | 4 | Off Season | 2.25 |
| Sand Play | 5\% | 5\% | 4 | Off Season | 2.25 |
| Putting | 5\% | 5\% | 4 | Off Season | 2.25 |
| Playing/On Course | 5\% | 5\% | 4 | Off Season | 1.3 |
| Mental Game | 35\% | 35\% | 4 | Off Season | 23.75 |
|  |  |  | 0 |  |  |
|  |  |  | 0 |  |  |
|  |  |  | 0 |  |  |
|  |  |  | 0 |  |  |
|  |  |  | 5 |  |  |
| Total | 100\% |  |  |  |  |
| Instruction |  |  |  |  |  |
| Created Plan with Golf Instructor | 2 | Yes | 4 | Off Season | 3.8 |
| Meetings with Golf Instructor Week | 5 | Twice a Week | 4 | Off Season | 17 |
| Screened by Fitness Professional | 4 | 0-4 Weeks | 4 | Off Season | 15.2 |
| Created Plan with Fitness Professional | 2 | Yes | 4 | Off Season | 5.7 |
| Meetings with Fitness Instructor | 6 | More than 3x Per Week | 4 | Off Season | 27 |
|  |  |  |  | Total | 146.55 |

## Appendix B

## "The Thinker" <br> Written November 29, 2021

There are two mentalities that a player operates within: the THINKER and the ATHLETE. Both of these mentalities need to be utilized properly to be a better player, but players must realize when each mentality needs to be used. Let's first compare the two mentalities:


As you will note, there are far more characteristics of the THINKER mentality than that of the ATHLETE mentality. However, both mentalities have to be used effectively for a player to develop into the player they want to become. Players need to realize that their ability to work in both mentalities allows each mentality to work effectively. Breaking the playing year into seasons allows for the most effective training of the two mentalities.

We are currently in the middle of the POST SEASON. In the next few weeks we will be entering the OFF SEASON. Though the difference between the two is minimal, the one thing
that is the same is that both operate best within the THINKER mentality. The player should operate almost exclusively in the THINKER mentality until the last week or so in the OFF SEASON.

Is the THINKER mentality strictly focusing on swing changes and mental changes? NO. The THINKER is like a microchip, the left brain portion of the process. The THINKER needs to be properly programmed so that the ATHLETE can go to work. So, what makes up the THINKER?

1) Full Game Analytics and Evaluation
2) Proper swing mechanics and corrections
3) Game Plan creation
4) Complete shot analysis and decision making
5) Pre shot routine for proper swing cues
6) Practice Planning and Scheduling
7) Post Round documentation and analytics

The THINKER mentality is what guides us through the POST and OFF SEASONS of our playing year. This time of year is about creating long lasting habits and making necessary swing changes, which take an immense amount of mental discipline and energy. The time spent doing both of these things is not glamorous and takes hours to achieve. This is where the wheat and chaff are separated.

The THINKER cannot operate without the proper information. The reason why my articles are organized the way they are is to help develop the THINKER mentality properly, effectively, and efficiently. The player must first decide what they want to accomplish in the next year (MACRO Goals); followed by analyzing the current state of their game and how that correlates to attaining their goals; start the mechanical changes needed in specific areas of the game; and finally determine bench marks to attain in the first 6 to 8 weeks (MICRO Goals) to set the foundation for the coming year.

Players need to realize that they will usually be stronger as either a THINKER or an ATHLETE. Very few are high in both. Without my knowing their mentalilities, I observe that these players would fall into the following dominant mentalities:


There are multiple players that are good in each of the categories. No matter which one in which they are more dominant, every player needs to know how and when to turn one off and one on when the time needs. All great players know that they must improve their weaker mentality to continue to have their dominant one be strong.

From now until we get into the PRE SEASON, we will operate almost exclusively in the THINKER mentality. In future articles I will write about how the THINKER mentality correlates to the course and to tournaments. However, right now, focus on these things:

1. Diagnose current swing and decide which changes need to be made
2. Work each day on specific swing drills focusing on PROCESS and swing improvements rather than shot quality
3. Focus efforts on creating long lasting habits
4. Analyze mental strengths and weaknesses
5. Spend time each day doing mental exercises to strengthen mental game

Remember, this time of year is very difficult from a mental standpoint because it can be monotonous and unexciting. Just keep in mind that what you do these next few months will help to build a rock solid foundation that will carry you well beyond just this year.

## "The Athlete" <br> Written: February 14, 2022

As I have written before, there are two mentalities that a player operates within: the THINKER and the ATHLETE. Both of these mentalities need to be utilized properly to be a better player, but players must realize when each mentality needs to be used. Let's first review what the two mentalities are comprised of:


To date, we operated almost exlcusively in the THINKER mentality. The 2020/2021 playing season has been reviewed, scrutinized and analyzed. The strengths and weaknesses from the previous playing season have been isolated, and goals for the 2021/2022 season have been set. Necessary swing changes have been made, worked on, tinkered, and refined over the last 4 months. Set make-up has been analyzed and changed to adapt to the new game created with all the changes being made.

We are currently at the onset of the PRE-SEASON. Before you blink, it will be the REGULAR SEASON. Once we hit the REGULAR SEASON, the ATHLETE needs to be front and center. Sure, there will be time during the REGULAR SEASON that the THINKER will be utilized, but for the most part, we are athletes.

I have been having this discussion quite a bit over the past couple of days and weeks with my high school and college players who are beginning their school competitive seasons. The
transition seems so simple to make, but is very difficult to do, and even more difficult to attain on a consistent basis. The pros on the major tours don't even operate $100 \%$ in the ATHLETE mentality all the time. When they do that, they are fully in the zone.

The thing to remember is that playing like in an athlete's mindset is not something that is just turned on and then turned off. If you think back to the start of this season, you didn't get your swing changes where you wanted them after the first lesson or first week. It took time. It took practice. It took focus. Getting yourself to have ATHLETE mentality takes time and work.

The PRE-SEASON is the time that we begin the shift. We start the transition from a THINKER mentality to an ATHLETE mentality. What you will find, and I will write about this a few months from now, is the work you do learning how to go from THINKER to ATHLETE right now will come into play during the long REGULAR SEASON. I know that sounds like a contradictory statement, but when the article is written, you will see what I mean.

If you look at the list I provided on the characteristics of the ATHLETE, you will see VISUALIZATION mentioned in there. The Visual Nine Drill I have provided was meant as a way to start the process of moving into an ATHLETE mentality.

Your practices need to be more feel and shot oriented, not swing oriented. In Appendices A and B, I provided some practice schedules that I wrote for some students in high school and in college. They are written for the period between school semesters, or between school competition which ends in May, and their summer schedule that begins in June. If you are reading this and are not getting ready for tournaments, but a player who wants to have their playing season, Appendix C is a great practice schedule for you.

No matter who you are, you will notice that there is a build up during the practice. There is time in there to keep drilling in the changes, but the work being done is building up for MOCK TOURNAMENTS/ROUNDS. Mock days are when you create a live situation as much as possible, a dress rehearsal so to speak.

On these mock days, you get a tee time just like you would for what kind of round you are focusing on. Get to the course at the time you want to go through a designated pre-round routine (I will cover this in articles to come). Putt everything out and abide by the rules. The reason why I have recommended the V1 Game App as much as I have is because I believe it is the best, easiest, and most detailed scoring app out there. After the round, if you have an app like the V1 Game App, you need to document your rounds. This documentation will help in how your practice, prepare, and approach your tournament or weekend rounds.

In the following weeks, I am going to write about how I apply the data from the rounds I have documented to my preparation leading up to tournaments, my mental approach to tournament rounds, my practice rounds, my pre-round routine, and my game plans for each
tournament round. Without the data collected from the Mock Rounds, I would not be able to effectively do any of the things that I just mentioned.

I encourage everyone reading this to make the investment in a scoring app. The game of golf is an investment. Invest in the equipment and applications available to make your overall investment more enjoyable. You will be surprised at how much you can actually get out of your game when you make the proper investments.

