

## **“Match Report” for Golf Psychology & Meet the Pro Session – Tuesday 18<sup>th</sup> May**

Kelvin Vince, the Head Professional at Rushmere Golf Club and a trained Inner Caddy Tutor was the presenter of this session, which was held in Adastral Park from 17.30 – 20.00. There were 8 BTRGS attendees – which was about the right number, and enabled good interaction with Kelvin.

The attendees were invited to do some “homework” beforehand, by completing the Inner Caddy Mental Handicap exercise. And some pre-session questions were sent through to Kelvin beforehand.

[http://www.innercaddy.co.uk/assessment/handicap\\_assessment2.htm](http://www.innercaddy.co.uk/assessment/handicap_assessment2.htm)

**Kelvin started off by going through some Inner Caddy presentation sheets, and then we reviewed our individual worst scores against the 6 mental skill categories in the system.**

**The “Rise to the Occasion” skill was the worst for 3 of us, and “Bounce Back” & “Clear Headed” each got 2 votes. Kelvin went through some of these skills and gave some examples of how we could improve. We then went around the table so everyone was able to put a particular question to Kelvin. He also spoke a little about club fitting and current theories on loft and shaft and ball spin issues. He then, in the light of his experiences of teaching and playing with amateurs gave 3 generic areas that we could all focus on.**

- (1) Course Management: Kelvin said that if he caddied for a typical amateur he could take 5 shots off their score by advising on club and shot selection. (He didn’t quote his caddy rates!);**
- (2) Understand the ball flight laws – so that you can better diagnose your swing faults;**
- (3) Work on your short game – particularly chipping and bunker play.**

**Throughout he gave a great deal of advice, and had clearly thought about and prepared for this session. His enthusiasm for golf and sharing his knowledge clearly showed.**

**Refreshments were served during the event – and so I think most attendees would think that this session was extremely good value. (Especially the guy that ate my pack of sandwiches as well as his own!)**