

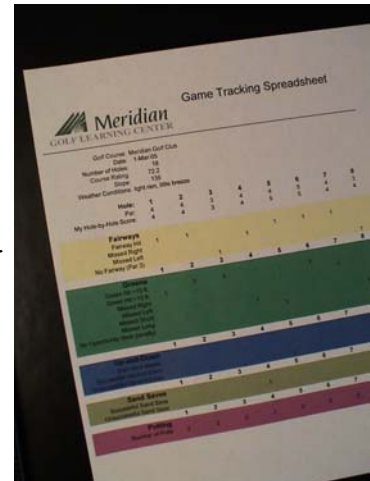
# Post-Round Activities

By Trent Wearer

There are a couple important processes that better players go through after a round of golf that are vital to the success of future rounds. The first one is to track your game. This will give you important information about your game and your progress. Second, by practicing after a round you'll be enhancing your mental and physical abilities, which you'll need the next time you play. Third, once you've completed your tournament, you should ask yourself several questions.

## Game Tracking

Write down some information about the round you've just played. The number of times your tee shot was safely put in play, the number of greens hit in regulation, and the number of putts per hole are only a few statistics that can help you determine where your game currently is and also what areas of the game need the most attention. It is important to do the tracking and calculating after the round because keeping track of them during play can add unnecessary pressure to the round.



## Practice

It's extremely important that you spend 5-10 minutes on those aspects of the game that gave you trouble during your round. After a round filled with missed short putts, too many of us typically go home to moan and groan about those missed opportunities. We sit there imagining what our score would have been if we could only putt. We add up the number of times we three-putted during the round and soon we consider ourselves poor putters because we only remember those putts on the course that got away. Instead, spend 5 or 10 crucial minutes on the putting green rolling in some short putts before going home. By doing so, you'll be alleviating any discouraging thoughts about your putting, regain your confidence, and have a fresh, positive outlook for tomorrow's round.

## Post-Tournament Questions

You should also keep a game journal which includes your answers to the following three questions. By doing so after the completion of a tournament, your mind will be more likely to move on to the next tournament, or round of golf for the weekend player, and have a clear path to what needs attention in your game. Of course, we're looking for positives to take away and learn from.

What did I do well?

What did I learn?

What do I need to work on?

To reach peak performance, we need confidence in everything we do in life. Golf is no different so spend a few minutes after your round working on those aspects that gave you trouble during play, jot down your statistics and thoughts and enjoy watching yourself improve. Certainly don't overlook the winter to work on your golf game. It is by far the best time to make those swing improvements that will help excel your game to a higher level come spring.