

Notes from “Life Lessons from Golf”

Juli Inkster

- Started working at golf club at age 15
- Dad was a fireman, held two jobs
- Joined the boys’ team sophomore year, seeded 5th or 6th in all matches
- Junior year: joined the varsity team, by senior year, seeded 1st and won all matches
- US open qualifier in Fresno
- Driving range full of Titleist golf balls
- Scholarship San Jose State
- US Amateur 3X in a row
- Husband Brian head pro @ Los Altos Country Club
- 2 kids 15,10
- nickname ‘Grinder’
- Feels like 10 year old out there on the course
- Creates games when practicing to keep practicing fun

“Golf is a game you don’t need anyone else to play with”

“Work on fundamentals”

Life Lessons from Golf:

Be honest with yourself

- Know your shortcomings and work hard on it

Work hard, Enjoy it, Set goals

- Practice makes perfect
- Must be organized
- Time management
- goal-oriented: Set goals everyday—improve
- Moral: be persistent

“Am I doing the right thing?” - Do what you want to do, Love what you do

Jim Miller

- Played different types of sports
- Started golf in college
- Also a ‘grinder’

“golf is a game that you can play for the rest of your life”

“Practice efficiently”

“Utilize your clubs”

“make sure people in your group are enjoying the game”

Bob

- Enjoys hitting balls
- Self-taught
- Took 10 years to get a 10-handicap
- Junior golf program
- Golf for kids—introduce young children to the game-----Life is enriched:
Watch 6-yr old kid develop until he is 18

“Don’t teach yourself!”

***Life Lessons from Golf:
Discipline, persistence, courtesy, respect***

Morris Graves

- Started playing 8 years ago
- Was at Barnes & Nobles looking for reading material on his 50th birthday
- Picked up “Golf begins at 50”
- Can’t play football anymore, can’t do track
- Bought a used set for \$2.95 from Play It Again Sports
- Spent 40-50 hours practicing
- Addicted to the game
- Goal: join Senior Tour (realizes now that maybe not realistic)

“You can’t learn golf by yourself”

“The pursuit of perfection which you probably cannot achieve is in itself the most rewarding part of the game”

***Life Lessons from Golf:
“striving for perfection, working toward mastering the game, is by itself
more rewarding than achieving the goal”***

Q&A

Q: How do you handle the back 9 with a major on your back?

A: Juli

- pre-shot routine—handle pressure situation
- adrenaline
- wanted to win US Open --- finally did it at age 39
- negative thoughts – couldn’t sleep
- that’s why you practise --- so that you get into these situations 😊

Q: What's in your mind after you hit a bad shot?

A: Juli

- Let it go
- Hard to not look ahead
- Huge mental game, Focus on pre-shot routine
- Hit it like you mean it

Q: For grad/undergrad student, how do you balance/manage time

A: Juli

- Not quantity but quality
- Time management
- Focus. On 1 aspect of the game. Eg 1 day putting, 1 day driving
- Don't try to do too many things in one time slot
- Better to have 15 min of total focus than 1 ½ hour screwing up
- It's how you practice
- Regimented practice schedule

other

- Pounding balls at the driving range without something specific to work on about the swing
- you can leave in a worse mental condition than what you entered with
- must know what you're there for
 - solid pre-shot routine : alignment, set-up, grip
 - practice varying your targets in distance and direction
 - focus time on short game, chipping, putting, driving range

Q: Focus on Men's long shots

A: Juli

- the ball is the culprit
- technology: video cams → flawless swings
- many golf courses are obsolete
- new courses getting longer