



Dec. 13, 2011

## ***Ewing Automotive All American Tour Holiday Junior Golf Classic***



Registration for the Holiday Junior Golf Classic will end tomorrow. \*Please note that the 11-18 division is full. You may still register for the waiting list. We will enter juniors into the tournament based on cancellations.

There is still space available in the 7-10 divisions. The event will be conducted at Timarron Country Club in Southlake.

### **Holiday Junior Golf Classic**

Timarron Country Club

Monday, December 19 - Tuesday, December 20, 2011

***\*Deadline to register is tomorrow - Wednesday, December 14 at 11:59 p.m.***

[Entry Form](#)

[Online Registration](#)

[Yardage Guidelines](#)

## ***2012 NTPGA Junior Tour Membership - A Great Gift for your Junior Golfer***



Give the gift of golf to your junior golfer this Holiday season! 2012 NTPGA Junior Tour membership registration will be available on Friday, December 16. Full membership benefits for the 2012 season will be

released in January. In the meantime, please mark your calendars for these Junior Tour events taking place the first part of the New Year.

- The first Team Golf tournament of the year will take place in January (registration will open in early January)
- The first All American Tour event of the year will take place in February (registration will open in early January)

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### **Mental Toughness Award Standings**



[Mental Toughness Award Explained](#)

#### **Boys 11-18 Leaders:**

T1. Alex Clouse  
T1. Preston Harrington  
T1. Dylan Rotrner

#### **Girls 11-18 Leaders:**

1. Angelique Francis  
T2. Hailey Jones  
T2. Jessie White

#### **Boys & Girls 7-10 Leaders:**

1. Jace Valentine  
T2. Grant Gibbs  
T2. Ian Davis  
T2. Hogan Jones  
T2. Minas Manias  
T2. Luke Gutschewski

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- The Spring Break Series schedule is finalized and will be held March 12-16 (registration will open February 1)

We hope to see everyone back on Tour in 2012!

## ***Golf Galaxy Holiday Event***



Golf Galaxy is hosting a Holiday event that will be one night only. On Thursday, December 15 from 6:00 p.m. to 9:00 p.m. visit your local Golf Galaxy store to receive great deals on items that top your Holiday list. The event will also have in-store drawings and give-a-ways, so be sure to mark your calendars for this great Holiday event!

For special offers and give-a-ways, please read [HERE](#).

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## ***Mental Band-aids: Weekly Tips for Tournament Players***



By Dr. Bob Neff  
Mental Trainer® for the NTPGA

**MENTAL TIP #19 - How to Practice Visualization:** Last issue I talked about the value of visualization (also called imagery) and why you should build it into your training. This week, I'm going to give you some ideas about how to practice it. There are some very complicated methods but I'm going to keep things pretty simple. In general, you want to visualize "1st person" which means through your own eyes. The alternative is 3rd person as if you were watching yourself on video. First person enables you to also imagine what the shot feels like, which improves the effectiveness. So to practice, you first decide whether you're going to visualize the same practice shot x10 (like on the range), or whether it will be you playing a round. If on the range, imagine what it looks and feels like hitting an ideal shot, and repeat x10. See the ball leave your club and travel exactly the way you want. When you imagine a round of golf, see and feel each shot traveling to your ideal target. Imagine you are calm, confidence and in the moment. The more you "see" yourself playing great golf in your mind, the sooner it will happen in real life.



*Band-aids are great, but they're temporary!*

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*The Mental Tips you're learning are like bandaids. However, if you have big golf goals, like earning a scholarship or playing at a consistently high level, you'll want to start following a mental training program designed just for you, that will permanently improve your game. We've got some great options that anyone can afford. Contact us for more information:*

[www.iMentalTrainer.com](http://www.iMentalTrainer.com) or (877) 744-5365.



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