INTERNATIONAL JUNIOR GOLF ACADEMY

**APRIL 2018** 



IJGA Student-Athletes Inside the Ropes at RBC Heritage

### STUDENT SPOTLIGHTS

- Fiona Khaing
- John Del Priore

Why the Mental Game is Important to College Coaches

**University Admissions Secrets** 

Education. Education.

#### **VIDEO LINKS...**

- INSIDE TALK with Jonathan Yarwood, Skylar Jewell and Shawn Mehring
- What Drives You? Haruka Shintani
- Student Instagrams



Sir Nick Faldo Golf Clinic



## Sir Faldo hosted another entertaining golf clinic for IJGA student-athletes.

The three-time Masters champion, RBC Heritage title winner, CBS and Golf Channel Announcer, junior mentor - and more - demonstrated a variety of mental skills, shots and techniques which helped him achieve legendary success throughout his victorious career.

## **Golf Legend Nick Faldo** Presides over IJGA **Ribbon-Cutting Ceremony**



IJGA Director of Golf Jonathan Yarwood and Sir Nick Faldo

Six-time Major Champion Sir Nick Faldo presided over a ribbon-cutting ceremony for IJGA's stunning Performance Training Center at the IJGA headquarters in Bluffton, SC. IJGA recently underwent a \$2 million building renovation turning an iconic 20,000 sq. ft. horse barn into a state-of-the-art indoor training facility for junior golfers.

Under the direction of British PGA Master Professional and IJGA Director of Golf, Jonathan Yarwood oversees golf instruction for IJGA's international juniors. The new facility includes indoor hitting bays, short game area and a Performance Studio, which houses the Swing Catalyst Force Plate equipment. Golf-centric technical equipment such as TrackMan, BodiTrak, K-Vest and SAM PuttLab provide players with immediate feedback on swing analytics.

Outdoors, construction has recently begun on an 18-hole, 9-green, par-3 "Challenge Course" and St. Andrews Links style "Himalayas" putting green located on the grounds of IJGA's Old Carolina campus.



## VIDEO LINKS

## INSIDE TALK a series by Global Junior Golf & IJGA

IJGA will host two prestigious Global Junior Golf (GJG) events in December 2018, which opens the gates for international players to experience WAGR ranked tournaments in the U.S. GJG members will have the chance to visit and explore IJGA. Additionally, special packages will be available for GJG members to train at IJGA, introducing them to the full expertise of IJGA's coaching team led by Jonathan Yarwood.

#### Jonathan Yarwood



#### **Shawn Mehring**



#### Skylar Jewell



## **IJGA Student-Athletes** Inside the Ropes at **RBC Heritage**

"It's a great experience to see how a pro takes his time and what goes into the decision making process. It was great watching a player who was of similar build to see how he goes around on the course and how he reacts to a bad shot."

- Alex Lamarca



Have you ever wanted to go inside the ropes during a PGA Tour event and walk alongside the players as they compete for a championship? At this year's RBC Heritage Tournament, 38 IJGA students get to do just that. IJGA student-athletes have the honor of representing IJGA at the event acting as standard bearers throughout the tournament.

In its golden fifty year history, the RBC Heritage has grown in stature, is widely considered one of the premier stops on the PGA Tour and the Harbour Town Golf Links one of the loveliest. Its unique landscape and narrow fairways represent a challenge like no other on the Tour.



With a \$6.7 million purse and a total attendance of more than 130,000, the Heritage represents the dream to which many IJGA students aspire.

#### A standard bearer is essentially a walking scoreboard...

...showing the gallery who is playing in their assigned player group and displaying their current scores relative to par. As each player finishes a hole, a walking scorer instructs the standard bearer to update the board, if necessary. The bearer then rustles through the oversized pockets of their apron finding the proper numerals and slides them into position beside the player's name. This seemingly simple task can be challenging at times if conditions are windy or wet, with the standard behaving like a sail on a sailboat when a gust blows through. Being surrounded by twenty-five to thirty thousand golf fans can be a bit unnerving as well.

And though the standard weighs less than 10 pounds, it's a job that requires physical endurance. A tournament volunteer's day begins before sunrise as they arrive early to receive their player assignments and organize their gear. Once play begins, they must wait patiently until their group is ready to take the course. From the time their players tee off until they complete the final hole can be four to five hours of walking in the warm early spring sun, updating their boards quickly between holes. "It's an amazing experience being inside the ropes with idols of mine who have

CASEY E

put the work in and made it to the top. It shows that anything is possible with a bit of work," said IJGA student-athlete Ronan Cowhey. "Now, hopefully, I can learn bits and pieces from different pros and put it all together to create my own path to the PGA Tour in the near future."

But a little bit of discomfort can yield a lifetime of memories and great opportunities for learning. Getting to walk with some of the PGA's best as well as those on the rise is an exciting experience for junior golfers, but it also serves as a living classroom on the workings of high-level competition and how players deal with its many facets. "Being a standard bearer is a unique experience, something you don't get to do often if at all. It's awesome being that close to the world's best," said IJGA student-athlete Leo Hernandez. "You can learn so much just by watching them."

At the end of a day's round, the players customarily thank the standard bearers, pose for photographs and autograph a special golf ball or two for them. IJGA students say that almost every player is quite friendly and courteous up and down the course, though their mood can intensify when the situation calls for it. For their part they drink it all in and hope to some day be the one signing autographs for aspiring young golfers lucky enough to be where they are now. How neat would it be to remember volunteering and playing that course as a junior and then coming back as a pro?

## More IJGA student-athlete thoughts on their experience as standard bearer:



"I love being a standard bearer since you are able to walk and talk to the pros and see how the pros play. You learn a lot from just watching." - Merlin Dohm

"My experience as a standard bearer was amazing. The opportunity to be insides the ropes with some of the best golfers in the world is a great

learning experience. My favorite part is to be able to listen to the pros, hear how they communicate with their caddies along with how they handle themselves." - Chase Phillips

"My experience as a standard bearer was really good. Everybody was really nice. The score-keeper helped me. It was a beautiful day and I learned a lot seeing the pros play. It's so great IJGA students have the opportunity to be standard bearers. I will definitely do it again next year." - Fabienne van Kleef

"It was a really good experience seeing top golfers play up close. I liked the golfers' behavior and that some stopped to sign autographs during play to show appreciation. I felt they were making it an experience for the fan as well as playing their game." – Haruka Shintani



## Fiona Khaing

I want to be the first Burmese player in the LPGA.

Grade Senior, Graduates May 2018

From Yangon, Myanmar

## STUDENT SPOTLIGHT

Favorite hobby I love cooking, eating, watching movies and playing soccer.

Do you have any pets at home? No, but I am a dog person.

Do you play/like any other sports? In the past I played volleyball, soccer and basketball. I'm very athletic.

#### Dream travel destination?

I really want to go to Greece, but I'm nervous about trying the food since I'm so used to eating Asian foods.

What TV show are you binge-watching right now? Grey's Anatomy

Favorite golfer of all time? Tiger Woods

#### Favorite golf course?

PGA National Golf Club in Palm Beach Gardens, Florida,

#### What was the hardest part about leaving home?

The hardest part for me was getting adjusted to the food. Of course, I miss my family, but I crave Burmese food all the time.

#### How long have you been playing golf?

I've been playing since I was five, but on and off. I started playing because of my dad. I have a professional golf coach back home in Myanmar. I played other sports at my old school, but seriously got into golf a couple of years ago.

What's your favorite part about golf?

When I play good, I feel good.

What are your ultimate golf goals? I am going to be play golf for Western Michigan, so if I do well in college I want to try to be on the LPGA Tour.

What has been your favorite memory at IJGA? My favorite memory has been all of the people I met. I will never forget them. I also love the activities we've done, such as Field Day.

What will you miss most about IJGA? I will definitely miss having multiple professional golf coaches help me and give me tips. They really care about improving my swing and making me the best golfer I can be.

What about college makes you the most nervous? I'm mostly nervous about how different the environment is going to be. I'm also nervous about the higher level of golf in college and my new team.

#### How was the college process?

It wasn't too bad. The hardest part was at first not having enough choices then suddenly having too many choices. It was a tough decision picking the right school. 🜲

## STUDENT SPOTLIGHT

Favorite hobby? I really like photography and messing around with drones.

Do you have any pets at home? I have two dogs named Calisto and I-o. I'm definitely a dog person and only a cat person when they aren't being awful.

Do you play/like any other sports? I used to play soccer but mostly loved to play baseball before I started playing golf.

#### Favorite travel destination?

Punta Cana, Dominican Republic. My family has a time share there.

## What TV show are you watching right now?

The Walking Dead, but I don't really like TV.

#### Favorite golfer of all time?

Dustin Johnson because we have the same hitting style.

#### Favorite golf course?

Winged Foot Golf Club in Mamaroneck, NY.

How long have you been playing golf? I've been playing since I was two or three years old. My dad taught me how to play. I used to play baseball until about five years ago, but I started to get better at golf so I stopped to focus on golf full-time.

What's your favorite part about golf? I like that it's an independent sport. Golf is very mentally challenging, and I like being able to focus on me and how my decisions impact my scores

What are your ultimate golf goals? I want to play at a D2 school in college. I would like to do marketing for a major golf company someday.

What has been your favorite IJGA memory? I loved my first day and being able to meet new people from all over the world.

What will you miss most about IJGA? I'm definitely going to miss being able to practice golf every single day.

What about college makes you the most nervous? The academics portion of college makes me the most nervous. I'm not too worried about the golf part, as I imagine it will be very similar to what I'm in now, just a new team.

#### How was the college process?

I haven't committed to a college yet, but so far it's been good. I've applied to a lot of colleges and am waiting to hear back from coaches.



## John Del Priore

Each day I try and improve my scoring average. Ultimately, I am driven by the desire to lower my golf score each time I compete.

Grade Senior, Graduates December 2018

From New York, NY

## VIDEO LINK

## **WHAT DRIVES YOU?**



In order to know what someone needs, you first have to know what they want. It's the reason they get up in the morning and stay awake at night. It's that flame that ignited them to start the game and keeps them playing when it would be easier to quit. Some call it passion, we call it drive. Which leads to the question... **What drives you?** 

Hear what drives Haruka Shintani from Japan.

# Why the Mental Game is Important to College Coaches



IJGA student-athletes hoping to play golf at the college level know that coaches have a difficult job trying to determine the best young athletes to represent their team, school and community. College golf coaches must evaluate hundreds of potential recruits every year and any edge an athlete can demonstrate is a tremendous advantage. Experienced coaches can get the measure of your golf game in ten minutes. But success in competitive golf requires more than just a sweet swing and a long drive.

Often times athletes with superior physical gifts that should make them a star in their chosen sport somehow fail to realize their full promise. Whether their day-to-day performance never lives up to expectations or they crumble when the game is on the line, something significant is missing from the player's repertoire.

## What is the missing intangible? **Mental toughness.**

Elite college programs know the difference between greatness and mediocrity is not that big, but it takes players with something special to bridge the gap.

Mental toughness is the natural or learned psychological ability to cope with the many demands of competitive sport and it is the edge that sets a gifted athlete apart from less committed opponents. A mentally tough junior golfer will remain determined, focused, confident and in control under pressure. They possess a resiliency that keeps them on track when things are going well and especially so when they are not. More than this, though, this mental quality helps young athletes manage the full spectrum of challenges they face on the course, in the classroom and in their personal lives.

When coaches take a closer look at a standout athlete, they will be seeking to determine both the level of a potential recruit's athleticism and the quality of their character. As a coach follows prospects around the course he or she will evaluate how they present themselves, how they deal with distractions, how

they react to bad breaks and how they interact with other players. A young athlete who displays resiliency when things become difficult and shows discipline and maturity will distinguish themselves in a very positive way. A junior golfer who plays with mental toughness will appear head and shoulders above others who might have similar or better stats on the course but lack that intangible, that fire. Coaches want complete packages that they can help grow and who will step up when the chips are down, not someone who needs to be coddled and protected.

Some mistake solid mental toughness and an unshakeable belief in oneself as arrogance. Quite the opposite is true. An elite athlete can set aside their ego and the desire to "prove" something to other people because that is a goal that they can never truly achieve. Real mental rigor is an overwhelmingly positive attribute that enhances a player's performance but also honors the competition, without whom they would be nothing.

College coaches want well balanced athletes who strive to achieve personal goals and understand that self-improvement is a building process, that success does not come all at once. There will always be ups and downs, but surmounting the problems and feeding off of small victories strengthens morale. This routine of positive reinforcement builds upon itself and encourages one to attempt to repeat the behaviors that provided the positive feedback, creating a self-sustaining cycle of success. We are human beings and confidence is fragile. No one is perfect and no one has everything tightly in hand all the time. Developing mental toughness simply enables the young golfer to trust their own ability and determination and know that they will ultimately prevail.

Winning coaches know that more games are lost than are won, and they value players who give everything of themselves to all of the challenges in their lives. Winning coaches prize players who fight with everything they have.



The process of being accepted into a university is not easy. Here are some of IJGA's secrets to university admissions for golf student-athletes.

Every day, we spend hours with students who are applying to university. They tell us how they base a good part of their self-esteem on whether an institution deems them smart enough or good enough. To students who have barely glimpsed the challenges of life, getting into university serves as the ultimate validation for their level of ability, potential, work ethic and societal acceptance.

There are tests to take, retake and retake again until you achieve the score you need. There is a mountain of paperwork just to apply and essays to write.

There are golf coaches to contact and golf teams to meet. Juniors and seniors at IJGA have an advantage that takes a huge weight off. They have a team of people working to ensure they have everything they need to go to university.

In 2017, IJGA had 100 percent university placement. Nineteen graduates went to 19 different schools with 10 on scholarship. This isn't unusual at IJGA, as the IJGA College Placement team and coaches work every year for every student to help them achieve their university admissions goals. The IJGA College Placement team works with the golf coaching team to address feedback from university coaches on what skills and

characteristics the university teams are looking for to encourage students to build their resume and toolbox for recruitment.

Being recruited and offered a scholarship to play collegiate golf requires a tremendous amount of talent, hard work and dedication. Despite the challenge of playing collegiate golf, 96 percent of IJGA golfers continue on to play at the collegiate level. Coaches look for specific sets of skills on the course and not always a particular handicap or scoring average.





## Here are some skills university coaches value for admissions

- · A passion for golf
- Coachable ability to continue to develop
- Must embrace a team environment
- Desire to earn a university degree
- Certain levels of scoring/ball control
- High level of self-resilience and commitment

## IJGA's university admissions tips for student-athletes

- Keep an accurate list of tournaments and results to share with interested coaches.
- Make a list of wants and goals, which will help you to choose and apply to the right universities and the right golf teams.
- Target schools that meet your academic ability and golf skills.
- Showcase in your application why you would be a good fit for that particular university.
- Seek advice on writing letters, communicating with coaches and narrowing down options.
   Ask questions!
- Build your tournament profile to challenge yourself against better players and continue to play according to your coach's development plan.
- Plan to visit universities. ╇





# Education. Education. Education.

Some items of interest from Heritage Academy:

- Students of the Month (Generosity)
   Congratulations to IJGA golfers Sae Saito and John Del Priore on being recognized for their consistent others-centered behavior and attitudes at school. Great role models.
- All grades 7-9 students sat for the ACT Aspire standardized testing battery April 2-6.
- Spirit Day was April 25.
- National Honor Society Spring Induction is May 2.
- Grades 7-11 Awards Ceremony is May 11.
- Final exams are May 22-23.
- Students raised nearly \$700 in classroom donations to fund research for Leukemia and Lymphoma during the March Pennies for Patients campaign. Our students give 100% to champion great causes.
- A Masquerade Ball is May 12 at Palmetto Hall Golf Club from 8-11 pm. Live DJ, food, greenscreen, dancing, partying. Come one, come all!

Gloria Shoemaker Head of School Heritage Academy



## **IJGA Student-Athlete Instagram Stories**

At IJGA, we like to say that you are always an athlete, but you are not only an athlete. For the month of April, we highlighted all of the cool things our student-athletes do off the course. We featured one athlete each day.

Be sure to link through and check them all out! #humblebrag #whatdrivesyou #IJGAFam





ijga\_ Day 1: Meet Eugene Kang from South Korea! № Although he was the youngest full-time student when he first started at #IJGA, Eugene made a name for himself both on and off the golf course. His competitive edge, especially in pool and

ping pong, pushes othe makes game night more his love of the trampolir golf, Eugene will surely impression on everyone #humblebrag #pingpon #warriorstance #teamIJ kirstin\_westlake @victc @mirabellacalabrase @ EUGENE!!!

#shoutout #teamijga #j







ijga\_ Day 4: Say hello to Fiona Khaing from Myanmar! Being the sister of an #IJGA alum meant having big shoes to fill, but Fiona went above and beyond to make sure she made a name for herself. Fiona's sarcasm, wit and smile all make her an amazing addition to the #family. Although #golf and academics are a huge part of her life (she's going to Western Michigan in the fall) Fiona still finds time to spend with friends and doesn't neglect those she cares about.

#### #teamIJGA #humblebrag

coachskylar\_ijga A strong leader through action and a great role model for those who seek to achieve their goals. A benefit to the academy @fiona khaing

jasminecheecm GO BRONCOS VVVVV



APRIL 7

Add a comment...

.



ijga\_ • Following
Bluffton, South Card

ijga\_ Day 7: Say hello to Fabienne van Kleef from Germany! Fabienne and her brother joined LIGA last fall as commuters, living off campus. Being at a new academy in a new place can be stressful and intimidating, but Fabienne handled the transition with grace and ease. Not soon after starting she befriended her peers and became an invaluable member of the #LJGA family. While golf and academics are a priority, Fabienne also loves to travel and explore

new places. Over spring to California for the first college of her dreams, U a sophomore, Fabienne I future, more than likely i Coast.

#family #featured #hum #whoruntheworldgirls merlin.dohm She is 10th

• 0

84 likes





ijga\_ Day 5: Meet Michael Katsman from Canadal III Michael first came to #IJGA as a custom student in the summer and returned last fall. Ever since he first started, his kindness and humor have spread throughout the academy. Besides his love of golf, Michael enjoys keeping up with the latest music, spending time with his family and adding to his already extensive clothing collection. Who knows, maybe he will be the first professional golfer to bring street wear to the PGA tour?

#featured #humblebrag #teamIJGA #family jonathanyarwood Looking like James Bond 00...Katsman

karahijga Always fly 😌 @michaelkatsman

