



TOURNAMENT SCHEDULE GUIDANCE

Wales Golf High Performance aims to empower players (and their parents) at all times, to make choices and decisions which are based on the player's personal short and long term goals, in accordance with their personal circumstances.

We recommend that you **consider the following points** when determining your tournament schedule ...

Enter tournaments that meet with your **Performance Goals** for this season and beyond.

Do your homework and **research events**

- consider the entry criteria for events (Handicap or WAGR) and the previous years' criteria/ballot cut-off
- consider the WAGR rating for the event
- consider the course type (length etc.)
- consider the venue and associated travel logistics as well as the associated costs

Compete in events that have a **varied level of competition** so that you challenge yourself to progress and gain experience, but so that you also maintain confidence through achieving high finishes and wins!

We recommended that you consider a balanced number of events under the following categories ...

- tournaments that you **"should win"**
- tournaments that you **"could win"**
- tournaments that are for **"experience"**

By competing in too many events in the "should win" category, this can lead to players becoming complacent, while playing too many events in the "experience" category could lead to a player perceiving that they are under-performing, if too much focus is placed on comparing results to the rest of the field based on finishing position. Competing in events that you "could win" are important to give you opportunities to compete under the pressure of securing a win!

The main point when competing, regardless of the level of tournament, is to have clear and defined tournament processes that you trust and deliver without deviation.



Players should always strive to **challenge themselves and accelerate their learning**

- A focus and emphasis on cementing tournament processes, performance skills and behaviours that they believe will enable them to perform on all occasions, at all levels, is critical.
- These include ...
 - pre event preparation
 - course strategy planning
 - reviewing processes
- These elements are key to a player developing and becoming self-sufficient and confident in the high performance environment

Other considerations to bear in mind when planning your tournament schedule ...

- Travel time/days and the demands of travel on your body (including stressors) which can impact performance
- Rest and recovery periods
- Scheduling Study, Family & Social commitments
- Scheduling of regular check-in sessions with your personal coach
- Keeping in contact with your Wales Golf squad coach and support team
- Scheduling and planning of practice sessions to ensure you maintain your technical checks

*Wales Golf is taking the spread of COVID-19 extremely seriously. Our **number one priority remains the safety and wellbeing of our community of golfers, clubs, volunteers and staff, ensuring that everyone can enjoy golf in a safe environment.***

*It is **expected that you adhere to all restrictions, guidelines and protocols at all times** as any breaches will be treated very seriously.*

