

## Frequently Asked Questions

- ❖ What does a typical coaching session look like?
  - The first step is to play a few holes with the coach, sit down and assess the player's game, decide on the player's goals and design a plan that includes playing and practice assignments that the player can commit to. Coaching sessions continue as the player works through the plan. The plan can always be updated if the player's goals change.
- ❖ What is the coach's responsibility?
  - Coaching operates with the understanding that everyone is different. Coaching is a holistic developmental process. A coach's role is to guide players to identify their strengths and weaknesses using a comprehensive, results-based plan.
- ❖ What is the player's responsibility?
  - The player's role is to be open to the coaching process, and to be willing to do the work that is necessary to increase their skill level.
- ❖ How would you describe the methodology of your program?
  - This program is designed to help you find your golfing potential by focusing on three key elements - playing the game of golf on the course, managing tension and emotions, and adhering to a challenging practice routine. These elements will show you how to deal with tension, understand the real numbers of golf, your emotions and what you can and cannot control on the golf course, and finally that practice makes permanent (not perfect) and it is best to practice hard and play easy.

- ❖ How can I get the most from this experience? What should my expectations be?
  - Meeting with us and discussing this program shows an interest and willingness to consider a different approach. Lets evaluate your game and identify areas where you can improve right away. Engage in The Scoring Method. Be willing to build a plan and practice with purpose to achieve your goal, and then update your goal. You will lower your scores and improve your game.
- ❖ How long is each coaching session?
  - Sessions are typically ½ to 1 hour in length depending on what the player needs. Sessions on the course are usually 1 to 2 hours in length.
- ❖ How many coaching sessions are required?
  - This depends on the player's goals and the plan that the player and coach create. Each person also has to decide how much time they are able to commit. We can help you assess your needs and build a challenging practice schedule that will make you a better player. You can complete much of the practice work on your own. What is the cost of the coaching sessions?
- ❖ How does the program serve women, juniors and senior players?
  - Our program believes that every player is different. Each person has individual goals and requirements that we need to meet. This program includes ideas and practice routines that come from teachers like Harvey Penick, who coached 5 of the first 13 women inducted into the LPGA Hall of Fame, and the US Kids Golf program, which specializes in introducing the game of golf to children. Also, Pia Nilsson and Lynn Marriott - owners of the #1 ranked golf program in the United States and coaches of several top-ranked women players in the world.

- ❖ Do you record videos of lessons?
  - Yes. These will be shared with you, along with notes through the CoachNow website, at no charge to you. We can share videos, notes and other media on CoachNow.
- ❖ What is the program's Statement of Purpose?
  - Our Vision Statement includes the following: We aim to show players how to simplify the game, reduce stress and lower scores - usually without significant swing changes. We will help them discover their game while learning on the golf course and through purposeful practice.
- ❖ What is your teaching style?
  - I believe very strongly that a coach's role is to guide players to identify their strengths and weaknesses. I also believe that a coach must understand that every player is different. I am a good listener and I have a low-key personality, which makes it easy for me to work with players and help them clarify their goals.
- ❖ Do you give individual lessons?
  - Yes, but it helps to work with others. Golf is a social game. Most people play with friends or family in groups of 2 to 4. Working together introduces a "pressure" situation that can help you become a better player. Taking lessons in groups of 2 or 3 also reduces individual cost.
- ❖ What if I am only here at MVCC for two weeks this year? Is that enough time for effective coaching?
  - Yes, we can definitely identify goals and build a plan for improvement that will help you, even if you have only a few days to work with us.

- ❖ What are your coaching credentials?
  - Brian Titus is in his third year at Mountain View and is a golf instructor certified both as an associate member of the U.S. Golf Teachers Federation and as a golf coach by U.S. Kids Golf. In addition to over 50 years of golfing experience, Brian holds a Master's degree in Education from the University of New Hampshire and brings decades of experience teaching both adults and children in a range of subject areas, as well as coaching youth sports teams.
  
- ❖ Where are coaching sessions held?
  - Sessions are held on the golf course, the practice green, and at the driving range. These sessions will rotate depending on what the player needs to work on.
  
- ❖ What is the cost of this program?
  - The cost of this program is very similar to other programs. For detailed information please refer to the fee schedule on the website. Contact the Pro Shop if you have any questions.
  
- ❖ Why should I sign up for this program when I can go to a PGA professional and pay less for lessons?
  - This program is not expensive compared with other programs. It is clear that traditional instructional programs do not work very well. The value of this modern coaching program is that it provides a coaching relationship with the player. This is constructive time spent on the golf course and in purposeful practice addressing specific areas of improvement with a measurable plan developed by the player and the coach.