

Concentration Is the Key

By PATTY BERG

USGA WOMEN'S AMATEUR CHAMPION, 1938

All the phases of golf such as stance, address, grip and wrist action are important to a sound game, but the first requirements are your mental attitude and your power of concentration.

In order to keep your score in the low 30s, these two fundamentals should be foremost in your mind.

Do away with the idea of chance in golf. A low score is not obtained through luck, for this element is no part of the formula for good golf. However, your frame of mind and your determination to study and work are essential.

Perhaps this sounds like all work and no play. On the contrary, golf is not a drudgery. If you have the desire and will to play well, improvements will come and kindle the spark of incentive.

"Is it worth all this just to become a good golfer?" you ask.

"Certainly," is the answer.

Golf is an ideal hobby which you can enjoy from early youth until late in life. Though it is advisable to start young, early participation isn't essential to acquire skill. The strength of a Charles Atlas is not needed, either.

Men and women with perseverance have often overcome severe physical handicaps to shoot scores that would shame many able-bodied persons. A one-armed golfer in St. Paul, Minn., plays consistently in the 80s.

Some of our better feminine golfers play superbly with slight wrists and hands. These girls have not achieved success through their strength but by months of study with a capable instructor, followed by weeks of earnest practice and concentration.

Let us glance at the advantages golf offers.



Patty Berg

Golf develops your power of concentration, for your ability to concentrate will govern the rapidity with which you learn and the degree of skill you obtain. Character, personality and poise can be yours through golf. Every hour spent in practicing develops your coordination, grace and rhythm. Through golf, many friendships evolve which will be important in molding your personality.

I am not letting out any secret when I tell you that the only short cut to success in golf is in learning correct methods at the outset. It is just as easy to start properly as improperly, and good golf is easier to play than poor golf. After watching an expert, your comment usually is, "It certainly looks easy." In observing a poor golfer, you note that every motion seems an effort.

A motto worth remembering while learning or practicing is that there is no perfection but always room for improvement.