



AFTON GOLF CLUB

Member

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Guy Dawson
Head Professional

Positive Energy on the Golf Course

Like the old saying goes: “Attitude is Everything” and this is especially true in golf. We already know that a relaxed golfer plays better than an uptight golfer. So I guess a fair question would be what can I do to maintain a positive mental attitude, stay relaxed and learn to enjoy my golf game more? Sounds like a tall order, but I think if we look at some of the best players in the world to see what they do to relax themselves we can possibly incorporate a technique or two into our own game. Fuzzy Zoeller whistles while he plays. Lee Trevino is constantly chattering. Chi Chi likes to tell jokes and deliver one liners. I’m not saying we should all become comedians when we’re on the golf course, only that a light and casual attitude is generally a great starting point to become a more relaxed player. So remember the next time you feel uptight on the course, try whistling a tune, or just complimenting your fellow competitor’s good shots.

*Guy Dawson PGA
Director of Golf – Afton Golf Club*

Guy Dawson has been the owner of the Afton Golf Club for the past 21 years. You can contact him at 607 639-2454 or guyedawson@yahoo.com.