

# "Believe In Your Own Ability, Play Within Yourself"

By LEE L. RICHARDS  
Golf Editor

Here's a few tips I've picked up from various pros and championship golfers through the years on just how they prepare for all sorts of tournaments.

- Pace yourself and develop a sound routine.
- Never rush anything on tournament day.
- Eat light-be lean and mean.

-Use a warm-up exercise that will loosen all parts of your body, especially the hands, arms and shoulders. Do some stretching.

- Think positive.
- Guard against wearing yourself out during your warm-up period.
- In the practice area hit around 25 to 30 balls. This should give you a good rhythm and timing. Don't over practice.
- It's significant to find the right tempo since it will differ every day and game to game.

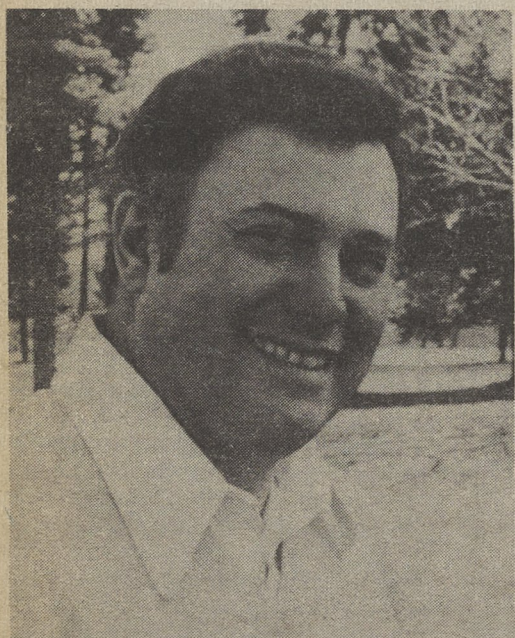
-Don't alter your swing or game the day before a tourney.

- Visit the putting green last. Work on a smooth stroke.
- Check your equipment before going to the first tee.
- Relax and be ready.
- Report to the first tee early.
- Think positive. No prizes are awarded to the longest hitters.
- Realize your shot capabilities.
- Your toughest opponent is the golf course.

-When analyzing your round, consider your score, the course and conditions.

- Should you play poorly, remember there's millions of Chinese that don't give a hoot how you played or what you shot!
- Never worry about something you have no control over. So much of the game revolves around having the proper attitude.
- Believe in your own ability. Play within yourself.

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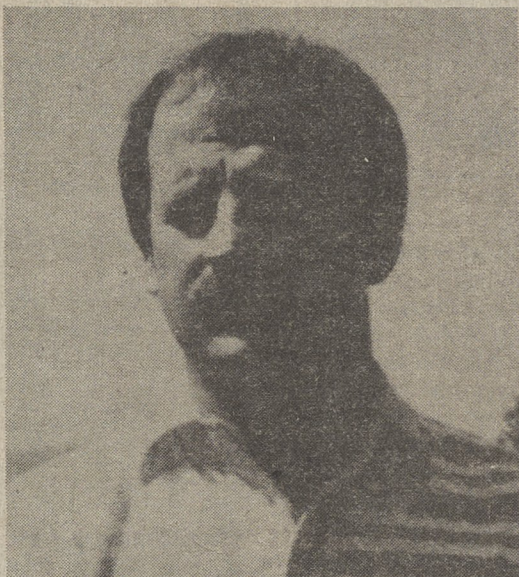
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