

‘Successful’ golfing parents – what does the research say ?

Parent Seminar

Dr. Ian Peek for Swiss Golf

October 2023

Me as a dad & golf coach



- Papa to 3 Children (7,9 and 11)
- 30+ year PGA golf coach
- Masters Degree thesis:
„Why many top amateurs fail as pro golfers“
- PhD. thesis:
„Why the world’s best players do make it“
- 2020-23: Consultant to Swiss Golf

The basis of this seminar



- We want the best for our children and their development



Being here, today



- Why is your child's golf important to you ?
- What are your child's golfing goals at this time ?
- How can you help them reach their golfing goals ?





Côté, 1999; Côté, Baker, & Abernethy, 2007; Côté & Fraser-Thomas, 2007

So what ?

- Golfers should play **at least** one other sport until they are **at least** 14 years old.
- U-12s should **play at least two other sports**
- This will HELP their all-round development as an athlete and teenager.
- A team sport is of great value: psychological and social skills



Their parents and them: in their words

- The quotes on the following slides come from the 16 players in my PhD study.
- This is the first time a golfing-parent study has been done with so many successful players.



Who are these players ?

- 16 DP World and PGA Tour players (all recently retired)
- Over 70 DP world tour wins
- 4 Ryder Cup players
- 4 Major championship wins



The structure of relationships

- Biological piece
- Psychological piece
- Social piece

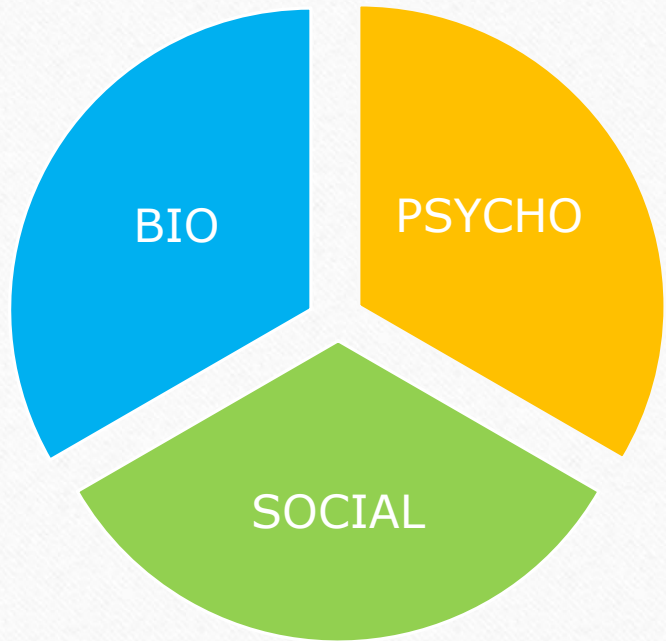


WHAT IS A STRUCTURE?

*A structure is something
that will support an object
or a load.*

*A structure must be strong enough to support its own weight and whatever
load is put on it !*

The bio-psycho-social structure



BLUE = BIOLOGY

How do we spend the physical time with our children ?

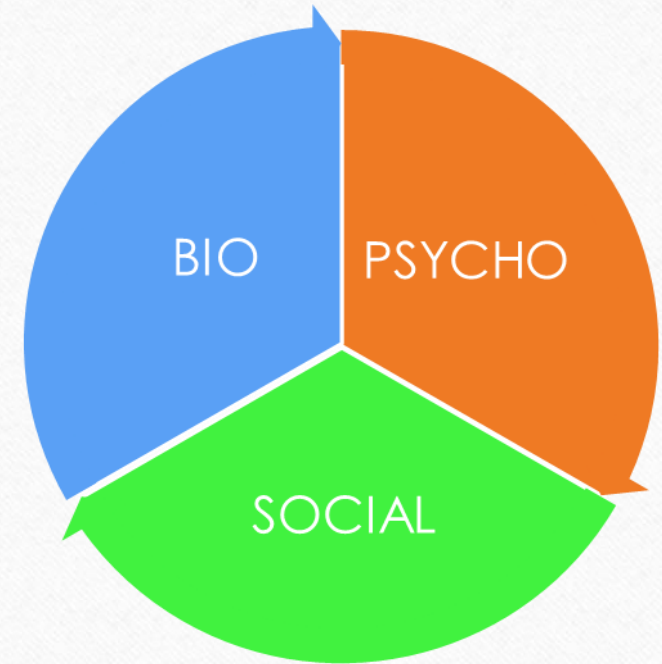
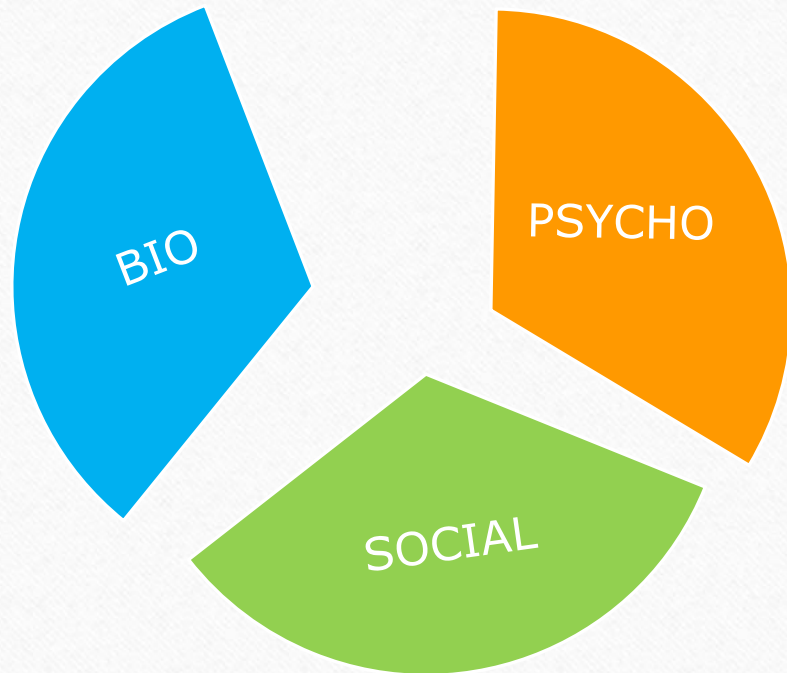
ORANGE = PSYCHOLOGY

How do you and your children view their golf ?

GREEN = SOCIAL

Who are those golfing others in your life ? How do they influence us ?

**To help our children reach their (golfing) goals
we need to optimise our relationship to them**



The biological piece

- Back in the day my parents were very supportive, they took me everywhere I wanted to go. **Ryder Cup player**
- He was a workaholic in his day. My mum worked there too, she did the secretary stuff. So you learn that you you only get out what you put in. **Major winner**



The social piece

- I remember dad saying to my coach:
‘Am I wasting my time and my money?’
My coach said ‘nothing is certain in life,
but if I was a betting man, I would bet
everything I had he will get on the tour’.
My dad said ‘Right, that’s all I need to
know’.

6-time DP world tour winner.



The **psychological** piece

- They were behind me whatever I wanted to do, they were never critical. **8-time DP tour winner.**
- It was more them listening, listening, listening and the odd time, you know them saying “*just get on with it.*”



Ryder Cup player & captain

To you parents



-
- What have you heard in these slides so far ?

Players memories of themselves as junior golfers

- I've always been very hard on myself, I've always expected a lot of myself. **Major winner**
- They were encouraging me(my parents), but I just wanted to beat everybody. **Ryder Cup player**
- I didn't look like I had it. I didn't have a game that people were in awe of, but I could deliver mentally. **World #3 Golfer**



So what do these player quotes tell us about
parents and their influence ?



Love or tough-love for our young golfers ?

Ian:

How did your dad's criticisms make you feel ?

Player :

Unworthy is the strongest emotion that filled me. My real-self was interrupted in those moments where my image of myself was crushed. I have learned to forgive him as he was only repeating the sins of his past.

(DP world tour player)



Love or tough-love for our young golfers ?

- **Ian:** *Did his criticism motivate you or upset you ?*
- **Player :** *I hated it. The more he went on about me working harder the less I worked hard. I rebelled against it. I used to hate it when my Dad came and watched.*

(DP World Tour player)



The ABC of P.A.T (Parents At Tournaments) (Before the round-I)

- Relax as much as you can: this is your free-time too 😊
- Give your child space and time to warm-up and go tee #1 without you

e.g. „ If you need me i will be over there. See you later“

Helicopter Parenting

Overprotecting & overshadowing one's child to the extent that leaves no space for the young minds to explore and experience things in their own way



India
PARENTING
Tips

The ABC of P.A.T (Before the round-II)

Giving your child space means, please

-
- Do not push their trolley from car-park to range or from range to tee #1
- Do not get their range-balls for them
- Do not ,hover‘ over them when they are warming up



The ABC of P.A.T (During the round)

- Give the child space on the course to breathe 😊(50m+)
- Use only positive body language
- Use positive comments **when valid** (nice shot, nice swing, good putt)
- Praise their flight partners too



The ABC of P.A.T (After the round/on way home)

- „We enjoyed watching you play today- thanks“

Where does that sentence lead ?

- What did you enjoy most today ?
- What did you learn today ?



So what can we aim for with our children's golf ?

- Lifetime participation
- Learning psychological and social skills for life
- Creating and maintaining physical fitness
- Your child achieving their golfing goals

Your thoughts please

- Dr Ian Peek MSc., MPGA
- Mail@nms-golf.com
- Tel/ WhatsApp : +49 171 286 30 42

Further Swiss Golf information:

- Swiss Golf Code of Conduct (French): https://swissgolf.ch/media/reg_parents_code_of_conduct_fr.pdf
- Swiss Golf Code of Conduct (German): https://swissgolf.ch/media/reg_parents_code_of_conduct_de.pdf
- Swiss Olympic Ethik-Statut (German): <https://www.swissolympic.ch/athleten-trainer/werte-ethik/Ethik-Statut-des-Schweizer-Sports>
- Statuts en matière d'éthique de Swiss Olympic : <https://www.swissolympic.ch/fr/athletes-entraîneurs/valeurs-ethique/Ethik-Statut-des-Schweizer-Sports>