

‘Tour player’ parents – what does the research say ?

Parent Seminar nr. 1

Ian Peek for Swiss Golf

2023

Me as a dad and golf coach



- 3 Children (6,8 and 10)
- 33 year PGA Coach
- Masters Degree in Sports Coaching
- 2017-'23 PhD. Study:
PhD. thesis: „Why the world's best players 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
- 3 Major winners



The structure of relationships

- The **biological** piece
- The **psychological** piece
- The **social** piece

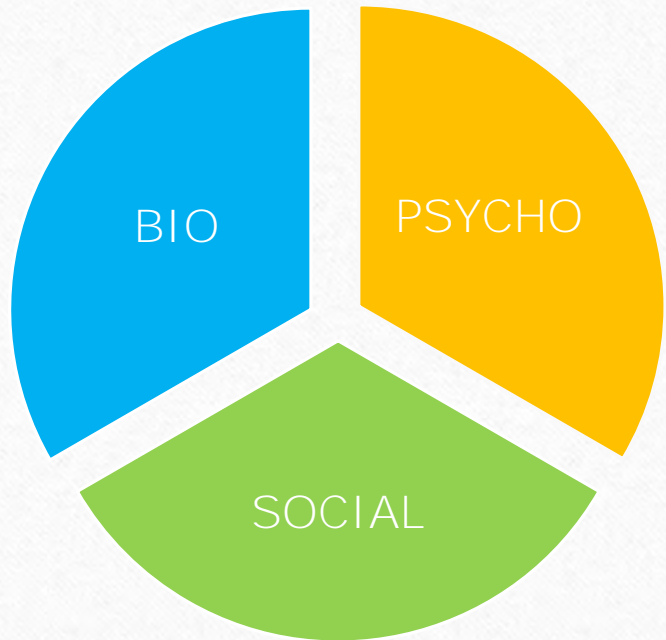


WHAT IS A STRUCTURE?

*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 ?

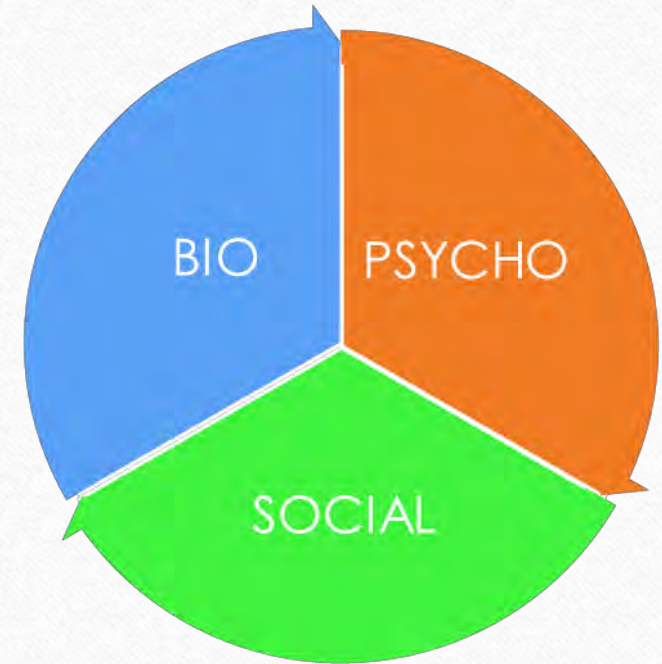
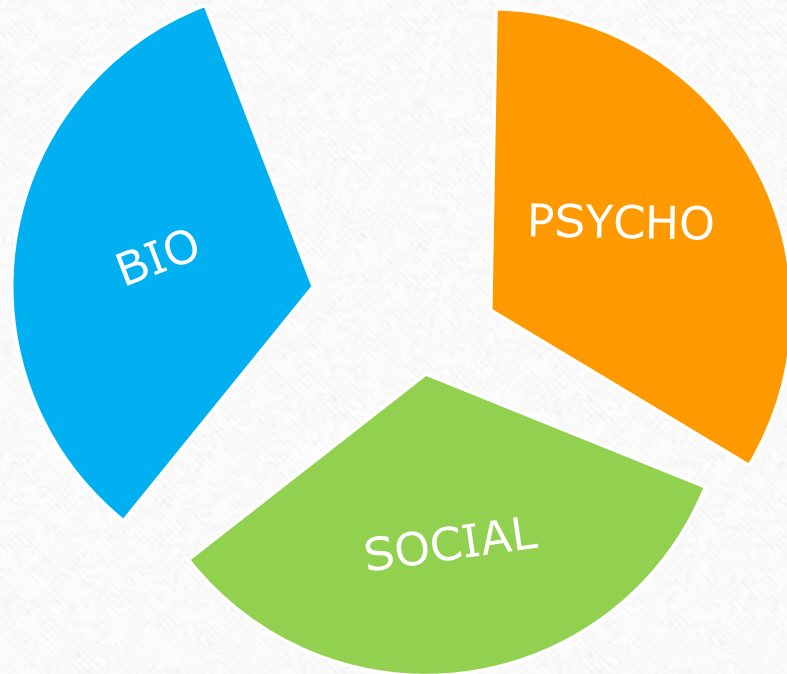
ORANGE = PSYCHOLOGY

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 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.*



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“



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

- 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>