

# Play for the fun of it

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Merriam-Webster provides the following definition of 'recreation' as something people do to relax or have fun: activities done for enjoyment. This by definition is what a recreational golfer is.

Let's face it; most of us who golf, play for the fun of it. The vast majority of us do not golf for a living. If this is the case, then why are we so hard on ourselves? Why are we obsessed with wanting to play a perfect round? I have seen it, again and again, golfers who want to be perfect all of the time. It just doesn't work that way. No one is perfect especially when it comes to golf. I see these same golfers wishing for a perfect swing all of the time. Remember that even professionals have their off days.

Let's check a few facts related to the golf industry and its revenues. The total direct economic activity (total direct sales, golf related travel, capital spending) resulting from the Canadian Golf Industry is estimated at twenty billion according to the National Allied Golf Associations (NAGA). Direct revenues generated by golf courses and their facilities, stand-alone driving and practice ranges are reported at five billion dollars in Canada.

In 2013, based on reports by Canadian golf course operators, the tee off starts by golfers in our Country equated to approximately sixty million rounds of golf rounds. That's a whole lot of recreational golf!

Here are some additional facts that might just change your perspective towards your next golf game; the Canadian Professional Golfers Association (CPGA) reports that there are approximately 3,500 carded professional golfers across Canada. A study published by IPSOS-Reid indicated that there are six million Canadians playing golf. Therefore, less than one percent of active golfers are carded professionals.

Golf is a wonderful game and a lifelong sport that challenges your individual skill level.

There is always something to learn when teeing off, while using your irons on the fairways or while putting on the greens. One of these challenges is to resist comparing yourself to other golfers and most importantly comparing yourself to professional golfers.

The only game you should worry about is your own. Your skill level and natural abilities will always differ from someone else's. Accept this fact. Focus on improving your game. Avoid playing against others who are better players or those who think they are and successfully ruin your day with their shortcomings.

The old adage that you're always more critical of yourself is sometimes very true in golf. A hooked or a sliced shot does not make you an inferior golfer.

Everyone misses shots; you, me, Mike Weir, Michelle Wie and many others. You will experience a less than perfect game once in a while. When this happens you learn from it, examine why it happened and correct it before your next shot and move on.

...do not let frustration mess up your day.

In my opinion, there are basic principles to adopt which will assist you in becoming a better golfer.

These three principles are PRACTICE, PERSISTENCE, and PATIENCE. These are my “3P’s of Golf”. If you apply these principles to your game, you can expect nothing less than notable improvements to your overall score.

Remember: “The golfer who takes long stances and continually tries to make everything just right, very rarely makes that perfect shot!” In turn, players who play the game with a little lightness and fun rarely have a bad day on the links.

Get on the fairway to play a few strokes, not have one. Think about this and enjoy your next round at your favorite course and smile, it will correct your golf day.

A SMILE MOMENT: The best wood in most amateurs' bags is the pencil.

**To book your next golf lesson**, contact Lisa today via e-mail at [lisalgolpro@gmail.com](mailto:lisalgolpro@gmail.com) or by telephone at 506-232-0728 or visit her website at [www.PrivateGolfPro.ca](http://www.PrivateGolfPro.ca) .

Lisa Elle is the PrivateGolfPro who teaches in the greater Moncton area and southeast NB. Her unique golf service assists all levels of players with their golf swing. Her golf articles have been published in print and on websites across Canada. She is also the face of the charitable trust ‘Lisa’s Fund - a breath for Cystic Fibrosis’.