

COMPETITION COMMITTEE

NEWS

Team Philosophy | Measure What Matters | Clinics and Competition Dates

Tourney Dates

Jun 14 Sat - End of Season tourney @ Quail Valley

Oct 3-4 - Texas Cup @ Jersey Meadows or Windrose

Playoffs for Tx Cup team

June 20th Sat - round 1 (#41-60 ranked) Match Play = 10 winners

June 27th Sat - round 2 (#21-40 ranked) + rd 1 winners Match Play 15 matches, round 2 winners make the team

Tx Cup 2-Man Team Practice Dates

Thursday twilight tee time @ Jersey Meadows or Windrose:

July 9

July 23

August 6

August 20

Sept 10

Sept 24

Team Philosophy

Focus on the Process and the results will take care of themselves. This is the mantra for the new Competition Committee, led by Captain Richard Le with CoCaptains Thinh Vu and Mykel.

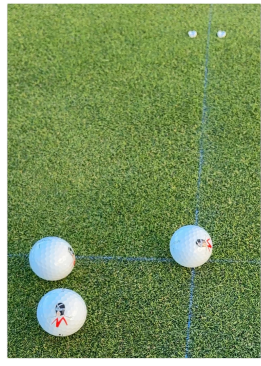
Our #1 goal is to help every player improve, using scientific fitness programs, key golf drills, measuring stats & progress, conducting golf clinics & match play practice sessions, and thanks to our secret weapon-programmer, Tho Pham, we will measure stats & progress through an App exclusive to HVGA. We hope to carry on the tradition of excellence set forth by Captains Bang Le, Jesse Nguyen, and Tuan Anh Tran, who left big shoes to fill. They spent years developing the best VNmese team in America, it's up to us now.

So when we say **The Process**, it's the *work*, the preparation. The Competition Committee's job to inspire, not to motivate. Only you can motivate yourself to put in the work, to become a well prepared player and, consequently, a more formidable competitor.

If we put in the work and raise the level of each player by just 0.5 shots/round, multiply by 40 players, that's 20 shots lower cumulatively per round. Last year, we lost in Dallas by 2 shots, over 3 rounds. If we do what we are supposed to do this year, the final score should not be close, reminiscent of 2023 Tx Cup beatdown that made DFWVGA say, "no más."



Metrics to Track on App



- 15min Mobility, recommended 5X/wk, track the days you do them
- 30min Strength/Explosive exercises, recommended 2X/wk, track when you do them
- Clubhead speed while hitting ball with driver, track every 2 wks
- Putting Gate drill, gate 6" in front of setup, width of gate 0.5cm wider than ball equator, make 10 in a row, track how many putts it takes you to complete. 10 is perfect score
- Putting distance drill, putt ball from 30', 40', 50', need 3 in a row within 3', 4', 5' before moving onto next distance, log how many putts needed to complete all 3 distances. 9 is perfect score
- Chip drill from 20, 25, 30yds to 3 targets 3' wide, must land in all 3 targets before moving to next distance. Log how many strokes to complete. 9 is perfect score.

The Plan: Measure What Matters

There are 1000's of exercises and swing tips out there, but we want to curate 20% of most essential drills that correlate to 80% of the gains. And we want things that are measurable, so both you and the Competition Committee can monitor your progress.

What if I said 15 minutes of a Mobility routine done 5X/week for 10 weeks can give you 10 extra yards off the tee, would you do it? The science says yes, noticeable improvement can be had with relatively minimal effort (*). And the 3 exercises most correlated to speed are the chest pass, the vertical leap (from a sitting start position), and the squat, not the rotation exercises you see everywhere on social media. You only need 30min/2X/week of strength & explosive exercises to see faster swing speed. In fact, for every 8" farther your chest pass with a 4lb medball gains 1mph clubhead speed = 2.5yds carry. For every 4" higher your vertical jump, you gain 6 yds of distance.*

On the PGA Tour the top 15 players in distance make 3.5X more money per shot than the bottom 15 shortest hitters.** Distance is an advantage. How much more will you win in your money games if you gain 10-20 yds through the bag? But the critical question is, what are you willing to sacrifice to get there?

Richard Le is putting together the instructional videos for 15min Mobility as well as 30min of weights/jumps/throws. Can you dedicate 105min/week to improve your fitness for golf? Thanks to Tho, we will have an App to measure these activities, listed in the left column.

Skilled putting is requisite to low scores, where putting speed is most important and starting your putt on target is next. We have 2 putting tests for these skills.

To address the shortgame, we have a chipping test that measures how well you can hit your landing spot for distance control.

In total, there will be **6 metrics to record and measure** the progress. We think it will translate to better performance on the golf course those who chose to buy into the system.

*based on 15,000 clients from Par4Success



Clinics at Wildcat Wed 5:30pm

Swing lessons with Captain
Richard Le:

- **March 11** Wed 5:30pm
- **April 15** Wed 5:30pm
- **May 13** Wed 5:30pm
- **June 10** Wed 5:30pm

Tx Cup 2-Man Team Practice Dates (mandatory)

Thursday twilight tee time
@ Jersey Meadows or
Windrose:

July 9

July 23

August 6

August 20

Sept 10

Sept 24

Clinic & Competition Dates: Sharpening Golf Skills

In addition to building a system to improve your fitness, speed, putting, and chipping, we are conducting golf clinics with your Captain Richard Le directing the lessons, once per month on Wednesday March-June. Look for signup list on WhatsApp thread, limit 10-15 students max.

We want to schedule video conference calls once per month to have a roundtable discussion on anything golf. If there's enough interest in doing so from the membership, we can set dates.

Golfers cannot be built in a lab alone, we need live simulation on the course and in competition. We will host **6 mandatory practice rounds** from July-Sept. Look to be paired up with your most compatible teammates and feel the competition; dates are listed on the left. We will want your input on how to position you for the best chance of success and which partners you think you can help the most.

Remember that there are **9 Captain's Picks** for Tx Cup this year and *your efforts and participation will not go unnoticed*. Help us help you! LOL. In all seriousness, we are giving you these dates early. If you really want to make the team, make the time to participate. There is a clear path to play your way onto the team.

Kobe was famous for making 700-1000 shots/day. Tiger said he has to log 1000 touches of a golf club/day during tournament week, "it's the only way to develop feel." Alan Pham won B-gross for the 1st time, and the secret to his success was playing lessons on the course with Jamie Bao 2X/month. See him and his mentor below, all smiles. His goal is to play A-Flight by year end. Watch out for Allen!



**Tx Cup golf course location has not been finalized.

To be announced soon.³



Strokes Gained Stats Apps

- Shot Pattern \$79/yr
- Golf Metrics \$99/yr
- Arccos \$199/yr
- Upgame Pro \$299/yr



Comments

There's Golf, there's Tournament Golf, then there's Match Play Golf representing your city and club. They are not the same, rather next level endeavors that require next level skills. It's one thing to see the drama of the Ryder Cup on TV, but what a privilege it is to feel the nerves ourselves as we battle in the Tx Cup, vs our own Viet brothers, magnifying the moment with cultural significance. We all want that experience again and again. That's why we play. That's why your Captains want you at your best, so these new memories will be sweet vs bitter.

We, the Competition Committee, cannot make you hit the ball better. That's on you to practice the way that best helps you, whether it's using a simulator at home or playing more rounds than range sessions, or vice versa.

What we *can* do is distill down to the 20% of the tasks that produces 80% of the results, culling the group experience, cherry picking the most efficient way to improve. We have the program. It will work, as proven by 1000's of disciples going before us. The foundations of mobility, strength, speed, skilled putting, skilled chipping will make you a better player, will make us a better team.

The Competition Committee would also like to suggest you use a **Strokes Gained** data entry App to analyze your game, find out where you're strong and where you need work based on real data vs intuition or guesses. Bonus Captain's Pick Points for those who sign on. We have some App suggestions listed left. Be forewarned that it requires entering every location, lie, every club you used, its distance, penalty, etc., but the rewards are well worth it. It's an X-ray into your game. Tho will try to add Strokes Gained into his App but will require GPS and course maps functionality from your phone, so no timeline yet.

I will end with this quote from Coach Curt Cignetti, who took a losing football program in Indiana to become National Champs in 2 short years with his system, "Do you want to be normal or great? If you want to be great, you have to do some special things to be great."

