

FROM THE LESSON TEE



DAVID C. SMITH, JR.
GOLF ACADEMY



KEEP YOUR GAME SHARP YEAR-ROUND

Honing your golf skills is a year-round commitment, much like consistent exercise or nutrition. The off-season presents valuable opportunities for growth. Don't let the winter months pause your progress. Regardless of what weather is about to come your way, here are a few tips to maximize this important time of year:

Evaluate: Review your performance over the past year using the **good, better, how** method. (**Good:** identify strengths to maintain. **Better:** identify areas for improvement. **How:** identify actionable steps for development.)

Experiment: Engage in creative practice to discover new techniques and approaches. The off-season is ideal for trying different methods to learn new skills, and addressing specific challenges with your swing. Embrace "challenge practice" to foster innovation and improvement. (See page 2 for some upcoming programs designed with this in mind!)

Implement: Once you've learned a new skill, focus on integrating it into your routine. Establish a consistent process and gradually increase repetition to build lasting habits. This "feel good" practice reinforces discipline and ensures new skills become second nature.

Call me (267-240-0629) for professional instruction this offseason. I'll help you evaluate your game, experiment with creative approaches and implement new techniques that will prepare you well in advance for a successful spring season!

David

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THOSE WHO KNOW THE GAME, GROW THE GAME

There's so much to learn about golf - and together is the best way!

If you know someone who is interested in learning more about golf, share this newsletter with them!

Looking for more tips to elevate your game?

Find them on

www.dcsjrgolfacademy.com

SHARE



'TIS THE SEASON

GIFT IDEAS FOR GOLFERS OF ALL AGES, SKILL LEVELS AND NEEDS!

**15%
MORE**



LIMITED TIME
OFFER



GET MORE THAN WHAT YOU PAY FOR!!

ALL GIFT CARDS **PURCHASED IN NOVEMBER** FROM **DCS JR. GOLF ACADEMY** WILL RECEIVE **AN EXTRA 15% IN SERVICES!**

STOCK UP EARLY ON YOUR HOLIDAY GIFT CARDS AND SAVE!

LESSON WITH THE PRO (FOR 2!)

SHARPEN YOUR GAME, HAVE FUN AND KEEP WARM THIS HOLIDAY SEASON IN A **75-MINUTE LESSON FOR 2 AT THE GOLF SIMULATOR**. BRING A FRIEND, CHOOSE YOUR COURSE AND LEARN RULES, MECHANICS AND ETIQUETTE FROM A PGA CERTIFIED PROFESSIONAL.

Indoor simulator lessons are perfect for all golfers in all weather!

WINTER OVERHAUL

MAKE MEANINGFUL PROGRESS THIS OFF-SEASON WITH A 5-LESSON PACKAGE DESIGNED FOR A COMPREHENSIVE GAME EVALUATION INCLUDING VIDEO ANALYSIS, WRITTEN PRACTICE PROGRAM, TOP-TRACER STATISTICAL SHOT ANALYSIS.

CALL DAVE AT 267-240-0629 TO SCHEDULE!

THINKING OF INVESTING IN NEW CLUBS AS A HOLIDAY GIFT? WHETHER YOU'RE IN THE MARKET FOR ONE CLUB TO TARGET A WEAK SPOT IN YOUR GAME OR LOOKING FOR SANTA TO BRING YOU A WHOLE NEW BAG, A CLUB FITTING BY A CERTIFIED PGA PROFESSIONAL IS THE GIFT BEFORE THE GIFT!



NOW ON THE TEE...

Interviews with golfers that will help you reflect on your own game



DAVID C. SMITH, JR.
GOLF ACADEMY



Terry Sawyer, Circa 1980

TERRY SAWYER

For over 50 years, Terry Sawyer has been active in competitive amateur golf in the Tri-State area. He has competed at the highest level in Golf Association of Philadelphia (GAP) events, played in National Qualifiers and State Amateur Competitions, gone undefeated in 25 years of Interclub GAP Matches, and won the illustrious Sonny Fraser Golf Tournament held at Atlantic City Country Club.

Along with many other honors, Terry has been on the Executive Committee for the GAP, GAP Tournament Committee, and currently is active on the Rules Committee.

In short, Terry Sawyer knows competitive golf. As an amateur golfer, he lives it!

I met Terry in 1995 at Atlantic City Country Club where I was the assistant PGA Professional. I interviewed him recently and we had a great discussion about the life commitment involved in golf, and the “true grit” and perseverance a player must develop for competitive golf.

I am confident you will enjoy Terry's insights, not just on the game itself but on establishing the routines that make for success in golf and life. The writeup in this Newsletter is paraphrased from our video interview which is also posted to my website. I encourage you to check it out and experience his story first-hand!

David

Q. What sports did you play growing up? How did they contribute to developing your golf skills and desire for competitive golf?

A. Growing up, I played football, basketball, and baseball. At age 13, I started caddying and quickly fell in love with golf. I continued playing basketball until I was 50, often with a group of friends. We played three mornings a week at 5:30 before heading to work.

Around college age, I began playing squash. During the winter months, from November to April, I would play squash four or five times a week. Even in winter, we found ways to play golf. If it snowed locally, we would travel to the shore and find open courses like Seaview, Atlantis in Tuckerton, and Spring Lake. On weekends, our group of four would play wherever we could, regardless of the weather.



For the Full Video Interview with Terry, Visit my YouTube Channel



youtube.com/@DCSJRGolfAcademy

Q. In mentoring young golfers who want to compete what advice would you give to students at the following stages in their golf development? Ages 10-15? 16-20? 20-25?

A. Ages 10-15: At this stage, focus on swinging hard to naturally build swing speed. Consistency and hitting the fairway are important, but developing a solid foundation is key.

Ages 16-20 and 20-25:

As you progress, consistency becomes more important. The two most crucial skills throughout your golf journey are your short game and putting.

Most people spend much of their practice time hitting long shots at the range. I recommend spending twice as much time on your short game as you do on your long game. Your short game will be more important, especially on days when you struggle to hit greens. For putting, there are many useful drills, such as the gate drill and Dave Pelz's circle drill. The key is to find drills that work for you and dedicate time to practicing them.

NOW ON THE TEE...

Interview with Terry Sawyer, Continued from Page 2



DAVID C. SMITH, JR.
GOLF ACADEMY

Q. What individuals had the most influence on your amateur golf career? Why?

A. As a caddy at Trenton Country Club, I was influenced by many top players. My better ball partner was Bobby Cox, who won 14 club championships at Trenton, starting at age 14. He was an unbelievable player in the area. I also caddied at various events for Denny Milne and other excellent professionals, including Bobby Petrowski from Old York Country Club in Bordentown.

Caddying for these players, especially in state PGA tournaments, helped shape my understanding of competition and what it takes to succeed.

Q. What helps you to best perform under pressure?

A. Pressure is a unique challenge in golf. The most important way to get comfortable under pressure is to play in tournaments and put yourself in competitive situations. The more you expose yourself to pressure, the better you will handle it.

Many players use techniques like yoga breathing—inhalation for four counts, hold for four counts, and exhale through your stomach for four counts. Breathing is extremely important when you are under pressure.

Ultimately, playing more tournaments and getting used to the competitive environment is the best preparation.



Full Interviews available on my website:
DCSJRGOLFACADEMY.COM

Q. Name two of the best local amateur players you've played with and what made them competitively tough?

A. The two best amateur players I've played with are Bill Hindman from Huntington Valley and J. Siegel.

Bill Hindman played in 12 Masters and 10 or 15 Opens, making him the premier amateur player in Philadelphia at the time. J. Siegel was also a distinguished competitor, and I had the opportunity to play with him in several Philadelphia tournaments. Additionally, I played Raymond Floyd quite a bit in Florida.



Terry Sawyer,
Circa 1975

“ The most important way to get comfortable under pressure is to play in tournaments and put yourself in competitive situations. The more you expose yourself to pressure, the better you will handle it. ”



Special thanks to Terry Sawyer for sharing this insight!

Here are some Key Points to consider from "Saws" Interview:

Golf is a lifelong discipline



Long-term athletic development comes from playing a multitude of sports which cross-train the body for golf



Competitive golf is a grooming process not a "one-off" event



Having mentors and role models is key to positive physical, mental, and emotional development for athletes



If you're interested in maximizing your mental and physical game, challenge yourself to adopting a schedule similar to Terry's:

Monday & Wednesday

Play and practice

Tuesday & Thursday:

4:30am - wake up

4:45am - gym

6:30am - work

5:00pm - end day

Saturday & Sunday:

5:30am - wake up

6:30am - work

5:00pm - end day

THE PLAYER WHO EXPECTS A LESSON TO 'TAKE' WITHOUT SUBSEQUENT PRACTICE JUST ISN'T BEING HONEST WITH HIMSELF

Arnold Palmer



IN GOLF, THERE'S NO SUCH THING AS "WINTER BREAK"

Don't let your swing get cold this winter! Book a lesson with me! Not a fan of the great outdoors in November and December? All good! Let's meet up at an indoor simulator! Play one of your favorite courses while warming up your game! [Click here to schedule your lesson!](#)