

FROM THE LESSON TEE



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NEW YEAR. NEW CHALLENGE

As we enter the new year, it is important to reflect honestly on your golf performance. Many players always find themselves dissatisfied—some struggle with distance, others with consistency, and younger golfers often face both challenges. While practice and lessons can provide temporary improvement, maintaining focus and enthusiasm throughout an entire round remains difficult. The enjoyment of playing is often influenced by the company, which can be both uplifting and, at times, distracting. Still, this leaves us with too many variables to create consistent performance.

Looking ahead to 2026, meaningful progress will only occur if you commit genuine change. This is not about making resolutions; it is about embracing fundamental transformation as a golfer. The journey will not be easy, and success is not guaranteed. However, with dedicated coaching, a structured goal ladder, a well-defined schedule, and a commitment to sound instruction, motivation, and encouragement, you can pursue positive outcomes. Setbacks are part of the process but overcoming them makes achievement even more rewarding.

Drawing from Steve Magness's book, **Do Hard Things**, four pillars are essential for success:

Embrace Reality: Be honest with yourself about your current abilities.

Listen to Your Body: Recognize and respect both the challenges and the signals your body provides.

Respond with Intention: Avoid impulsive reactions; instead, follow a strategic plan.

Transcend Discomfort: Learn to rise above challenges by accepting and working through them.

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These principles help navigate obstacles and foster goal achievement. Magness also emphasizes the importance of “raising the floor and lowering the ceiling,” which encourages setting realistic goals and celebrating incremental victories. This approach builds a winning mindset through consistent, daily progress.

The message for 2026 is clear: embrace the challenge and break free from unproductive patterns. Face adversity with resilience, manage setbacks constructively, and focus on effective strategies rather than perfection. Together, we will establish a specific goal ladder, create a schedule for lessons and practice tailored to your objectives, and implement a plan that welcomes the growth that comes from learning. Performance will be regularly assessed and adjusted as needed to ensure continuous improvement. Let's approach the coming year with determination and a commitment to authentic progress.

I look forward to supporting you on the lesson tee at DCSJR Golf Academy as we pursue true success together.

David

NOW ON THE TEE...

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



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GLENN SMERAGLIO

This issue's interview is with Glenn Smeraglio.. Glenn's champion credentials and resume include:

- 12-time Yardley Country Club Champion
- 8-time Mercer Metropolitan Champion
- Mercer Senior Open Champion
- 9-time USGA Event Qualifier
- 2-time Paterson Cup Champion
- 7 Yardley Invitational Championships
- 3-time Silver Cross winner (GAP)
- Philadelphia Mid-Amateur Champion

Continued practice and reflection on interviews with champions such as Glenn Smeraglio allow students to identify both differences and commonalities among elite performers, fostering growth and excellence in their own golf journeys.

Enjoy the full interview on my website or YouTube Channel.

David



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

youtube.com/@DCSJRGolfAcademy

Interview Highlights and Guidance

Pathway to Golf: Glenn Smeraglio was introduced to golf by his father. His deeper engagement with the sport began when his aspirations in baseball shifted.

Developing Skill: He attributes his growth in golf to a strong competitive spirit, daily practice routines (including 45 minutes each morning in a basement net), and participation in competitive groups at Yardley Country Club and other affiliated clubs.

Advice for Junior Golfers: He emphasizes the importance of grip, stating, "How they hold the club determines who they become as a golfer."

Instructional Takeaways for Students

Embrace Competition: Progress is achieved through measurable competition. Students should foster internal competition, engage in skill-based games (such as chipping, putting, and target games), and ultimately compete with others.

Commit to the Sport: Genuine passion for golf is reflected in daily dedication and consistent practice.

Prioritize Personal Development: Prioritizing oneself—through early practice, exercise, and ongoing learning—enables individuals to maximize their potential and approach each day with confidence.

Daily Engagement: Regularly gripping the club helps players develop a natural connection and proficiency with their equipment.



NEW YEAR, NEW PLAN - REAL RESULTS!

Happy New Year!!! As we step up to the tee into 2026, I'm here to support your journey to a better game - all year long! **This year let's focus on progress, not perfection.** When you're starting anything new, (like the start of a New Year) motivation and emotion are high and it can be tempting to go "all in" too fast and too soon. Sooner or later, burnout happens and you can become discouraged and even give up. To avoid this, having a simple plan is key, starting with this tip:

If it doesn't fit into your schedule, it's not sustainable. ←

So, below is a blueprint I've created for you -just **12 minutes a day, 5 days a week** dedicated to golf. That's one hour a week - easy to fit in and designed to make a real difference!

Consider it a challenge for the rest of January & February!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Practice your grip -hold and regrip the club 15-20 times	Mirror work-check your posture and setup from different angles, 10-15 times	Stretch your arms and hands	Stretch your legs	Air swings in front of a mirror-hold your finish and balance, 10-15 reps

Before you know it, March will be here and you'll be primed for Spring Golf.

And, when you're ready to take the next step,

I'm here to partner with you!

SCHEDULE

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Lessons Per Month from March to August
At your convenience ... (Remember... **if it doesn't fit into your schedule, it's not sustainable!**) ←



AND RECEIVE




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Let's get ready for your best golf year yet!

Contact me to discuss the details of registration!
David (Call or Text) 267-240-0629

