

# CHAMPIONCLUB VOL JUNE 2024



# Off the Course: 4 Fun Stories You Didn't Know

# LYDIA KO



## "I'm really hungry" — Her First Words After a Major Win

When Lydia Ko won her first major at the 2015 Evian Championship at just 18 years old, everyone expected a tearful speech. Instead, she smiled and simply said:

"I'm really hungry."

The room burst into laughter. It was the most relatable and humble answer a newly crowned major champion could give. That quote went viral and became one of Lydia's signature moments.



## Meditation, K-pop & Staying Chill

While some golfers hype themselves up with rock music and coffee, Lydia's pre-round ritual is quite the opposite.

She practices mindful breathing, meditation, and listens to her favorite K-pop artists like BTS to get into the zone.

"I don't want to get too hyped. I want to feel balanced and calm before I tee off."

In her golf bag, she even carries a small notebook with self-reminders like: "You're doing great — just swing free."

## Knitting Between Rounds? Yes, Really!

While many players spend their downtime scrolling through social media or sightseeing, Lydia Ko has a unique hobby: knitting.

She once shared a photo of a pink beanie she was working on between tournament rounds, sparking surprise and admiration from fans. She said knitting helps her stay calm and focused — and yes, she's gifted hand-knit scarves to friends and coaches.

## "World No.1... but Still Can't Drive"

After becoming the youngest-ever World No.1 at just 17, Lydia joked in interviews:

"I can't even drive myself to the golf course. My parents still have to drop me off."

Despite being the best female golfer in the world, she was still doing homework and helping with chores at home. She often said that staying grounded was what helped her stay sharp on the course.



# 从神童到传奇的新西兰骄傲



## 赢球后的第一句话： 我饿了！

在她赢得2015年Evian锦标赛、拿下首个大满贯冠军时，年仅18岁的Lydia站在聚光灯下，被问及她有什么感想。她说了一句让所有人都笑出声的回答：

“I'm really hungry.”  
——“我真的很饿。”  
赛后她被媒体调侃为“最可爱的冠军发言”，这句话也成了她谦逊个性的标签之一。

## 她在场上打球，场下爱织毛衣？

有一次在LPGA比赛周的休息日，其他球员晒旅行、美食，Lydia晒的是一只正在织的粉红色毛线帽子！她的织毛衣照火遍了高尔夫圈。

她说这是她调节情绪的方法，“像高尔夫一样专注，但不紧张”，她甚至送过亲手织的围巾给球员和教练。

## 自曝“世界第一的烦恼”

LYDIA曾说过，自己登上世界第一后，最烦恼的事情不是压力、也不是球迷，而是：

“我17岁，不能开车去练球，爸妈还得接送我。”

她自嘲说：“我在场上是世界第一，在家却还得洗碗、写作业。”这也让她成为很多青少年的榜样。

比赛前打坐、冥想  
想...还要听K-pop

很多球员上场前听摇滚、喝咖啡来提神，

Lydia却偏爱冥想、呼吸练习和听BTS（防弹少年团）的歌曲。

她说：“我上场之前最想要的是专注和平静，不是亢奋。”她的球包里还有一本小本子，上面写着：“你已经做得够好，放松去打。”





# ANNIKA SÖRENSTAM

## The Quiet Queen Who Broke Every Boundary



She wasn't loud. She wasn't flashy.

But quietly and steadily, she became one of the most dominant golfers in history.

She didn't chase headlines, but with one groundbreaking decision—to play in a men's PGA Tour event—she forever changed the landscape of women's golf.

She is Annika Sörenstam, the legendary Swede known simply as the “Queen of Golf.”

Annika wasn't born a star. As a child, she was shy, introverted—even purposely playing poorly to avoid giving speeches on the winner's podium. Yet this quiet girl from Sweden went on to dominate the LPGA Tour for more than a decade.

With 72 LPGA Tour victories, 10 major championships, and eight Player of the Year awards, she built a career that rivals any golfer in history. In 2001, she made history by shooting a 59 in competition—the lowest round ever recorded in a women's professional event—earning her the nickname “Miss 59.”

In 2003, Annika shocked the golf world by accepting a sponsor's exemption to play in the PGA Tour's Colonial Tournament, becoming the first woman in 58 years to tee it up in a men's event.

The backlash was swift. Critics accused her of seeking attention. Some PGA players openly disapproved.

But Annika responded with calm confidence: “I'm not trying to prove that I can beat the men. I'm trying to prove that women deserve to be here.”

Though she didn't make the cut, she shot 71 and 74—respectable scores under immense pressure—and proved that her place on the world stage was well-earned. That single tournament brought unprecedented visibility and respect to women's golf.

Annika retired from professional golf in 2008, but her impact only grew. She founded the Annika Foundation, focusing on the development of young golfers—especially girls—through tournaments, education, and leadership programs. She's hosted youth events across the globe, championing the idea that athletics and academics can go hand-in-hand. Her mission is clear:

“I may not always win on the course, but I want to keep winning for the next generation off the course.”

Annika is one of the greatest female golfers of all time. But her legacy isn't just about records or trophies—it's about redefining what's possible for women in sports. Her story reminds us:

Winning isn't just about beating others—it's about breaking limits.

Bravery doesn't always roar. Sometimes, it's calm, quiet, and unstoppable.



# ANNIKA SÖRENSTAM打破边界的沉默冠军



她不张扬、不喧哗，却悄悄地，赢得了历史上最多的女子高尔夫冠军之一。

她不争议、不炒作，却用一次跨界出战男子PGA赛事的决定，改变了整个女子高坛的未来。

她是Annika Sörenstam，来自瑞典的传奇，也被誉为“高尔夫皇后”。

Annika并不是天生的“球场明星”。小时候她性格内向，不爱说话，甚至因为胆小曾故意打出高分避免领奖台发言。但就是这样一个害羞的女孩，在1990年代和2000年代的LPGA赛场上展开了长达十年的统治。她共赢得72场LPGA赛事、10项大满贯，8次被评为“年度最佳球员”，几乎包揽所有能拿的奖项。2001年，她在比赛中打出历史性的59杆，成为至今唯一一位在正式比赛中打出59的女子球员——从此被尊称为“Miss 59”。

2003年，Annika做出了一个震惊世界的决定——她宣布将以外卡身份参加男子PGA巡回赛的殖民地邀请赛。那是58年来首位女性在男子PGA正式赛事中亮相。质疑如潮水般袭来。有人说她“作秀”，有人说她“打不过男选手”，甚至有男球员在媒体前公开表达不满。但Annika只淡淡地回应：“我不是为了证明女人可以赢男人，我是为了证明我们可以站在同一个发球台上。”

最终她虽然未晋级，但她在强大压力下打出了71杆和74杆，证明了自己的竞技水准，也为女子高尔夫赢得前所未有的曝光和尊重。

Annika在2008年正式退役，但她从未离开这项运动。她成立了Annika Foundation，致力于青少年、特别是女孩在高尔夫中的成长与教育。她主办了多个青少年赛事、学术和领导力活动，鼓励“学术+体育”双发展模式，亲自辅导下一代球员。她常说：“我不会永远在球场上赢球，但我希望永远在球场之外，推动更多女孩去赢她们的人生。”

Annika是历史上最伟大的女子高尔夫球员之一，但她的真正意义，在于她打破了“女性只能在女性舞台上闪光”的界限，在沉默与稳健中重新定义了“冠军”二字。

她的故事告诉我们：

胜利不只是击败对手，而是突破自己；

勇敢不一定要大声，但必须坚定。



# May 2024

## May 3-5: LIV Golf Singapore

Winner: Brooks Koepka notched his 4th LIV victory at Sentosa's Serapong Course Diario AS+15Wikipedia+15LIV Golf+15LIV Golf.

Team Champions: Ripper GC secured the team title Golf News Net+10Wikipedia+10LIV Golf+10.

## May 8: Mid-season Trade Window

For the first time mid-season, LIV introduced a trade window allowing roster moves between teams—though no trades were finalized by its deadline

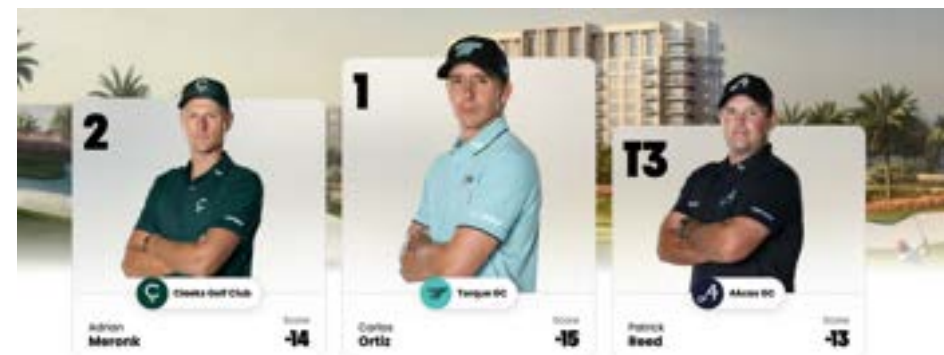
# June 2024

## June 7-9: LIV Golf Houston

Individual Winner: Carlos Ortiz (Cleeks GC) claimed victory with a 15-under total ESPN.com+8Wikipedia+8LIV Golf+8. Runner-up: Adrian Meronk; tied 3rd went to Patrick Reed and David Puig TalkSport+4ESPN.com+4LIV Golf+4. Notable: John Catlin made his LIV debut, subbing for Charles Howell III on Crushers GC Golf+13Wikipedia+13Golf Monthly+13.

## June 21-23: LIV Golf Nashville

Winner: Tyrrell Hatton earned his first LIV title in Nashville, finishing six-under with a final-round 65 LIV Golf+15Wikipedia+15LIV Golf+15. Team Champs: Legion XIII, Hatton's squad, took the team crown





## LIV GOLF SINGAPORE

MAY 03-05, 2024

Sentosa Golf Club, Singapore

### Teams

1  Ripper GC -32

T2  Fireballs GC -29

T2  Cleeks Golf Club -29

### Players

1  Brooks Koepka -15

T2  Cameron Smith -13

T2  Marc Leishman -13

► Highlights

🔗 Results

## LIV GOLF HOUSTON

JUN 07-09, 2024

Golf Club of Houston, USA

### Teams

1  Cleeks Golf Club -33

T2  Smash GC -31

T2  Fireballs GC -31

### Players

1  Carlos Ortiz -15

2  Adrian Meronik -14

T3  Patrick Reed -13

► Highlights


🔗 Results

## LIV GOLF NASHVILLE


JUN 21-23, 2024

The Grove, USA

### Teams

1  Legion XIII -40

2  Crushers GC -35

3  Torque GC -34

### Players

1  Tyrrell Hatton -19

2  Sam Horsfield -13

T3  Joaquin Niemann -12

► Highlights

🔗 Results







MAY 2 - 5

**THE CJ CUP Byron Nelson >**

TPC Craig Ranch • McKinney, TX • USA

[Past Results](#) | [Tickets](#) ➤PURSE  
**\$9,500,000**  
  
FedExCUP  
500 ptsWINNER 🏆  
**Taylor Pendrith**  
\$1,700,000

MAY 9 - 12

**Wells Fargo Championship >**

Quail Hollow Club • Charlotte, NC • USA

Signature Event

[Past Results](#) | [Tickets](#) ➤PURSE  
**\$20,000,000**  
  
FedExCUP  
700 ptsWINNER 🏆  
**Rory McIlroy**  
\$3,800,000

MAY 9 - 12

**Myrtle Beach Classic >**

Dunes Golf and Beach Club

Myrtle Beach, SC • USA

[Past Results](#) | [Tickets](#) ➤PURSE  
**\$4,000,000**  
  
FedExCUP  
300 ptsWINNER 🏆  
**Chris Gotterup**  
\$700,000

MAY 16 - 19

**PGA Championship >**

Valhalla Golf Club • Louisville, KY • USA

[Past Results](#)PURSE  
**\$**  
  
FedExCUP  
750 ptsWINNER 🏆  
**Xander Schauffele**  
\$3,330,000

MAY 23 - 26

**Charles Schwab Challenge >**

Colonial Country Club • Fort Worth, TX • USA

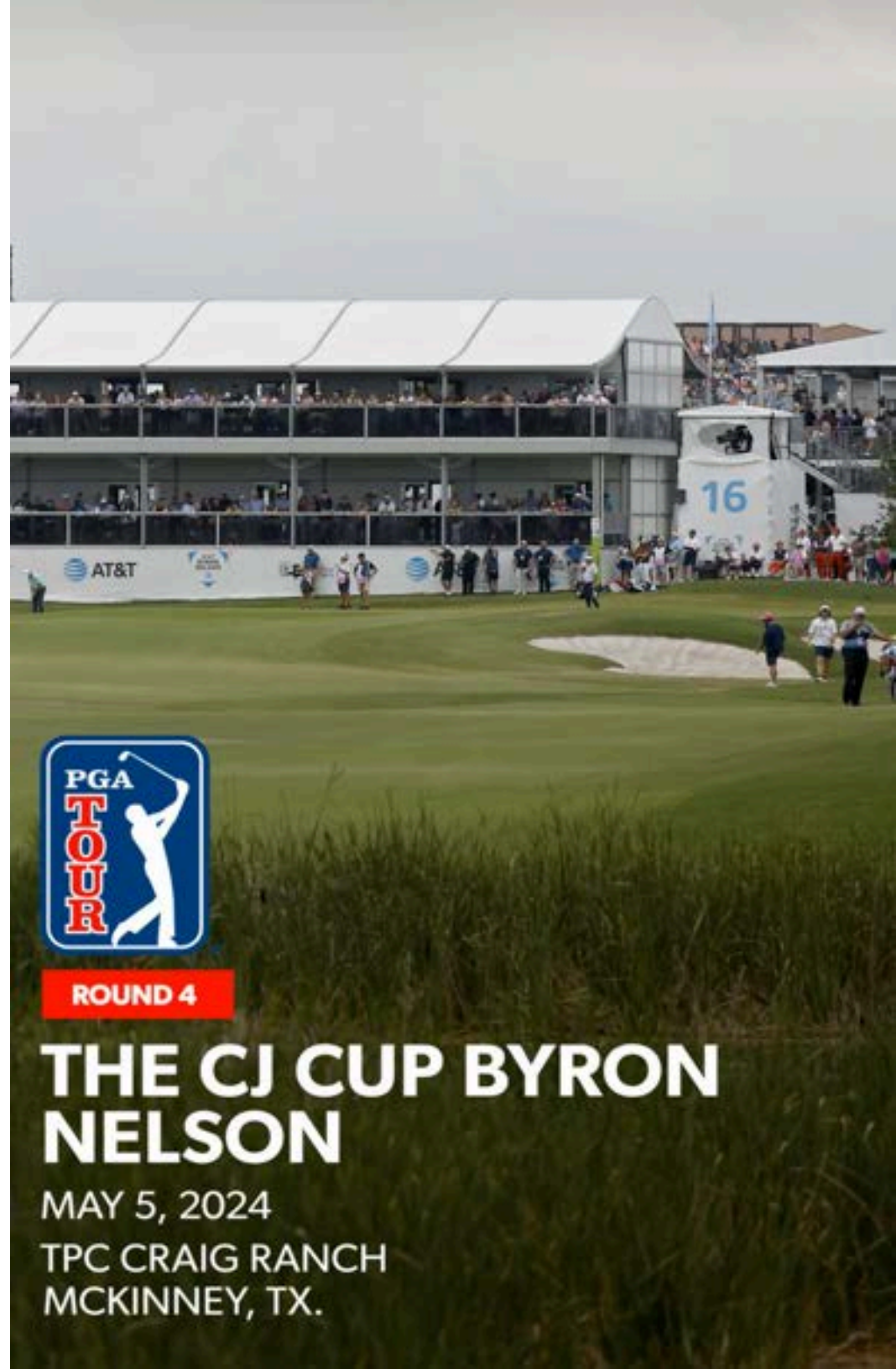
[Past Results](#) | [Tickets](#) ➤PURSE  
**\$9,100,000**  
  
FedExCUP  
500 ptsWINNER 🏆  
**Davis Riley**  
\$1,538,000

MAY 30 - JUN 2

**RBC Canadian Open >**

Hamilton Golf &amp; Country Club

Hamilton, ON • CAN

[Past Results](#) | [Tickets](#) ➤PURSE  
**\$9,400,000**  
  
FedExCUP  
500 ptsWINNER 🏆  
**Robert MacIntyre**  
\$1,692,000**ROUND 4**

# THE CJ CUP BYRON NELSON

MAY 5, 2024









TPC CRAIG RANCH  
MCKINNEY, TX.



ROUND 4

# THE MEMORIAL TOURNAMENT PRESENTED BY WORKDAY

JUNE 9, 2024  
MUIRFIELD VILLAGE GOLF CLUB  
DUBLIN, OHIO

<div>JUN 6 - 9</div> <div>the Memorial Tournament presented by Workday &gt;</div> <div>Muirfield Village Golf Club Dublin, OH • USA</div> <div></div> <div>PURSE \$20,000,000</div> <div>FEDERATION 700 pts</div> <div>WINNER  Scottie Scheffler \$4,000,000</div> <div><a href="#">Past Results</a>   <a href="#">Tickets</a> &gt;</div>	<div>JUN 13 - 16</div> <div>U.S. Open &gt;</div> <div>Pinehurst Resort &amp; Country Club (Course No. 2) Village of Pinehurst, NC • USA</div> <div></div> <div>PURSE •</div> <div>FEDERATION 750 pts</div> <div>WINNER  Bryson DeChambeau \$4,300,000</div> <div><a href="#">Past Results</a>   <a href="#">Tickets</a> &gt;</div>
<div>JUN 20 - 23</div> <div>Travelers Championship &gt;</div> <div>TPC River Highlands Cromwell, CT • USA</div> <div></div> <div>PURSE \$20,000,000</div> <div>FEDERATION 700 pts</div> <div>WINNER  Scottie Scheffler \$3,800,000</div> <div><a href="#">Past Results</a>   <a href="#">Tickets</a> &gt;</div>	<div>JUN 27 - 30</div> <div>Rocket Mortgage Classic &gt;</div> <div>Detroit Golf Club Detroit, MI • USA</div> <div></div> <div>PURSE \$9,200,000</div> <div>FEDERATION 500 pts</div> <div>WINNER  Cam Davis \$1,654,000</div> <div><a href="#">Past Results</a>   <a href="#">Tickets</a> &gt;</div>





# CUSTOM OFFERINGS

2024





**TAYLORMADE  
2024 DRIVER?**



**buy it asap.**



# 《Lee 说 F1》：五月三站，惊喜、泪点、奇迹一个不落！

文 / Lee |  
2024年5月27日

朋友们，五月的 F1 简直炸裂！迈阿密、伊莫拉、摩纳哥——三场比赛风格各异，但全都精彩到飞起。你如果只看了结果，那就太亏了；这三场，是每个 F1 迷都该存进脑海的经典瞬间。现在，就跟着我 Lee，一起复盘这三连战。

## 【迈阿密】冲刺+逆袭，Lando Norris 登基！

先说迈阿密。热到冒烟，气氛嗨到起飞。更重要的是——冲刺赛来了！Verstappen 冲刺赛轻松夺冠，Red Bull 看起来又是一场“无聊的统治”，我当时都快翻白眼了。

结果，主赛 Norris 杀出来了！

McLaren 的策略、节奏、轮胎管理全到位。Lando 越开越疯，竟然把Max都拉下马，赢得了他人生第一个 F1 分站冠军。“这是迈阿密，但今晚我像在梦里。”

——Norris说得我都想鼓掌，太燃了！

## 【伊莫拉】主场的红色呐喊，法拉利差点圆梦

到了伊莫拉，画风一转：老牌欧洲经典赛道，气氛肃穆得有点像跑进了历史博物馆。

但场上拼得可一点不老派！Ferrari 在家门口是真的拼了——Leclerc和Sainz轮番发力，全场 tifosi（法拉利死忠）差点把看台拆了。

不过 Verstappen 这家伙就像你游戏里调了最高难度的Boss，依旧冷静拿下胜利。雨一来，阿隆索的操作更是稳如老司机，妥妥地带走第六名，Respect！



## 【摩纳哥】神的街道，Leclerc 的眼泪重头戏来了——摩纳哥。

朋友们，这站不能叫比赛，这叫仪式。王室、游艇、香槟、晚宴，一秒穿越 F1 的贵族时代。而这场最浪漫的比赛，也终于送来了最感人的胜利：

Charles Leclerc，在自己家门口、在童年看赛车长大的街道上，终于赢了！过去几年他在摩纳哥不是撞车就是坏运，堪称“被诅咒的王子”。这次，他顶住了所有压力，从杆位一路稳稳带回。“从小的梦想，今天终于实现了。”

——Leclerc 眼圈都红了，我都跟着湿了眼眶。





# Lee Talks F1: May Madness – Three Races, One Epic Ride!

By Lee | May 27, 2024

Hey speed lovers, what a month we just had! May brought us three very different, very wild, and very emotional Grand Prix weekends: Miami, Imola, and Monaco. Each one with its own flavor — from beachside chaos to Italian heritage to Monte Carlo magic.

Let me walk you through what really went down, Lee style. Buckle up.

## Miami GP – Sprint Heat & Lando's Dream Win

First up, Miami. Hot weather, hot crowd, and F1's sprint format debuting on American soil. Verstappen cruised to a sprint win like he was on autopilot. Honestly? I thought, "Here we go again, Max is gonna walk it."

But then came Sunday.

Boom – Lando Norris happened. McLaren played their strategy cards perfectly, and Lando drove like he was born for this moment. He took advantage of a safety car, nailed his pace, and outran Max to score his very first F1 Grand Prix victory. "This is Miami... but tonight feels like a dream."

— Lando, living every F1 kid's fantasy. Iconic.

## Imola GP – Ferrari Roars at Home

Next up, the legendary Imola – home to memories, tributes, and tifosi. It's one of those tracks where you don't just race; you race with history watching you.

Ferrari came alive on home soil. Sainz and Leclerc brought the heat, the grandstands were a sea of red, and the Italian crowd was LOUD. But once again, Max Verstappen held his ground, proving he's still the guy to beat. Even rain couldn't shake him.

And shoutout to Alonso – the guy's been racing longer than some rookies have been alive, yet he still pulled off a brilliant P6 in changing conditions. Respect.



## Monaco GP – The Curse Is Broken

Then came Monaco. The crown jewel. The glamour. The yachts. The race where pole position is more than half the battle.

But this year, something magical happened.

Charles Leclerc — the prince of Monaco — finally broke the curse.

After years of heartbreak at his home race, this time he kept it clean, kept it cool, and brought it home. Pole to victory. No safety cars, no crashes, just a masterclass in pressure management.

"This was the dream since I was a kid."

— Charles, voice shaking, eyes tearing. Man, what a moment.

The stands erupted. Monaco royalty applauded. Champagne rained down. And Charles? He was finally King of Monte Carlo.



Formula 1			
JAPANESE GP   CHINESE GP   MIAMI GRAND PRIX   EMILIA ROMAGNA GRAND PRIX			
<div>Race details</div> <div>Date: Sun, May 5, 2024, 1:00 PM</div> <div>Track: <a href="#">Miami International Autodrome</a></div>			
<div> </div>			
Results			Final
Pos	Driver	Time	Pts
1	L. Norris McLaren · #4	1:30:49.876	25
2	M. Verstappen Red Bull · #1	+7.612s	18
3	C. Leclerc Ferrari · #16	+9.920s	15
4	S. Pérez Red Bull · #11	+14.650s	12
5	C. Sainz Jr. Ferrari · #55	+16.407s	10
6	L. Hamilton Mercedes · #44	+16.585s	8
7	Y. Tsunoda RB · #22	+26.185s	6
8	G. Russell Mercedes · #63	+34.789s	4
9	F. Alonso Aston Martin · #14	+37.107s	2
10	E. Ocon Alpine · #31	+39.746s	1
11	N. Hülkenberg Haas · #27	+40.789s	0
12	P. Gasly Alpine · #10	+44.958s	0
13	O. Piastri McLaren · #81	+49.756s	0
14	G.Y. Zhou Kick Sauber · #24	+49.979s	0
15	D. Ricciardo RB · #3	+50.956s	0

2024 CALENDAR	
R1	29 FEB - 03 MAR SAHARA SARAJEVO
R2	03-05 MAR SAUDI ARABIA JEDDAH
R3	20-24 MAR AUSTRALIA MELBOURNE
R4	05-07 APR JAPAN SUGURA
R5	24-25 APR CHINA SHANGHAI
R6	03-05 MAY MIAMI MIAMI
R7	17-19 MAY EMILIA ROMAGNA IMOLA
R8	26-28 MAY MONACO MONACO
R9	03-05 JUN CANADA MONTREAL
R10	21-23 JUN SPAIN BARCELONA
R11	29-30 JUN AUSTRIA SPIELBERG
R12	06-07 JUL UNITED KINGDOM SILVERSTONE
R13	13-15 JUL HUNGARY BUDAPEST
R14	26-28 JUL BELGIUM SPA-FRANCOCHAMPS
R15	29-31 JUL NETHERLANDS ZANDVOORT
R16	30 AUG-03 SEP ITALY MONZA
R17	16-18 SEP AZERBAIJAN BAKU
R18	20-22 SEP SINGAPORE SINGAPORE
R19	29-31 OCT USA AUSTIN
R20	30-01 NOV MEXICO MEXICO CITY
R21	01-03 NOV BRAZIL SAO PAULO
R22	24-26 NOV LAS VEGAS LAS VEGAS
R23	29-NOV-01 DEC QATAR LUSAIL
R24	02-04 DEC ABU DHABI YAS VICINA







NEW

# SC4 PRO

Precision...Redefined

LEARN MORE

The SC4 PRO is a black, foldable launch monitor. The left screen displays a grid of statistics: **231** (Distance), **7.1** (Launch Angle), **12.1** (Spin Rate), **95.5** (Carry), **42.5** (Loft), **149** (Backspin), **12.1** (Temp), **72.8** (Humidity), and **2580** (Barometric Pressure). The right screen shows a golf course map with a red tee box and a green fairway. Above the right screen are four circular icons representing different metrics: a green circle with a white arrow, a red circle with a white arrow, a blue circle with a white arrow, and a yellow circle with a white arrow. Below the right screen is a smartphone displaying the Pro Metric app interface, which includes a golf course map and a list of statistics. The Pro Metric logo is visible in the bottom right corner.

# T11 PRO

**SCORE: 9.7**

The T11 PRO smartwatch has a black strap and a circular screen. The screen displays a golf course map with a red tee box and a green fairway. The map shows a green line representing the ball's trajectory. The screen also displays the following statistics: **366** (Distance), **200** (Carry), **180** (Temp), **72.8** (Humidity), and **2580** (Barometric Pressure). The T11 PRO logo is visible in the bottom left corner.

## EDITOR'S CHOICE

A gold-colored award badge with a black border. The text on the badge reads: **MYGOLFSPY**, **2024**, and **MOST WANTED**. Below the text is a black silhouette of a golfer swinging a club.

**SCORE: 9.7**

The T11 PRO smartwatch has a black strap and a circular screen. The screen displays a golf course map with a red tee box and a green fairway. The map shows a green line representing the ball's trajectory. The screen also displays the following statistics: **182** (Distance), **135** (Carry), **158** (Temp), **72.8** (Humidity), and **2580** (Barometric Pressure). The T11 PRO logo is visible in the bottom left corner.

SHOP T11 PRO



# 六月海风轻拂，我在 Newport 挥了一场球

文 / Lee | 2024 年 6 月 7 日，  
Newport Beach Country Club  
随笔

清晨七点，阳光还不太刺，海岸线边的空气像刚泡开的冷萃一样清透。我一边拉着球包，一边深呼吸，Newport Beach Country Club 的草香混着太平洋的咸味，闻起来就是夏天的味道。

这球场真美，美得不像在现实世界里。每一洞都像设计师画出来的风景插画，草坪修得像地毯，球道两边是高高低低的棕榈与加州橡树，随风摆动。我站在1号洞发球台上，后面是会所典雅的红瓦白墙，前面是海风轻拍的坡道——那一刻我没急着开球，真想把整个画面定格。



打到5号洞，那是个沿海的Par 4，左边是俯瞰港湾的高坡。我瞄球时一只海鸥从眼前掠过，像替我送风向。我一杆打出去，球飞得笔直，在阳光下闪了一下，像个在空中划过的念头，最终稳稳落在果岭边缘。那一刻，我在心里轻轻哼了句“加州梦”。

Newport 的果岭速度快，滚得干脆，但不失公平；球童说：“它不像 Pebble Beach 那样凶，但也绝不随和。”我笑了，说这就像 Newport 这个地方本身：优雅，有个性，永远不急不躁。

打完18洞，走回会所的露台上喝一杯冰美式，阳光斜斜地照在球帽边上，我看着远处果岭上还在慢推的小白球，心里觉得，高尔夫最妙的地方，就是你永远有理由再来一次。

记录：2024年6月7日 /  
温度21°C / 风速 6mph /  
我打了82杆，差点开心  
写诗



# A Round in the Newport Breeze

By Lee | June 7, 2024, Newport Beach Country Club – Notes from the Fairway

At 7 a.m., the sun was still gentle, and the air along the coast felt as crisp and clear as freshly brewed cold brew. As I pulled my golf bag along, I took a deep breath—the scent of the grass at Newport Beach Country Club mixed with the salty breeze from the Pacific. It smelled like summer.

This course is beautiful—so beautiful it almost feels unreal. Every hole looks like it was taken from a designer's sketchbook. The fairways are trimmed like carpets, and on either side, palms and California oaks sway gently in the wind. Standing on the first tee, the elegant clubhouse behind me with its white walls and red tile roof, and a sunlit slope ahead brushed by ocean breeze—I didn't rush to hit the ball. I just wanted to freeze that moment.



By the 5th hole—a coastal par 4 perched above the harbor—I paused to line up my shot. Just then, a seagull skimmed past, as if to carry the wind's direction for me. I struck the ball; it flew straight and true, catching the sunlight like a fleeting thought, then landed softly on the edge of the green. In my head, I quietly hummed a line from California Dreamin'.

The greens at Newport roll fast and true—not unforgiving, but never easy. “It’s not as brutal as Pebble Beach,” my caddie said, “but don’t expect it to be friendly either.” I laughed, telling him that’s exactly like Newport itself—graceful, with personality, and never in a hurry.

After finishing 18 holes, I sat on the clubhouse terrace with an iced Americano. The sun cast a slant of light over my cap, and I watched a small white ball still being gently tapped toward the cup in the distance. I thought to myself: the magic of golf is that there’s always a reason to come back.

# 青少年高尔夫专栏

## 从兴趣到突破：青少年高尔夫训练全路径指南

文 / CHAMPION CLUB 编辑部

### 第一节 | 青少年训练计划：分年龄阶段打造专属路径

高尔夫是一项“慢热”的运动，但正因如此，它更适合从小培养。不同年龄阶段的青少年球员，身体发育、心理成熟度、理解能力都不同，因此“分龄训练”已成为近年来高水平青训的关键策略。

#### 5-8岁：玩中学，培养兴趣

这一阶段的训练重点在于“玩”。教练通过游戏化教学，比如“小怪兽切杆”、“推球进动物之家”，让孩子对高尔夫产生天然的兴趣。挥杆动作不追求标准，而是鼓励模仿与探索。“多尝试、多体验”，让孩子在笑声中建立身体与球杆的初步连结。

教练建议：使用轻质球杆、颜色鲜艳的球具，更容易引导小朋友注意力。

#### 9-12岁：动作扎根，初试比赛

此阶段孩子的协调性和理解能力显著提高，可以进入“技术启蒙”阶段。教练会带领他们建立挥杆基础动作，如正确握杆、姿势调整、力量分配等。同时，孩子们可参与友谊赛、小型分龄赛事，学习在规则与时间限制下完成比赛。

小建议：记录每场训练表现，建立“成长日志”，让孩子自己看到进步。

#### 13-17岁：技术提升与心理建设并重

这是高尔夫发展的黄金期，也是竞技梦想发芽的阶段。球员需接受系统性的挥杆纠正、短杆专项训练与球场策略教学。同时心理素质也至关重要——如何在压力下保持专注、如何走出一杆失误的阴影，这些都是通往职业或高校高尔夫之路的必修课。

多数大学教练在此阶段开始观察潜力球员，家长和教练应关注孩子的GPA和比赛记录同步提升。

### 第二节 | 家长课堂：如何在成长过程中做最佳支持者？

许多成功的青少年球员背后，都站着一个“刚刚好”的家庭支持系统。他们不是“老虎爸妈”，也不是“完全放手”，而是懂得在恰当的时机，做孩子最可靠的后援团。

#### 1. 理解节奏，而非催促结果

高尔夫是与时间赛跑的运动。成长过程中，孩子的节奏不一定是直线上升的。家长应接受“高原期”的存在，与教练共同制定目标，不急不躁。

#### 2. 鼓励参与，而不是操控

比赛前后，不要只问“你赢了没有？”而是可以说：“你在第九洞处理得很稳。”“看到你在短推上越来越冷静，太棒了。”这类关注“过程”的语言，比关注“结果”的评论，更能带来正向激励。

#### 3. 和教练建立开放沟通机制

家长不是旁观者，而是桥梁。主动了解训练内容、日常反馈，与教练形成“三角共育”结构，有助于孩子全面成长。

#### 4. 为孩子打造健康的球外生活

让孩子保持多样化兴趣，拥有朋友，参与学校活动。高尔夫是人生的一部分，而不是全部。有平衡的生活，孩子在球场上也会更轻松、更自信。





# Junior Golf Spotlight

## From Curiosity to Confidence: A Complete Guide to Junior Golf Development

By Champion Golf Editorial Team

### Part 1 | Training Pathways by Age: Building the Right Foundation

Golf is a sport of precision and patience—and that makes it ideal to start young. But not all young golfers should be trained the same way. Every age group has different physical, mental, and emotional needs. Here's how top junior programs are now approaching golf development stage-by-stage:

#### **Ages 5–8: Learning Through Play**

At this age, the primary focus is fun and discovery. Coaches use games like "Monster Chipping" or "Animal House Putting" to help kids engage with the game. Swing form is not forced; imitation and exploration are encouraged. The key is to spark curiosity and create a positive first impression of golf.

Pro Tip: Use lightweight, colorful equipment to hold attention and build confidence early.

#### **Ages 9–12: Laying Technical Foundations**

Children at this stage have better coordination and are ready to start learning golf's fundamentals—grip, posture, swing plane, and basic shot types. They also begin to understand rules and etiquette. Small tournaments or scrimmage events are introduced to teach time management and on-course awareness.

Tip: Start a "golf journal" for kids to track progress, reflect on lessons, and celebrate milestones.



## Part 2 | Parent's Corner: How to Be a Supportive Partner in the Journey

Behind every rising young golfer, there's often a parent—or team of parents—who strike just the right balance. Not pushy. Not detached. Supportive in the ways that matter most.

### **1. Respect the pace, not just the outcome**

Golf is a marathon, not a sprint. Development includes plateaus and setbacks. Parents who support steady growth rather than demanding fast results help build long-term resilience.

### **2. Encourage effort, not just trophies**

After a round, don't ask "Did you win?" Instead try:

"You stayed calm on the 9th hole—that was impressive."

Or: "You're getting more consistent with your putting."

These observations celebrate progress, not just outcomes.

### **3. Partner with coaches, don't hover over them**

Be proactive in understanding your child's training and building trust with their coach. The best junior golf environments form a "triangle" of collaboration: coach, parent, and player.

### **4. Support life outside golf**

Encourage friendships, school involvement, and hobbies. A well-rounded lifestyle contributes to mental health and on-course confidence. Golf should enhance life, not consume it.







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