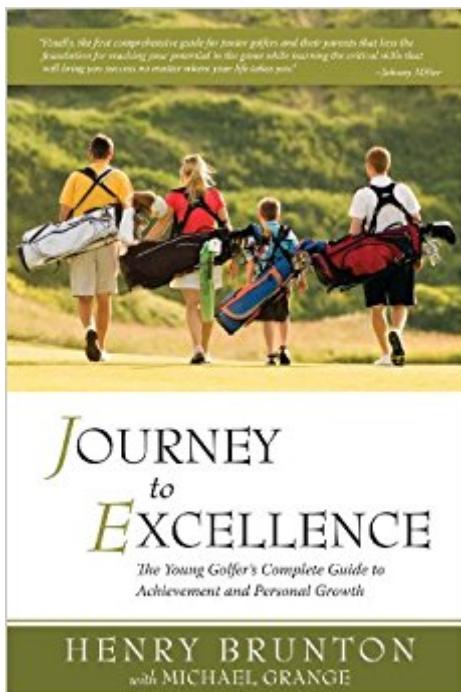


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# Journey To Excellence



## **Synopsis**

Paperback: 147 pages, Publisher: Sea Script (September 4, 2009), Language: English, # ISBN-10: 0615302939 # ISBN-13: 978-0615302935, Product Dimensions: 8.9 x 5.9 x 0.4 inches

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Product Dimensions: 9.1 x 6.4 x 0.4 inches

Shipping Weight: 6.4 ounces

Domestic Shipping: Currently, item can be shipped only within the U.S. and to APO/FPO addresses.

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Best Sellers Rank: #988,474 in Books (See Top 100 in Books) #61 in Books > Sports & Outdoors > Coaching > Golf #1224 in Books > Sports & Outdoors > Golf #8415 in Books > Sports & Outdoors > Individual Sports

## **Customer Reviews**

Henry Brunton is one of world's leading golf coaches and educators. In 2005 he became the first Canadian recognized by GOLF Magazine as a Top 100 Teacher, the publication's biennial survey of teaching excellence. He also was named the fourth Most Influential Person in Canadian Golf by Canada's National Post. Brunton has a passion for developing elite junior golfers and has been Canada's National Coach since the Royal Canadian Golf Association established its Player Development Program in 1999. Brunton also leads Strive for Excellence, a comprehensive year-round coaching and training program for aspiring high-level junior and collegiate golfers in Toronto. For more information, visit [henrybrunton.com](http://henrybrunton.com).

After browsing thru it and reading some chapters I'd say good book! Almost a must read for those who want to improve

Journey to Excellence is brilliant guide for all of those involved in the development of junior golfers. From coaches to parents, to the athletes themselves, JTE is a must read for anyone who is serious about embracing their potential, whether it be in golf or life. Henry Brunton's wealth of knowledge and experience are wonderfully layed out in a clear and enjoyable read. JTE is a truly encompassing guide that touches on all factors required for optimal development (e.g., proper coaching/equipment, physical/mental training, nutrition). As Brunton points out, "there are many routes to excellence...golf can be your path to excellence or a conduit that leads you places you never thought possible" (p. 15). As a golf coach and performance consultant, I could not agree more! This book has immediately become an integral part of my work with all junior development players. In summary, this book does a great job highlighting the notion that "there are no failures in life, only lessons" (p. 128)... a statement we should all live by. Thanks Henry for this wonderful gift!

While doing research on junior golf programs, I came across Henry Brunton's book, "Journey to Excellence: The Young Golfer's Complete Guide to Achievement and Personal Growth." Brunton, a member of the Canadian PGA since 1984, is a CPGA Master Professional, Canada's National Coach since 1999, a U.S. Kids Golf Top 50 Kids Teacher and a member of the Titleist Performance Institute's Junior Advisory Board. He knows a lot about golf in general and in particular what life is like for young people with aspirations to become collegiate golfers and touring pros. For those young golfers who have fallen in love with game, who dream of being the next Tiger or Annika (and for the parents and coaches who will help them achieve their goals), "Journey to Excellence" is a delightfully supportive but also down-to-earth, realistic guide to becoming the best golfers they can be. Sorry kids, you don't get to skip your homework because you need to practice. "In reality, if you let your homework pile up, not only will your school work suffer, but your golf will too, as the stress of poor grades will likely leak into your golf game. Instead, it's much wiser to take the steps necessary to balance the demands of golf and the other realities of your life so that both spheres benefit," Brunton writes. But Brunton is clear that the journey begins with the fun of playing golf. "For some reason, some people--a lot of people-- have fun trying to move that white ball. There are a lot of things about it that make it fun: the company is almost always good--no one is introduced to golf by people they don't like..." Brunton writes on Page 1. By Page 3, fun and a passion for the game meet up with the hard work and diligence that is needed if a young golfer is to have any chance of becoming one of the 5,500 golfers playing at the NCAA Division 1 level, not to mention join the less than 500 men and women currently playing on the PGA and LPGA tours combined. There are no instructional sections here, no swing tip sequences nor references to any mechanical devices that

can straighten a hook or slice. There is a chapter on how to get clubs that fit properly. How to find a coach, maximizing practice sessions to fit a young golfer's age, needs and personality; principles for self management including mental and physical training and nutrition needs; and developing a plan to win are all topics covered in this handbook. The final chapter delves into the pertinent facts about college golf. As I read the book, I paused many times to consider how Brunton's advice applies to my own desires to take my golf game to a higher level. Though specifically designed to meet the needs of young golfers, "Journey to Excellence's" comprehensive and wise perspective could benefit golfers of any age.

Twenty-five years ago when I was competing in junior golf tournaments all over the Midwest and struggling to improve I would have given anything for this book. I've worked in the golf publishing business for nearly 20 years and have never seen a step-by-step guide that explains how the best junior golfers continue to improve and reach their full potential until Journey to Excellence. It took someone of Henry Brunton's credentials to finally pull all the key information into one resource. Brunton is the Head Coach for the Canadian National Men's Team, he is the only Canadian ever named one of GOLF Magazine's Top 100 Teachers, he is the creator of the teaching curriculum used by the Canadian PGA and near Toronto he runs one of the finest regional junior programs in the world for competitive juniors. A program that has been emulated by instructors all over North America. Journey to Excellence details the intricacies of every major issue that a young competitive golfer will face while trying to become the best they can be. From equipment issues, to finding the right coach, to managing emotions to understanding how to earn a college scholarship, it's all right here in a breezy read filled with anecdotes from the game's best players who have already reached their full potential in the game. Brunton saw the need for providing honest, accurate information to the next generation of competitive golfers and spent two years working on this manuscript. It was a labor of love and it shows in the final work. I've been fortunate to know Henry for nearly 15 years and he is a major force who will lead junior golf in a positive direction for years to come. If you (or your child) enjoy competitive golf, this will be the best small investment you'll ever make on your golfing career.

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