

GARRETT ENGLE | TENNESSEE (CHATTANOOGA) GOLF &op

My name is Garret Engle Uh I play men's golf at the University of Tennessee at Chattanooga So I was lucky enough to um they changed the recruitment rules actually my sophomore year which made things really hard Um because I had this stretch before um before I was a sophomore where I could talk to coaches Um and I was lucky enough to have a lot of contact with coaches and coaches were contacting me and um I was able to talk to a lot of colleges before the cut off started But then um suddenly they changed the rules and I wasn't able to talk to any coaches at all my sophomore year Um so that kind of threw me for a loop and I wasn't really sure where I was at with any of the colleges That was that was the biggest difficulty and then I had to basically restart my whole recruitment as a junior Um so I got a lot of things thrown at me really fast Um so that was the hardest part for me is you know I had all these schools that I had talked to before and then I suddenly didn't know where they stood at all and I come back my junior year and I was you know I didn't know what offers I would have or anything like that and it ended up working out well Um I had plenty of offers and plenty of plenty of places to go and school is still interested but it's just hard to stay calm not knowing And I think that that that's something that you know someone who's a little bit of a late bloomer and doesn't really have any contact with coaches until they're you know a senior kind of goes through the same thing But it's important to just focus on your actual golf or your or your sport whatever that is and then end up you know if they'll come to you uh it's you know they'll they'll end up you'll get exposure if you're doing doing the right things on your athletics But like a lot of people when they're emailing coaches or like giving a resume to a coach they only put their good things on their resume And one thing that I did to stand out is I put all my bad tournaments on my resume I put a lot of bad stuff on my resume because I think it's very important to be transparent And like that's something I was looking for in coaches Like I wanted my coaches to be transparent and to be completely honest with me And if you're able to give that to them they're able to give that to you back and they understand that like if you're willing to put those things in you're not trying to sugar coat anything Like they know what they're getting And I think that that's very important I think that's something that that helped me kinda stand apart from any other recruits or or

anybody like that is they were able to see the full picture without having to go digging for it Yeah most of it isn't really on a golf And um it's more with the mental aspect of golf I mean there's obviously a big physical aspect but most of it at the point that I'm at and during my my end of high school career and and when I I in my recruitment um I was kind of just more focused on the mental aspect of golf So I had a lot of people kind of give me advice on how to deal with you know bad shots bad breaks um good breaks how to deal with nerves and tournaments and all that kind of stuff So that was that was the stuff that stuck with me more So um specifically just how to rebound from a bad shot or a bad hole and like not dwelling on the past Um And that's been the biggest thing for me I think something that's very important is I think the most important thing is is the coach Um you know every coach has a little bit different philosophy a different way They do qualifying a different way they do practice um a different way they do workouts um how hands on they are or you know kind of let you do your own thing And I think that's super important to know what style of coach you're looking for Um and uh to me that's the most important thing I mean that's that was what I was looking for both times Um Both in my first recruitment stage then after the dead period the second recruitment stage and then was I was in the transfer portal too Like that's that's pretty much my main focus the entire time which is finding a coach that kinda um related with me in the way I practice and the way I play I think that's the most important thing And the other thing too is to not be afraid to drop to a school that maybe is viewed as like a lower level or not as ran not ranked as high Like I think that's something that's super important because golf at the end of the day you don't need to be the number one program in the country to play professional golf or to get to the next stage of your career whatever that is like you can go to a lower level mid major or or ad two school for that matter Like there's plenty of professional golfers that have come from community college Ducos D 3D 2 like all throughout It's not just you go to the best top 10 schools in the country or you're you're you're done Um and I think that's something really important if you like a coach at a smaller school But you're like ah I don't know if I wanna go there because we're not gonna be able to compete Like if they're a good coach and they you know they they match what you're looking for It's gonna end up working out great for you and you'll probably end up having a good team too I think one of the things I did that a lot of people didn't do is I was working out and get my body right really early Um I started working out and get my you know doing training in that way Um

starting when I was 12 years old and a lot of people waited until a little bit longer and that's kind of starting to become more of a thing where people start training physically for golf a little bit earlier doing strength training mobility training and that stuff But that's something I started early It's kinda helped keep my injuries low and it's just helped overall gaining strength and being able to hit more shots I wasn't able to do And then in terms of you know practice and getting ready I in that sense um I like to play on the golf course a lot more um than just go out in the range and hit balls And I think it's really important to go out and um figure out how to hit certain shots and you can't really replicate that in the range That's another thing I do that I think is very helpful and part of why um one of the strength of my game is is being able to recover so from hitting a bad shot and hitting in trouble because I've seen those situations so many times Um I think the main thing is it kind of goes back into the mental aspect Um you know I wish I would have developed a little bit more with the mental aspect of my golf game Um a little bit earlier I think it's something that I've always done really well Um but it's something that I wish I focused on a little bit more Um I think it's the most important part of golf I mean everyone everyone has the ability to play a good round of golf but you see a ton of people go out they make a bogey they flip out they lose their mind they get nervous they start thinking they start thinking ahead and thinking backwards I mean you know you think ahead Oh I got an easy hole coming up now I got a birdie It it just makes everything more pressured and I think being able to go out and relax and just stay in the moment is the biggest thing that I wish I would have done better at earlier It's very important to think about your course management and not make any unforced errors or stupid decisions because you're mad or just stupid decisions in general because you're kind of trying to push for something Um it's important to get a game plan in your practice rounds and in your preparation and then once you step foot in the golf course you gotta stick to it and make the right decisions in the moment because that's something they look for a lot you know not missing in the wrong spots because when you get to college golf it's a lot harder The pins are a lot harder the conditions are a lot harder So they're gonna pick a guy who has good course management and a little bit less ability over someone who has more ability and is making stupid decisions pretty much every round