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Ich Bin Ein Golfer
Caroline Masson



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Ich Bin Ein Golfer

Caroline Masson

Photographs courtesy of Camera4 and Tristan Jones/LET

Born and raised in Gladbeck, Germany, Caroline Masson is a current Ladies European Tour (LET) and US LPGA Tour member. Caroline was first introduced to golf by her grandfather who took her to the golf course as a child where she soon fell in love with the game. Coming from a sporting family where her father was a tennis coach, Caroline did play tennis for a while but realised that tennis was not the sport for her long term. She much preferred testing herself mentally and physically against the elements and landscape of a golf course.



As an amateur, Caroline had a decorated career representing her country at the age of 15 in the German National Team. In 2006, Caroline competed in the Espirito Santo Trophy and won the German Stroke Play Championship. She also had the honour of representing Europe in the 2005 and 2007 Junior Solheim Cup. A year later, Caroline won the German Match Play Championship and German Ladies International and represented Germany again at the Espirito Santo Trophy. Her exploits opened the door to a golf scholarship at Oklahoma State University after graduating from secondary school in 2008 and then in the following year she turned pro. Caroline now resides in Florida where she continues to make her mark in the professional game.

My First Win

Joining LET in 2010, Caroline made 14 of 16 cuts and at the 2011 Women's British Open on the famous Carnoustie golf course, she was leading after the second and third rounds but unfortunately could not take the title on

that occasion. Her first win came in 2012 at the South African Women's Open where she won by one stroke over Lee-Anne Pace and Danielle Montgomery.

The Love of the Game

Asked why golf was such a great game, Caroline cited the diversity of golf as the overall appeal. The game provides flexibility and challenges to test oneself and is great for a perfectionist like herself. For Caroline, her advice to 'would be golfers' is to practise routines and be well prepared for tournaments. She made the point that often golfers will constantly make changes to their game but it was important to remember that what might not work now may work in the future, so it was not about making changes as such but practising things that work for the individual and soon things will fall into place naturally.

Adaption

Caroline like many of her peers has had to deal with injury and the key is to persevere with recovery and be

confident throughout the process and even if you suffer a slump in form, not to give up. Whether it is injury or a slump in form, you must have belief in oneself, keep practising on what you are doing and be patient. "You cannot force it, patience is key." In terms of tournaments, Caroline indicated course conditions as being the main challenge, having to adapt to changes in weather as also being a major factor. Having played in Europe and Asia, the major differences between the two boil down to the language and culture of different countries. Hence, there is the need to be open minded at all times and to adapt to the differences as best as possible.

Step by Step

Caroline is taking a step by step approach and continuing to improve with each game. Patience is what Caroline is keen to convey, so for now she is aiming to break into the top ten in the next three years, prepare for the Solheim Cup where she hopes to keep the title in Europe once again and claim her first LPGA win. Naturally, like all golfers on the tours, she would like to win a major and has her eyes set on the Kraft Nabisco Championship (now known as ANA Inspiration) as Caroline feels she has the best chance of winning there playing a good tournament and would love to jump into the pond at the 18th hole like so many winners before her.

Away from golf, Caroline still likes to play tennis socially but is always mindful of injuries and relaxing with family and friends. As a child, she always wanted a dog and now finally has a four legged companion of her own. In the meantime, Caroline will continue to play as best she can for the 2015 season and take her next steps towards greater things.



卡羅琳·馬森 明德惟馨

現時是女子美巡及女子歐巡的成員的卡羅琳·馬森在德國格拉德貝克出生及長大，而且出自運動世家。她的父親是網球教練；祖父是她在高球上的啟蒙老師，第一次帶她往球場去打球時便令她愛上這項運動。雖然她曾習網球，但很快便發現這不是她畢生所要追求的目標，還是較為喜歡藉高球場的地勢及各種元素訓練自己的心理及體能。



卡羅琳早在業餘時期便曾代表德國國家隊作賽，當時她只有15歲。2006年，她參加世界業餘團體錦標賽聖靈盃，並奪得德國比桿賽冠軍；2005年及2007年曾代表歐洲隊參加青少年索罕盃。一年後，她又贏得德國比洞賽及德國女子高爾夫球公開賽冠軍，再次代表國家參加聖靈盃。一路以來的成績令她受到奧克拉荷馬州立大學的青睞，在2008年中學畢業後以高爾夫獎學金完成大學學業，翌年轉為職業球員。卡羅琳現在於佛羅里達州與自小便夢想擁有的狗兒居住，亦繼續在高爾夫上創造出更驕人的成績。

卡羅琳在2010年加入女子歐巡賽，16次賽事中14度成功晉級，2011年於蘇格蘭有名的Carnoustie球場舉行的英國女子公開賽在第二、三輪領先，最後竟無緣一觸獎盃。可是一年後，她就在南非女子公開賽上以一桿之差險勝李安·佩斯及蒙哥馬利，取得個人職業處女冠。

情有獨鍾

被問到為何如此鍾情高爾夫時，卡羅琳說高爾夫球的多樣性對她來說最是吸引。高球所給予運動員的彈性及對自身的試驗十分多，正好適合她這類完美主義者。在許多球員中常見的，是他們會不斷在策略上作出改變，務求試出成功的打法。卡羅琳卻要大家緊記，即使今天沒看見成效，不代表將來也一樣。所以對她而言，還是注重多練習對自己有幫助的技巧，日子有功。

正如許多身邊的球員一樣，卡羅琳亦曾要處理傷患帶來的後果，她說唯有靠忍耐才能熬過復原時期，亦要在當中仍保持信心。有時候，即使明知自己表現未如理想，仍不能放棄。處理傷患及狀態突然下滑的手法一樣，就是必須相信自己，並在自己一直努力的事上持續有耐性地練習：「當你無法逼自己時，耐性才是最重要的。」就比賽來說，賽事場地的條件一直對卡羅琳是最大的挑戰，尤其是要適應賽事當地的天氣變化。而在歐洲及亞洲作賽的日子以來，兩地最大的分別在於語言及文化，故要自己保持開放的態度，才能適應各個地方的差異，保持水準。

步步為營

卡羅琳正逐步改善自己的球技，亦有意在未來三年內打進賽事的首十名，與及為今年的索罕盃做好充分準備，有望為歐洲隊保住名銜之餘亦取得個人在女子美巡的第一冠。她說自己和許多球員一樣，也想得到一次大滿貫冠軍，特別是納比斯拜錦標賽（現稱為ANA Inspiration），因為她覺得自己最容易在這個賽事上取得好成績，也希望可以像歷屆的冠軍得主般在第18洞跳進池塘裏。

高球以外，卡羅琳仍會間中打網球，與家人及朋友聯絡感情；但她總會格外留神，以免受傷。面對2015季度，卡羅琳將會全力以赴，為更偉大和更美好的事而奮鬥。