

2009 Lake Forest Boys' Golf Team

Player Profile

Name: J. Hermes

Birthdate: April 10, 1994

Year in School: Sophomore, 2012

Middle School: St. Mary's



My favorite subject in school is math and physics.

My two favorite golfers are Rory McIlroy and Tiger Woods. I like Rory because he's only 19 and he has such a great swing I would like to model mine after. Tiger Woods is my other favorite because he is so dominant, his mental game is in my opinion the best there ever was, and he goes and keeps himself in great physical condition.

My proudest golf accomplishment is having 6 eagles in my life.

My most memorable round was when I shot what was my best score ever with my dad, which was a 75 at our country club.

The best advice I have ever received was to develop a pre-shot routine to help me become a better pressure player, and a post shot routine to help my resiliency.

The best course I have played is The Quarry in Palm Springs.

The best part of my golf game is my short game and ability to recover from a bad shot into a green no matter the position I am in.

In the future I hope to go to a prestigious college where I can earn a good education and play on a highly respected golf team, and from there take my game to the highest level possible.

When I am not playing golf I am with friends, studying or doing homework, eating (preferably Potbelly's or Chipotle), working out, practicing, running, or sleeping.

As a member of the LFHS Golf Team I hope to take my game to the next level, find better ways to make me more mentally tough, become a better overall person, meet new people, excel to the highest level, and go to state and place in the top 10.