

SOCIAL TOPIC!!

What is your favorite vacation spot you've been?

What is your dream vacation?

Hello Turn Members,

I hope you enjoyed the beautiful weather we have been having with walks and/or golf. It was so nice having several days in a row of sunny days!

Your golf lesson for the week will build off last week's lesson, Width of Arc. This week the focus is Length of Arc and your fitness lesson is on Stability.

I want to thank you for responding to the emails and newsletter about our return date of June 15th. We appreciate your feedback, concerns and willingness to work with us to make this a safe and enjoyable return.

This week we are developing a playbook that will help you with consist steps to ensure everyone's safety. We will send it to staff, members, and volunteers. Your new schedule will follow the playbook.

We are all looking forward to The Turn program starting again and want it to be a positive experience. If you have any concerns or questions, please call me at 216-288-7793. If I don't know the answer, I will work to find the correct answer.

Your Program Coordinator,

Shellie



Stability

In last week's article we discussed mobility. I see many golfers work to improve mobility so they can lengthen their golf swing. Controlling that range of motion, by improving stability, may decrease the risk of injury and create an efficient golf swing by increasing power, club head speed and ball striking consistency.

Our members work on stability exercises during every clinic. At least one exercise targets the lower body and one targets the upper body. The lower body is all about the king of golf. In this case, it is not Arnold Palmer, but the gluteal muscles! Did you watch the tournament when Tiger had to drop out because he could not activate his glutes? Lacking stability in the lower body can set us up for low back injuries and lead to common swing characteristics such as the sway and the slide, the lateral movement of the lower body during the swing. An important physical requirement necessary to lengthen the golf swing is external rotation of the shoulder.

Hopefully, you watched Exercise Video 4 which reviewed some exercises to improve shoulder mobility. Without stability of the scapula (shoulder blade), poor shoulder biomechanics can lead to shoulder injuries and swing characteristics that affect the efficiency of the golf swing including swing length. One common swing characteristic we see, when members lack stability in the shoulder girdle, is the chicken wing which can affect the swing path.

In Exercise Video 5, I review some exercises that target the gluteal muscles and muscles of the shoulder girdle. You don't want to be that golfer who has to yell FORE because you just sliced the ball into another fairway.



Length of Arc

"How far back should I swing my club?"

This is a very common question asked by most golfers and the reality is that they will probably get a different answer depending on who they ask. How far a player swings their club back and through on any golf swing is called their "arc length".

Everyone's arc length will ultimately be a very individual thing but what is most important to take from this article is if you are not aware or educated there is a possibility that your arc length can be either too long or too short. A starting point for a full swing arc length would be swinging until the club shaft is horizontal at the top of the swing, plus or minus 5-10 degrees. This is where most of the top players are at the top of their swing. Very few golfers, amateur or professional, possess the flexibility go further than this position without creating some type fundamental flaw. Also please understand that a lot of our Turn Members will have arc lengths that are much shorter than that horizontal position. If your arc length is too long you might feel powerful but you will be actually creating a situation where you are losing power because you may negatively

When someone makes a full swing and has an arc length that is too short, this can create problems too. Too short of an arc length can also create a loss of power because it does not allow the golfer to incorporate the larger muscles of the back and core. This causes the golfer to try and create all their power in the hands, arms, wrists and shoulders and this can cause an early hit due to the loss of momentum. In general, this causes a golfer to hit at the ball as opposed to swinging through the ball which is ideal. In conclusion, be aware that your arc length can have a huge affect on all of your shots both in the long game and the short game. Arc length for all shots can either be ideal, too long or too short based on a bunch of different factors. It is best to work with your Golf Team to help determine the best arc length for you so that you are no longer asking the question from the beginning of this article.

As usual, please reference the instructional video that we have provided to learn mor about arc length and how it applies to you.

