

******what you need for this weeks lesson******
Putter & wedge

Hello Turn Members,

Well, the time has come! The Turn Program will officially start on June 15th and we are looking forward to seeing everyone again!! Please remember your groups. If you are in group A we will see you this week, if you are in group B we will see you next week. If you are not sure what group you are in please call me at 216-288-7793.

The lesson for this week is alignment in golf and you will need your putter and a chipping club. Fitness will focus on vision.

Everyone should have received the Programming Playbook, if you didn't get it, again call me. Please read it before class. There is one thing we are adding to the playbook, we will be using a touchless thermometer to take your temperature before you participate.

Your Program Coordinator,
Shellie



Vision is Often Overlooked

You shine up your golf clubs, clean your shoes and put on your new dry fit golf shirt before heading off to a golf lesson with a new instructor. One of your goals is to improve alignment. The pro quickly hands you your 7 iron and the lesson begins. No questions about your physical history. No questions about your vision. You are wearing bifocals and have poor peripheral vision in one eye. My advice is to pack up your clubs and politely excuse yourself.

On your first day at The Turn, the fitness staff discusses the member's medical history including vision. During the second session, a golf physical screen is completed. Results are discussed with the golf staff so they know how your golf game might be affected. Then, and only then, the new member attends their first day on the golf side. The golf team stresses the importance of developing a pre-shot routine, part of which is determining alignment. If your vision is affected, you may need to ask for assist from a golf volunteer or staff member, compensate, and/or exercise your vision to be successful. That's right, exercise your vision.

Dr. Jennifer Conn, Optometrist, states "When so much of our life and sports performance are experienced visually, it is important to pay extra attention to the health of our eyes by seeing an eye doctor annually. All sight impacting diseases and disorders can be diagnosed and treated by optometrists and ophthalmologists. Once best sight is achieved, we can enjoy vision, the brain's understanding of our visual world!"

This week's video will introduce the most common eye conditions, disorders and diseases such as presbyopia, floaters, nystagmus, glaucoma, cataracts, macular degeneration and diabetic retinopathy. You'll have to wait until next week to SEE examples of visual exercises!



How's Your Aim?

Unfortunately for most golfers, the answer to the question above is usually the same...NOT GOOD!

Aim, also referred to as alignment, is one of the trickiest fundamentals in the golf swing. There are three main reasons why aiming in golf proves to be difficult for most.

The first reason is because there is a distortion in your vision, called a parallax, that causes a misrepresentation of what you think you see and what you actually see. This parallax really comes into play for golfers who only aim from the side while addressing their golf ball. Aiming from directly behind the ball (down the target line) first and picking out a spot to aim at will certainly help offset this distortion. This is known as spot alignment, and it is a method used by most high-level players.

The second reason aim is so difficult in golf is because our alignment constantly changes based on how we are swinging and how we are swinging can change our alignment. This is why I encourage you to practice your aim at some point during every practice session, this way you can help keep the change under control.

The third reason for difficulty in aiming is simple...we all assume that we are really good at it so we never check it. Don't just assume that you are aimed correctly, use drills during practice to check or also have one of your friends check next time you are playing!

Hopefully this article helped you to **SEE** the truth about your aim a little more clearly.

