

Hello Turn Members,

Happy September everyone! I hope you had a great Labor Day weekend!!

During your week off program we had the Golf Social on Tuesday, September 8th. Two teams of golfers showed their skills in a putting & chipping competition. The winners received a sleeve of golf balls and bragging rights. They were Toby, John, & Jean with a score of 15,101! On Wednesday there was a heated battle of Bocce Ball with a final score of 16 to 10 the winners were Trevor, Kathy, Don, Erin & John. If you are interested in the activities we offer, outside of core program you can sign up on the Vagaro app. Just a reminder, if you sign up, but cannot be here please call me right away! We have members on a waiting list that I can call to take your spot.

We have a special event coming up called, Make your own Hand Sanitizer with Carina Dolci Apothacary. This is a great opportunity to check off friends and family on your Christmas list and treat yourself to a special product! You create your own scents using natural oils and it won't dry out your hands!! The cost is \$15.00 for 2 bottles (2Fl oz each) you can create additional bottles for \$6.00 each. All are welcome, members and friends of members! Just to make it a little more special a percentage of proceeds will be donated to The Turn! A signup sheet will be available soon.

In the next 2 weeks look forward to Group Competition and Finding Your Balance on the golf side and Post Round Stretching on the fitness side.

Your Program Coordinator - Shellie



The 19th Hole!

Hopefully by now, you have developed your own pre-round warm-up routine consisting of dynamic stretching. The pre-round warm-up lessens the risk of injury and sets you up for a successful round of golf. You can also add dynamic stretching during the round to maintain your mobility and keep your muscles warm. A common mistake I see is golfers using static stretching to warm up. This type of stretching can take yards off your shots. Golfers should hold off their static stretching routine until they reach the 19th tee or if you are playing North Olmsted GC, the "10th hole!"

Static stretching is a mild stretch that is held for 20-30 seconds without bouncing. You should relax and breath.

The best time to stretch after a round of golf is immediately when you get off the course. Your muscles are still warm from the golf game, so they will be more supple and agreeable to a static stretching routine. If you wait until later or when you get home, your muscles will have cooled down. Stretching later can also add to the possible risk of a muscle pull or other injury.

In our next sessions, we will tee off on the 19th hole by identifying key muscles to stretch following a round of golf and review how to perform static stretching.



Helping Turn Members find the right "balance"

When most people think of balance in golf, they assume that it refers to maintaining balance when they are swinging the club. This is certainly important but there is another type of balance to work on as well. The balance between playing and practicing.

It is very important that golfers realize that there are two aspects to golf, playing and practicing, and finding the right balance with both will lead to success on the golf course. What we do not realize however is that sometimes we don't treat them separately and we allow them to "overlap", and that can have a negative effect on our golf performance. Both practicing and playing are important but you must dedicate an appropriate amount of time to both aspects to achieve your goals.

When practicing, golfers tend to hit multiple shots with the same club from the same location (usually a nice, flat, perfect lie) and they also tend to hit shots quite rapidly. Although this time is important, it does not reflect the same conditions we see when we are playing on the course.

Playing golf requires us to use a different club on most shots from a different lie, all while waiting several minutes between shots. Conversely, some golfers spend all their time playing golf and little to no time practicing. This leads to inconsistency and golfers tending to "try" different things when they play because they don't have the reference of their practice time to help them correct things on-course.

The most important thing for all golfers is to dedicate time to both aspects and try to find the right balance for them. This will ultimately lead to improved performance and results on the golf course and on the scorecard. The golf clinic this week is Competition Time! Please bring a 7/8 iron, a wedge and your putter to the clinic, along with a fun, positive attitude.