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## WELCOME TO WEEK TWO!!



I hope everyone is doing well and taking care of themselves and those around them. I am pleased to share that the first newsletter and video series were very both extremely well received. Thank you to everyone for their feedback. It's great to hear from you.

As you all know with the Governor's Stay at Home Order, the next few weeks will not allow us to get together in person, however we are going to introduce some new ways that we can still check-in with each other.

Starting tomorrow (Monday, March 30), we are going begin daily call-in sessions for each day of core programming. Members who take part in Monday clinics will have a time to call in on Mondays to take part in an interactive phone chat with the Turn staff and their fellow Monday members. The same would be offered for Tuesdays and

Wednesdays. We hope this will be a wonderful opportunity to for everyone to stay connected.

My homework assignment for you this week will focus on things that all of us are doing to help stay busy and pass the time (humor encouraged). Please email your responses to Erin at [ecraig@jointeturn.org](mailto:ecraig@jointeturn.org) by Sunday afternoon or first thing Monday morning, so we can compile a list to share.

**Please remember, all details and updates will be available at [jointeturn.org](http://jointeturn.org), so please visit the website for details of how and when to call in.**

Looking forward to chatting with you all soon!



### TIME TO WARM UP!

Who doesn't enjoy doing homework! You can all put your hands down. This is your assignment.

1. Design your own pre-round warm up
2. Practice, practice, practice until it becomes routine
3. Commit to warming up every time you golf

#### Remember why you do this:

1. You are decreasing your chance of injury
2. Research shows that performing dynamic stretching increases distance by an average of 10 yds.
3. You want to make your coaches happy!

#### Here are some helpful hints:

Try to stretch those areas that are meant to be mobile for the game of golf. This includes your upper body (thoracic spine), hips, and ankles. The wrists need to be able to hinge, but be careful not to lose stability in your wrists and forearms. Rotation is a big component of motion in golf. Make sure you get into a golf position for at least some of your warm up and swing a club.

When we all come together again, some of you may be called upon to demonstrate some of those moves you've practiced. It'll be time to do some dancing and celebrating!

### Taking Care of Yourself!



Hello Turn Members,

Thank you for all your great response to the first newsletter! It's good for us to know that you find these tools helpful. If there is anything you want to learn about or share with the other members of The Turn please contact Erin at [ecraig@jointeturn.org](mailto:ecraig@jointeturn.org).

Well, I hope you have been taking care of yourselves! It's tough staying home 24/7. I'm sure several of you have a little cabin fever. I know I do! That's why I have been practicing Gina's Meditation Tips from last weeks newsletter. Taking half an hour a day to relax, clear your mind, and breathe makes a big difference in the rest of your day!

With all this quiet time I am also working on the goals Trevor assigned to us. I feel like it will prepare us for the summer events we are all looking forward to!

Meditation and goals are great, but there is a lot of work to do to continue the services at The Turn. The staff is working hard on the next steps. This includes fundraising, safety issues, and contact with you. I have received several phone calls from members. If I do not answer, please leave a message and I will call you back. I might not know the answer right away, but I will do my best to help you.

**Your Program Coordinator - Shellie**



## Know any youngsters who LOVE golf!?

The PGA Jr. League is for golfers ages 8-17 of all skill levels. Our team at North Olmsted GC will consist of members of our Turn Junior program. Turn Junior is a program for children with physical disabilities. We want every child to be able to be a part of a team, no matter what their disability may be, as well as able bodied children.

**The program fee for the PGA Jr. League at NOGC is \$250. Each PGA Jr. League golfer will receive:**

- Two high-quality team jerseys & a Hat
- Bag tag, silicone bracelet, stickers & drawstring bag
- Practices will be in May. \*\*\*
- Matches will start in June and go through July. \*\*\*
- \*\*\*COVID-19 may affect dates\*\*\*

We will have either one match of one practice a week. Matches will more than likely be on Saturdays or Sundays around 3:00 and last for up to 2 hours.

**Our unique Access Code is: TurnJr2020.**  
Register before our deadline of April 30, 2020.

**Copy and paste the link below to register!**

<https://pgajrleague.sportngin.com/register/form/581967657?source=survey-result-id=63676371>.

We understand that some families may be impacted by recent events, so we have tried to make the payment options a little easier for you. When you register your child, the only fee that will be due is the \$75 fee from the PGA for the uniforms, we will collect the remaining \$175 from you at a different time. We will be flexible in payment options whether it be a monthly fee that is affordable to you, we will work with you!

**For more info contact Erin at [ecraig@jointeturn.org](mailto:ecraig@jointeturn.org)**