



Playing THROUGH

jointheTurn.org

SOCIAL TOPIC!!*** no social Monday, Memorial Day*** What is your favorite Turn memory?

Hello Turn Members,

Social Distance Fun Day at North Olmsted Golf Club was a huge success! It was a beautiful day with lots of sunshine, the smell of decadent beignets in the air from Dough Daddy, Carina Dolci Cosmetics and Apothecary had products for sale, and beautiful masks donated by so many to help raise money for the Turn! Congratulations to Assistant Golf Professional, Erin Craig PGA for putting together this great event. Her hard work and volunteers, Jennifer, Gerty, Matt and Michael did a great job!

Just a reminder, **we will not have a social call on Monday, Memorial Day**, but we will on Tuesday and Wednesday at the same time. The holiday weekend will be warm and sunny we hope everyone has an opportunity to get out and safely enjoy the great weather!

Even with great weather and the holiday the Turn team is still hard at work creating lesson plans to prepare you for the day we are all together again. The focus for the week in golf is "Releasing" your power and fitness will focus on The Trip to Power.

The date of The Join the Turn Outing is officially changed to July 18th. It will still be the next best day to Christmas, but now it will be the Next Best Day to Christmas in July!!

Your Program Coordinator - *Shellie*



The Trip to Power

Our focus, when we returned from winter break, was on mobility and stability of the upper and lower body, as well as the separation of these two areas during the golf swing. Mobility is necessary to improve joint range of motion and flexibility. Stability is necessary for the golfer to transfers energy from the ground to the club head. Mobility and stability are stressed to lessen the risk for injury, especially to the low back, and prepare the body for the long game which uses a higher velocity of movement. The phases, or periods of strength training, require mobility and stability.

The instructional portion of last week's video reviewed the results of achieving greater power during the golf swing. To prepare for the golf season, I usually introduce the power strengthening phase in early May while the golf curriculum focuses on full swing. The power phase follows the first and second phases of a strength program which target muscle endurance and muscle size. The ability to use power, will not only improve the efficiency of the golf swing, it will also help you use functional skills, such as activities of daily living. All phases of strength training require mobility and stability.

Exercise video 3 reviews some mobility and strengthening exercises using movement against gravity and body weight to provide resistance. Train like the pros so that your body can move in a sequence with greater range of motion and separation to increase power and speed. The result could be increased distance! We may not be able to take trips out of our homes, but we can take the trip to power!



"Release" Your Power !

The golf focus this week is on a portion of the golf swing known as the RELEASE, which is a perfect compliment to the fitness focus fitness, taking a trip to power.

The release of the golf club happens through impact and the hitting area, or the bottom portion of the golf swing. One of the best ways to maximize the efficiency of our swings is to keep the club traveling on its proper arc. The feeling of rolling the forearms through impact will help the club to remain on this arc which will help you with a couple things.

First, a proper release creates a tone of power because you are allowing physics to work for you, where an improper release causes just the opposite. Secondly, a proper release will help you to return to the ball with a square (straight) club-face which will help your accuracy tremendously. A good visual for proper release is seeing your arm(s) fully extended about a foot or so after impact. The opposite effect would be an early flip of the wrist(s) prior to impact and or the dreaded "chicken-wing" post impact.

A great drill to practice to help improve your feeling of a proper release would be to simply make a series of half-swings without golf balls focusing on the rolling of the fore-arms, hitting the "toe-up" position both back and through and creating that extension post impact. Please reference the video we have done for this lesson to see us demonstrate this drill. Hopefully you will be releasing your power out on the course soon!



**THANK YOU to everyone who made FUNDAY a SUCCESS!
We raised over \$700 for The Turn!!**