

SOCIAL TOPIC!!

What's something recently that made you laugh or you thought was hilarious?

Hello Turn Members,

First, I want to thank all of you for your generosity on Giving Tuesday! It was a huge success for The Turn and we appreciate all of your help!!

Friday was a big day for The Turn also! It was Care Package Day and we were so excited to see members of The Turn in person!! We wore our masks and kept our distance, but it was still nice just to see everyone. Thanks to US Foods and the Jelinek family from State Farm for their donations and volunteering. I finally had my clipboard in hand and told members where to go, it was a happy day!!!

Trevor, Erin, and Gina's articles are going to pick up where we left off, back in March. The focus for the week in golf is impact. Trevor and Erin will write about the role that proper impact plays in your game. Gina will focus on strengthening techniques.

On a side note, please call me at 216-288-7793 or email me at smcquaid@jointheturn.org with any changes to your contact information.

Your Program Coordinator - Shellie



Will You Be Ready?

Have you heard the phrase "Do it right or don't do it at all"?

If you're doing a strength program incorrectly, you are at risk for injury. Muscle strength and endurance can improve your health, daily living skills and, we hope, your golf game. Our goal is not to become body builders. We need to focus on functional and golf specific strengthening exercises which requires you to move multiple joints i.e. a chop using the cables, squats.

Use of free weights is one option for strengthening exercise. Bands, cables and use of our body weight can better simulate golf movements and activities of daily living. Total body work outs, for 20-45 minutes per session, are usually recommended for older adults spacing them out by 48 hours.

Our golf fitness curriculum divides our strength program into 3 phases gradually building up to the phase that promotes power to ready the muscles for the golf swing. It's important to complete each phase before moving to the next to prevent injury. I invite you to watch my recent video that discusses the components of training.

Strength exercise progression can be contraindicated in some adults who have orthopedic or other medical limitations. For this reason, anyone starting an exercise program should talk to their physician and work with a qualified health care professional who can prescribe the proper strength program.



IMPACT...

Golf's Moment of Truth!



This week's golf lesson is focused on one of the in-swing fundamentals of the golf swing, impact, also known as "the moment of truth". Impact is known as the moment of truth because essentially whatever happens at impact ultimately decides what happens to your ball. My goal for this week's lesson is for you to gain an understanding of the importance of impact and what you are trying to achieve with your impact through the bag.

There are three basic results at impact; hitting a shot **HEAVY** means that your club bottomed out before the ball and hit the ground first. Hitting a shot **THIN** means your club contacted the ball either too level or on the upswing and hit up on the ball. Hitting a **SOLID** shot means that you impacted the ball properly for the club being used. The main thing to think about to achieve proper impact is that on your forward swing your hands/the handle of the club should reach the ball before your clubhead does. This means that your wrists are firm at impact, not allowing your wrists to flip the club "under" the ball. Golfers flip their wrists under the ball in an attempt to get the ball in the air but this is not the proper technique. All clubs are slightly different through impact but the overall general feeling should be to feel like you are swinging through the ball, not trying to go under the ball. For the record, please understand that it is also possible to have your hands TOO far ahead of the ball at impact as well, but for most golfers this is not their problem.

Good impact varies a little bit depending on the type of club that you are using because each club is built differently. The design of the club heads and the lie angle of each club (the angle measured from under the shaft to the ground) have a big effect on impact so I have outlined the basic thoughts to serve as a starting point as you work towards achieving better impact.

- **Wedges and Short irons** =steeper or hit more down
- **Mid Irons/long irons/ some hybrids** = hit down but slightly
- **Woods and some hybrids** = more level or sweep
- **Putter** = Slightly ascending angle...about 1-2 degrees

There is an instruction video that Erin and I have included with this week's newsletter demonstrating some of the aspects of proper impact. We encourage you to watch the video after you read this article to help you better understand how you can improve your impact!!!

THANK YOU to everyone who made the Care Package giveaway a SUCCESS!