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Two Week Edition

Dear Members:

It has been so exciting seeing all the members that have been able to attend in-person programming over the last two weeks. It also been great seeing all the members that have been attending our weekly virtual clinic as well. Please remember that we conduct a virtual clinic on Wednesday mornings at 9:00 and that any member is welcome to join that session, the link is included in this newsletter each week.

All members attending in-person programming have been assigned to a specific day and time for their clinic session. If you do not know your assigned session, please reach out to Shellie. Also, I would like to remind all members that if you cannot attend your clinic session we would like you to please cancel using Vagaro. This helps us to coordinate the days activities.

With the recent good weather we were able to have the golf course open for a few days which was awesome. What was even more exciting was seeing some Turn members out there playing for the first time this year! With more consistent good weather approaching soon I wanted to go over the options for Turn members to play North Olmsted Golf Club throughout the year.

Members are able to play the golf course at no charge on the day they are scheduled for their golf and fitness clinic. This would apply for both walking as well as taking a cart. This means that if your clinic session is on a Tuesday, you can play at no charge on any Tuesday that there is open-play time available. This would include all Tuesdays when we are on a bi-weekly clinic schedule. Members that play outside of their clinic day will pay a reduced 9-hole fee of \$10 riding or \$5 walking.

Members that anticipate playing golf on a regular basis also have the option of purchasing an unlimited golf membership for the year. The Turn Golf Membership cost is \$100 and includes unlimited golf both walking or riding during open-play times through 2021. I remind all members that there are partial or full scholarships available for golf memberships as well. Any member that has any questions or would like to apply for the scholarship, please contact Shellie.

A lot of Turn members benefit from a golf buddy. A golf buddy is a friend, family member or volunteer who provides assistance when playing on-course. This could include driving the cart, teeing up the ball, etc. Any Turn member that utilizes this assistance is allowed to have one golf-buddy join them during their round at no-charge. Their golf buddy can walk or ride along and either play as well or just assist at no charge. Anyone bringing a golf buddy needs to provide the name of the golf buddy when scheduling their tee time.

Lastly, I am reminding everyone that the golf policies provide to open-play times and that you should always schedule a tee time. There are times that the golf course is closed for other events so please do not just show up.

If you have any questions regarding the golfing policies for Turn members please contact Trevor.

If you are attending In-Person classes this week, **you can bring a mid-iron, a wedge, a putter and some water.**

If you are attending our Virtual Class, the list of optional items for this week is below:

Sturdy Chair
Weights/exercise band/soup cans
Water
Golf Clubs (Wedge, mid-iron and Putter)
Golf Ball
A throw pillow or pillow similar in size

We can't wait to see you this week-

The Turn Staff

Weekly Fitness Focus

Strengthening Techniques

Our last lesson identified the importance of incorporating a strength program in your exercise routine. Strengthening can maintain or increase your muscle tone, reduce your risk of osteoporosis, which weakens bone, and reduce your risk for injuries.

All exercises have rules to follow if you expect results. The first rule is to clear any exercise program with your healthcare providers. Factors such as age, medical status, and medications need to be considered before you begin.

For the next two weeks, our golf fitness staff will teach you basics of strengthening including where to begin and creating an effective weekly schedule. We will review proper techniques such as breathing and appropriate range of motion. Terms like reps and sets will be discussed. Finally, we will teach you how to avoid injury during your strength work out.

Remember, you do not have to wait two weeks until you see us again. Join The Turn team during our Wednesday morning “Zoom” programs and we will lead you in a fun strength exercise routine and golf drills.

Weekly Golf Focus

How much of an “IMPACT” can you make?

This week we will be discussing the in-swing fundamental of IMPACT. Impact is also referred to as “the moment of truth” amongst golf instructors which really emphasizes the important role that proper impact plays in a successful golf shot. Good impact will not only affect the distance and direction of your shot, but it will help determine the height of your shot as well. Golfers who tend to top the ball a lot usually display poor positions at impact. Impact is so important that we are going to dedicate two separate but related lesson plans discussing the details of impact.

This week we will cover proper impact in putting, chipping, pitching and irons.

We look forward to making a positive “impact” on your games this week!