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Hello Turn Members!

Welcome to May! Now that the weather is improving, we will try and conduct some of our clinics outside beginning this week. Please remember that being outside is dependent on the weather so don't ever assume one way or the other. Also, I recommend you pay attention to the weather so that you can dress accordingly. We will begin putting The Turn sign out in front of the clubhouse to signal incoming members where to check in for that day's programming. If the arrow on the sign is pointing left, please check in at the Wharton Center (Big Building). If the arrow is pointing straight, please check in on the back patio of the clubhouse.

The other great thing about the weather improving is that we start having more fun events on the schedule. We have the following events coming up:

### **Saturday May 8 - Opening Day Dual-Hole Scramble at North Olmsted Golf Club**

**11:00 Shotgun Start**

**This is a fun team scramble to kick off the year**

**There will be TWO holes on each green...you get to pick !**

**\$30 per person (includes golf, cart, tee gift, lunch, prizes)**

**Any questions or to register, please see Erin or Trevor**

### **Saturday May 15 - THE TURN OPEN HOUSE (Appreciation Day)**

**Anytime 8:00-1:00**

**FREE GOLF and FREE LUNCH**

**Used Club Sale**

**Bake Sale and Pottery Sale**

**Free Raffles**

**Just stop in to say hi or play golf as well**

**Any questions or to register, contact Erin or Trevor**

We hope to see you at our upcoming events, please reach out to any Turn Staff Member with questions regarding our events. Lastly, we would like to thank everyone involved with The Night at The Races event last week. It was a tremendous day, and we again thank everyone for making it such an enjoyable event!

If you are attending In-Person classes this week, you can bring a wedge, a mid-iron, a hybrid, 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 (Iron, Wedge and Hybrid)**

We can't wait to see you this week-

*The Turn Staff*

## Weekly Fitness Focus

### Stretching – Dynamic vs. Static by Jeff Houser, PT

This week will be discussing **Dynamic Stretching** versus **Static Stretching** and how each can help reduce the risk of injury during the season.

**Dynamic Stretching** means to stretch the muscles and joints during movement and with very short hold time. It is a very practical way to “warm-up” the muscles prior to playing golf, or any activity for that matter. The golf swing can be quite aggressive in some instances (we have all seen those folks swing out of their shoes before! :) ) and it would be a pretty good idea to have the muscles primed for such a ballistic type of movement. If you caught up with us over the last few weeks, we discussed a way to perform a Dynamic warm- up using the Orange Whip®. This facilitated movement over the entire body and was a great way to get the muscles ready for the golf swing. This week, we will show you other ways to work on improving your mobility and flexibility and priming the muscles prior to your round of golf. We will use bands to add light resistance which can help improve your body’s ability to generate mobility and flexibility.

Lastly, we will talk about **Static Stretching** which is the typical type of stretching that has been taught for years in which you would hold a muscle or group of muscles in their lengthened position for an extended amount of time. Recall a hurdler sitting on the track stretching out their leg after a race. We will discuss how this type of stretching really should be done after your round or after your exercise in an effort keep the muscles lengthened and stretched and ready for the next round of golf.

We look forward to seeing you later this week, either in person or over Zoom. If you are joining us over Zoom, you are going to want to have a golf club and a light piece of rubber tubing or resistance band with you. No worries if you don’t have the resistance band, you can still follow along.

## Weekly Golf Focus

### Pre-Swing and In Swing Review

This week’s golf focus has tremendous parallels to our weekly fitness focus. Just like the Fitness Team will be approaching your stretching from both a static and a dynamic perspective, we will be approaching your golf swings the same way. We will review and evaluate your pre-swing fundamentals (static) and your in-swing fundamentals (dynamic). Our goal is to make sure that you have the best understanding of how your pre-swing directly affects your in-swing both positively and negatively. We will accomplish this in two specific ways.

The first step will be to work with each club and each type of shot individually to ensure that you have the proper pre-swing “game-plan” and that you are executing that game plan to compliment your in-swing movements.

The second step will be to have you simulate “playing a hole or 2” to see how well you can adjust from club to club and shot to shot. This simulation is very important because it help address some of the same challenges you will face when on the golf course. Think of this week’s lesson as helping you to put everything together for what will hopefully be a lot of rounds played this summer!

For this week’s golf clinic, you will need a wedge, a mid-iron, a hybrid and some water. Please remember that you do not need to bring anything in order to participate.