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Hello Turn Members

It's another fun week at The Turn! I know that most of our clinic session were unfortunately unable to be outside this past week but please know that we are trying. 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.

I would like to thank all of the Turn Members who helped with or attended the Turn and North Olmsted Golf Club Open House this past Saturday. It was an awesome day to have some fun and help appreciate the Turn Community. A special thanks to all those who contributed to our bake sale, it was a tremendous success.

As I mentioned previously, we will start having more fun events on the schedule. Please sign up using Vagaroi unless otherwise noted. Here is a list of events coming up:

Tuesday May 18- Horticulture Club – Make and Take Class at The Wharton Golf Center

1:30-2:30

Make and Take a Patriotic Container to Take Home

Wednesday May 26 - Member Planting Day with The Turn Horticulture Club

1:00 Start

This is a fun day where Turn members, staff and volunteers plant flowers around The Turn campus while enjoying each others company

Tuesday June 1 - Turn Member Play Day at North Olmsted Golf Club

10:00-11:30

Play golf with other Turn Members, Staff and Volunteers

Wednesday June 2 - Bocce and Pizza Party

10:00-11:30

Play Bocce with other Turn Members, Staff and Volunteers

Saturday June 12 - Big-Hole Scramble #1 at North Olmsted Golf Club

10:00 Shotgun Start

8" holes on each green

\$40 per player

Includes: 18 holes with a cart, tee gift, snacks and drinks, prizes and a full lunch after the event

Any questions or to register, contact Erin or Trevor

Sunday June 13 - Lake Erie Crushers Fundraiser in Avon, OH

1:05 Gates Open

2:05 First Pitch

\$11.50 per ticket

Come out to the ballpark for a night of fun and to support The Turn at the same time!

To register, please see Shellie

We hope to see you at our upcoming events, please reach out to any Turn Staff Member with questions regarding our events.

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

Weekly Fitness Focus

Seeing Is Believing

During your orientation, the fitness staff reviewed your medical history which included information regarding vision. During your second visit, a golf physical screen was conducted and both static and golf posture were observed and recorded. The next golf fitness lesson plan will FOCUS on how vision and sight impact your game.

When golfing, your posture when addressing the ball can be affected by your vision, especially when you wear corrective lenses. For example, wearing bifocals may cause you to stand with your upper back in a rounded posture, also known as the C-posture, so that you can focus on the ball more clearly. As you line up the ball, we ask that you stand behind the ball so that both the ball and your target are in your visual field. If your vision is affected in any way, you will need to ask for assist to align your shot. If you use a single rider, approaching the ball from directly behind the ball prior to addressing the ball, can help you to align to your target.

We will review the most common eye conditions, disorders, and diseases such as presbyopia, floaters, nystagmus, glaucoma, cataracts, macular degeneration, and diabetic retinopathy. You will have to wait until next week to SEE examples of visual exercises!

Jennifer Conn, OD states “When so much of our life and sports performance are experienced visually, it is important to pay extra attention to the health of our eyes and schedule an annual exam.” Please bring any corrective lenses to your next golf session. SEE you then!

Weekly Golf Focus

Pre-Swing and In Swing Review

Our weekly golf focus this week is really “in-line” (pun intended) with our weekly fitness focus, vision! Alignment is one of our pre-swing fundamentals, which by default, makes it one of the most important things we do to prepare for any golf swing that we make. We will be covering all the different aspects of both proper and improper alignment including how to properly align, how to practice and how alignment can affect you in-swing fundamentals. We will also discuss how you vision, specifically your dominant eye, affects your alignment process. Our ultimate goal this week is to educate you in the roles that alignment play in your golf game and that at the end of the clinic you “see” (I did it again) alignment much clearer.

For this week’s golf clinic, you will need:

wedge
mid-iron
hybrid
putter
water

Please remember that you do not need to bring anything to participate.