

like us on facebook!

Playing THROUGH

jointheturn.org

SUNDAY July 11**Tee Times start at 9:00****New for 2021!****One time \$45 entry fee for the family**

- includes a PGA Family Cup gift pack for the family

\$35 per player at the course

- Golf, lunch and prizes included

You must register on the PGA website.

Contact Erin @ ecraig@jointheturn.org for the link

You can register up to 6 family members!

Dough Daddy Donut Truck will be on hand for some sweet treats before or after your round

**REGISTER BY JULY 1!****REMINDER**

There will be NO programming the week of July 5th. We will be having a Play Day On Tuesday and Wednesday that week. Sign up for one day only on Vagaro or contact Shellie!

FITNESS NEWS

Diaphragmatic breathing exercises are usually introduced as part of a rehabilitation plan because it plays an important role in stability, posture, pain control and muscle control all of which are important components needed to develop an efficient golf swing. By strengthening the diaphragm, we can decrease oxygen demand, slow down your breathing rate and decrease the amount of energy you use to breathe during everyday activities.

Our next fitness lesson will discuss the anatomy involved in the breathing process. We will practice breathing exercises and the sequence of inhalation and exhalation during stretching and strengthening. Lastly, we will talk about how breathing can affect our golf game.

GOLF NEWS

This week on the range we will be working on Length of Swing. Everyone will have a different length of swing, so we will work to determine what length of swing will work for you to maximize your power into the ball and create better consistency.

Please bring the following clubs with you:

Long Iron (7 or above)
Hybrid or wood
Driver