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Upcoming Events at NOGC

October 16th - 8th Annual Chili Bowl Classic

email Erin at ecraig@jointeturn.org to register a foursome or to enter a batch of chili!

October 22nd - 2nd Annual Trick or Treat Nite Golf

This event is **WALKING ONLY**, if you would like to play OR volunteer to pass out candy at a hole please contact Erin!

*****Costumes are HIGHLY recommended*****

Fitness News

Get Pumped

OK golfers, we're here to pump, you up... ok, actually its all up to you, but you get the idea. Yes, we are talking about muscle strengthening this week and specifically muscle physiology and the different types of muscle contractions. Our hope is that you can use this information to fine tune your workouts, reduce the risk for injury, and maximize your opportunity for muscle development, depending on what you are trying to achieve. We will discuss muscle physiology and the three main types of muscle contractions so that you can personalize your own program: Isometric, Isotonic, and Isokinetic. Even if you aren't quite going for the DeChambeau effect, we look forward to seeing you later this week at one of our sessions.

Golf News

Ball Speed & Swing Speed

Two factors in how far the ball goes are ball speed and swing speed. We will let you know how to two are related and what you can do in your swing to maximize both! Not everyone will have the same ball speed & swing speed so please try and stay within your comfort zone.

Clubs to Bring:

Driver
7 iron
Wedge