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Playing THROUGH

jointheturn.org

Night at the Races



Friday April 22
5:00-10:00pm

Donauschwaben's German-American Club
7370 Columbia Rd.
Olmsted Falls



WE NEED WINE!

We are looking for bottles of wine for our wine pull!

Bottles must be greater than \$12 in value

Email Shellie at smcquaid@jointheturn.org for more information

Weekly Fitness Focus by Jeff Houser

Upper Body Stability

This week we will be discussing upper body stability and how you can develop or enhance it to improve your "lever system" (you may remember hearing this from Trevor and Erin) and build a more consistent and efficient golf swing, and most of all, prevent injury. Last week we talked about disassociation and how to separate the lower body from the upper body, which included both mobility and stability. This week, we dive in a bit deeper into how to ensure our upper body remains lengthened and stable so that we can maintain an efficient lever with as few compensations as possible.

Weekly Golf Focus

Ball Speed and Swing Speed...What's the Difference?!

Swing speed is how fast the club is traveling as it makes impact with the ball. Ball speed is how fast the ball travels after you make impact. Your swing speed and ball speed will vary depending both on the club you are using as well as your swing mechanics with each respective club. This week we will discuss how the clubs in your bag are designed differently and how these differences influence both swing and ball speed and their overall affect your golf shots.

Clubs to Bring:

Putter

Your favorite Iron

Wood/Driver