Hi Everyone.

Here is a link to a golf workout that you can do at home - however if its a beautiful day just get out and walk!!!! The fresh air will be good for you. If you feel ambitious you can carry a backpack with some weight inside, just as you will be carrying your clubs.

Remember that you are only allowed to have 14 clubs in your bag when you play, otherwise you receive a 2-stroke penalty. This doesn’t mean that you are not able to have less clubs, in fact you may not need all 14 for your round, especially if you are walking a hilly course after school.

It is important to know what to do when your ball is hit into a penalty area. If you hit into a area marked by red or yellow stakes you have to take a penalty stroke if you wish to take relief (move the ball out of the hazard). You may choose to play the ball if possible. For yellow areas you have 2 options and for red you have 3. For yellow you may drop the ball at the place you last hit from, or move the ball back along the same line that the ball traveled into the hazard. For a red area you can do either of those or you may take lateral relief within 2 club-lengths from where the ball landed, not nearer to the hole.

Remember that all drops must now be from your knee, not your shoulder.

Thanks,

Coach Laurie

<https://www.youtube.com/watch?v=MO2p57BUt1I>