Golf workout # 6-

As some of you might have heard, some courses are beginning to open but with many restrictions; private clubs are allowing players in small groups, but the short game areas and putting greens are remaining closed. Also there are no carts or caddies, so it is more important than ever that players are fit enough to carry their clubs for their rounds. The public courses in the southern part of the county are still closed, but if you happen to belong to a club see if you can get out this weekend for 9 holes - it will be good exercise for you to get out and play. While you are stuck indoors with the bad weather, try to do 3 sets of 15 pushups, separated by 25 crunches. Also continue to think about climbing flights of steps if you have them, since so much of the game is walking on uneven terrain while carrying your bag.  
  
Remember that when you are playing competitive golf that you have to keep score for your opponent (as well as yourself). You cannot just ask at the end of a hole what they got on the hole, you have to keep track of all their shots, since the score is often high and the pace of play might be slow. Even though you need to focused on your game you also need to know what is going on around you. You cannot wait until the end of the round to figure this out, since it will be harder to bring up any discrepancies with your opponent. Better to check on the way to the next tee. It might be easy to make a mark on the scorecard for every time you and your opponent hit the ball, and then count it up at the end (for the newer players). Some people also like to remember what club a person used, for example - driver, 3-wood, 9 iron, sand wedge and one putt on a par five hole. This way you never have to be in doubt. Its a lot to think about at first, but it gets easier as you get better!!!!

Coach Laurie