Ursuline Varsity Golf 2020

Although we have not had our official tryout for Varsity Golf, I would like to begin posting some workout ideas to keep you in shape for the season, and also point out a rules issue, since you all know how important the rules are in the game of golf!

Try to set aside some time every day for some physical activity. Walking is very important, since you will be walking 9 holes of golf while carrying your bag. Warming up regularly, as well as doing some strength and flexibility training in-between your golf games, can dramatically reduce the risks of injuries, since golf is such a dynamic sport (sudden bursts of energy with plenty of down-time in between).

If the weather is good today or tomorrow, try to get a 30 minute walk in. Every 5 minutes stop and do 25 squats.

Here is a link to the USGA Rules of Golf:

<https://www.usga.org/content/usga/home-page/rules/rules-2019/rules-of-golf/rules-and-interpretations.html#!ruletype=pe&section=rule&rulenum=1>

You don’t need to read through them all, but feel free to scan through them. There will be a basic rules test at the tryout.

Check back again in a few days for another post!

Sincerely,

Coach Adamo-Ricigliano