

## **March 2007 "Pro Tip of the Month"**

**March is the time we all really get itching here in the Midwest to get back to the links. By now the diehards can't bear another bucket off the mat at the dome. To get ready for the season, I have prepared a checklist, and a few do's and don'ts for the off season golfer.**

- 1) Stretching exercises to improve flexibility and balance as well as any physical exercise is almost equal to going to the dome. Remember, you will step to the first tee a year older. Clubhead speed naturally deteriorates as the body ages and becomes more rigid. You can offset the aging process by incorporating a stretching routine, 15 minutes a day every other day. Not only will you help your game, you will increase your every day quality of life.**
- 2) Hitting too many balls in the dome may be detrimental. You can reach a point of diminishing returns for several reasons. The conditions of the mat are such that flaws in your swing or ball striking can be hidden. We have found people get off plane, either too steep or more commonly too flat but still think they hit a solid shot due to the forgiveness of the mat. Also, a hard hit ball will travel straight for 80 yards and strike the back wall before the sidespin shows the slice or hook and offline shot. Mid to high handicap players that don't have as good of feel for their shots are at a higher risk of this occurring. I suggest using your driver and 3-wood off the tee more than a normal practice session, since this is more realistic. Again, be aware of the slice/hook factor that may not be visible.**
- 3) Check your equipment. How are your grips? Do they all match? There is a good article on what is in your bag and set make-up-- low irons vs. hybrids and rescues on the [countyparks.com](http://countyparks.com) web page. Go to the golf site and select tip from the pro, and then scroll down side tabs to tip #3.**
- 4) Attend the Golf Plus show at State Fair Park and get informed on deals, equipment, course offerings, EVERYTHING for the avid**

**golfer from scratch competition to the weekend warrior. The show is Friday thru Sunday, March 2-4<sup>th</sup>.**

**5) As always, contact your PGA Professional with questions or needs.**

**Bob Neumann, PGA Member  
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