

Season's Greetings



Ups & Downs

Pyecombe G C

Newsletter

November / December 2013

No 134

Editor Alf Bickham

CAPTAIN'S REVIEW

"Well, well, well" How very exciting.

A guaranteed parking space at last and fancy taking away the Vice Captain & immediate Past Captain parking spots. Then, we "reap what we sow" don't we Nick?

So, Nick as you drive to the club hoping not to have to park in the field you can at least reflect on a "JOB WELL DONE" you are indeed a tough act to follow.

Nick has presided over some notable accomplishments during his year, playing some great golf at home, especially in the MSL & winning the MSL Finals day at Haywards Heath, whilst off the park, being instrumental in trimming committees to make for a more efficient decision process. But the "feather in the cap" in his year would have to be the club winning the prestigious award of "Southern Counties Club of the year". Therefore, on behalf of the club's members, THANKS for a great year.

Still in appreciation mode: outgoing lady

Captain Irene Silander has also had a fantastic year, along with lady vice, Sandra Staynes, who I teamed up with for many enjoyable mixed matches. (The team played 14 and lost only 1) but it's not about winning? Outgoing Chairman, Len North, having completed his three year stint in the "Hot Seat" grew into the chair and needed to be shoe-horned out, as he was enjoying his ultimately successful reign to the end. (Len - hope you have replenished your wine cellar since the last committee meeting). Talking of committee & totally committed "Pyecombians" (if that's a word) Mr Cracker – Head of Greens, Marshalling, Security, Dog Walking & Course Ranger, what would we do without you? Head of House & Family Greenfield, Trev. just another year working & playing off Scratch for the club "Sick" (Joey Essex style), but we also owe the real governor of the family Greenfield, "Aileen" a monumental debt of gratitude as she finally bows out as our Junior organiser after **9** years!!! – Wow.

Ok enough appreciation....for now.

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MEMBERS CONTRIBUTIONS TO NEWSLETTER

Leave in the Office with the Secretary or in an envelope in the foyer marked for the attention of Alf Bickham / Newsletter or send Alf an Email message to his Email address of: alf@abickham.freeserve.co.uk or to make contact by telephone, call him at home, **Tel. No. 01444.242101**

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CAPTAIN'S REVIEW (Cont'd)

The AGM followed by the "Drive In" undoubtedly will rank as one of the proudest times for me and my family. It's amazing how Reg & everybody involved in these events seems to know exactly what to do and when to do it. Before you know it, its Monday and you are back to work. So I will leave it up to others to pontificate over the merits of the proceedings, all I can say is "I thoroughly enjoyed the weekend". The enviable position I find myself in as Captain of this wonderful Golf Club and the importance of the role will not be taken lightly. I promise to adopt all the traditions and do as much as I can to enhance the evolution of the club in a positive way.

So to the Christmas Party, "Rat-pack" Boys "Joe Dello" and "Dave (the Gasman) Sinatra" along with the show girls entertained us "Vegas" style well into the late hours.



Yours truly with the Rat-pack show girls

The next night saw Pyecombe's answer to Cliff Richard, the evergreen Barry Ealey, who hates surprises – dazed and bewildered as his family turned up in the clubhouse to help us celebrate the young boy's 70th. Vice-Captain Mike "Wilmy" & Mark (the younger bruv) defied dodgy hips & excess refreshment to perform what has been dubbed as the "Windmill Dance". After the Sunday stableford & a couple of bevies, complete with silly Santa hat the Sunday Girls allowed me to dish out Secret gifts from under the

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Christmas tree, and if that wasn't enough Santa had to do it all again on Tuesday in full regalia. Hugs, Kisses, sitting on laps.... GOOD JOB IF YOU CAN GET IT!

CAPTAINS CHARITY FUND – Already the fund has been the recipient of tremendous generosity from certain members who I won't embarrass by naming them, but they know who they are to which I sincerely thank you. 50% will be shared between a prostate charity <http://prostatecanceruk.org/> and a charity that deals with breast cancer www.breakthrough.org.uk. These are both worthy charity organisations carefully selected with some expert guidance from our professor of oncology Lesley Fallowfield. The other 50% collected through "Friends of Pyecombe" will go towards funding a proposed "Half-Way House". I believe the idea has been discussed on many occasions down the years, but for one reason or another nothing has ever come to fruition. A project group will be formed from enthusiastic members with relevant skills to plan & build a worthy structure in keeping with surroundings. So enthusiasts, if you wish to pledge your skill, time, knowledge or anything towards this project please acknowledge via email to colinkemp2000@yahoo.co.uk. Of course we realise that not everyone believes that a "Halfway House", "Cabin", "Pit Stop" whatever, will necessarily enhance the Pyecombe golf experience, therefore all constructive opinion is welcome.

CHRISTMAS EVE – "Snakes n Ladders" a 15 hole bit of fun with NTPs, buy a shot & get a shot chances. Soup & roll. Open all day to members & guests £5 entry. (Please see club house closing time).

NEW YEARS EVE PARTY – Open to Members, relatives & friends. Hot & Cold dishes. Music chosen by you and played by "Slim Shaun & Shadey". Champagne to bring in the New Year at our beloved Pyecombe. All those coming please chose 3

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Season's Greetings

CAPTAIN'S REVIEW (Cont'd)

of your favourite tunes fit for New Year's Eve, even better if you can actually sing it and we will put it on the karaoke screen.

Also please come along to an "Evening with David Porter" details elsewhere in the issue or on the Captains board.

Looking further ahead through 2014 we hope to be organising, an Auction Night & Day, A Comedy Night, St Georges Event, Tribute Band & Pyecombe's version of a Beaujolais Run. We also have the mouth-watering Football World Cup & Ryder Cup to play around with. Lots to look forward to FAB!!

GOLF – We go straight into 2014 on Jan 5th with The Mid Sussex Winter League versus Worthing, followed on the 26th Jan versus Ifield. Open to all members who can play to 18 handicap, these two matches we are trialling the less time consuming format of Breakfast, optional change, sandwiches £10.00 per player. The aim is to attract more participants so please sign up on the Match boards at your earliest opportunity.

Good Luck to all the Captains & their respective teams during 2014, we are due a good run in the Scratch Comp so it would be

nice to see our boys well supported on the day.

Best of Luck to Lady Captain Sandra Staynes & Lady Vice Mary Barnard, Vets Captain Brian Langley and of course a virtual "Man Hug" to My Vice, Mr Mike Wilmot "Wilmy" the very likable "Palace" fan.

Top marks to George Eves (social), Dave Schwartz (FoP) & Mike Price (Chairman) for putting your hand up. All the best in your new positions.

Back to appreciation mode:-

Our underpaid over worked staff Al, Matt, Jo, Jas, Mike, the Catering & Green keeping staff have all played vital roles in making our club a fantastic place to play golf & enjoy the whole Pyecombe experience. On behalf of the all the members I thank you for your all your conscientious effort and grovel for your continued support in driving the club forward.

TO ALL AT PYECOMBE GOLF CLUB



**Happy Christmas &
New Year**

Colin Kemp

Your Proud Club Captain

LADIES SECTION

Hello from Sandra, your new Lady Captain.

Firstly, a big thank you to everyone for the support we received on the day of the Drive In. The whole day was really amazing. We had a blue sky, very little wind, good food and a really good turnout. Even the drives were impressive! We can now look forward to a full and exciting year ahead, hopefully with the weather on our side.

Preparations are in full swing for Christmas celebrations. Several of our ladies have been busy putting up decorations, making the Clubhouse look attractive for this festive season.

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LADIES SECTION (Continued)

There have been two Christmas competitions and lunches, one on Sunday 8th and the other on Tuesday 10th December when we received a visit from Santa. Again the weather was perfect with blue skies and a lot of fun was had by all.

As Christmas is such a busy time, the report is short this month. More will follow in the months to come as various events, competitions etc. take place.



Sandra with Santa

We have a super Ladies Committee with a lot of experience and I look forward to working with them and making 2014 a happy and successful year.

May I wish you all a Happy Christmas and a prosperous 2014.



Sandra Staynes Lady Captain

The President reflects

Can you imagine the feeling of panic that came over Colin Kemp at the AGM when he discovered shortly before the start that his Captain's 'Acceptance' speech notes had literally gone up in smoke?! His notes were accidentally picked up and included with paper rubbish which was thrown into the Club Lounge fireplace by none other than our esteemed Club Sec! Once he had recovered from the shock it has to be said that Colin dealt with his predicament in some style – in fact his speech, being 'off the cuff', probably came over better than it would have done using prepared notes!

The next day fine weather greeted the Captain's Drive In. The preceding Shotgun Scramble was keenly contested with some fine scores being achieved. After a nail biting wait the packed clubhouse warmly applauded Stan Green and his team (**Photo on last page**) who triumphed with a net 49.5, edging out by only 0.1 the team led by our newly elected Chairman of the Management Committee Mike F Price.

Colin, together with Vets Captain Brian Langley and Ladies Captain Sandra Staynes all did commendably well in hitting excellent drives up the fairway despite the 'pressure' and usual

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The President reflects (Continued)

.....banter from the spectators on these occasions! A big ‘thank you’ to Colin and Sandra for their hospitality around the Course in the morning (**Photo on last page**) and also to Nigel and Paul and their teams who efficiently provided the food and drink to the very large gathering in the Clubhouse at lunchtime.

I am sure we all wish Colin and his fellow Captains a very enjoyable and successful year in office. That just leaves me to say to everyone a ‘Very Merry Christmas and Happy New Year!’

Reg Auchterlonie

NEW CHAIRMAN'S REPORT

This is just a quick hello as there is nothing much to report at present.

Firstly, a sincere thank you to the retiring chairman, Len North, who has briefed me on numerous issues that are in progress and provided me with data about various subjects that I am sure will be helpful over the coming months. A particular thanks must also go to Len for the smooth running of the club and the implementation of weekly managers' meetings. These have been key to better coordination on many issues.

Your management committee for the coming year comprises myself; John Mackenzie (Treasurer); Andy Selsby (Head of Green); Trevor Greenfield (Head of House); our Captain, Colin Kemp and Vice-Captain, Mike Willmott. We shall be aided by our excellent Managing Secretary, Alan Davey.

The Management Committee minutes are available for all members to read but I intend to start an update by email. This will be aimed at keeping you up to speed on important matters only and will be as brief as possible.

There is little more for me to add at this time and so I will just take the opportunity to wish you all a great Christmas..... and a happy and successful New Year to all of us and Pyecombe Golf Club. It will be wonderful if we can build on the successes of the last year.

Michael F C Price

CATERING & BAR OPENING TIMES OVER CHRISTMAS & NEW YEAR 2013-2014

Please note that over the Christmas period, the Bar & Catering opening hours are ever so slightly altered:-

DAY/DATE	BAR/CLUBHOUSE	FOOD AVAILABLE
Mon 23 rd December	09.00 – 17.00	09.00 – 16.00
Tues 24 th December	09.00 – 16.00	09.00 – 15.00
Xmas Day	Closed	Closed
Thurs 26 th December	10.30 – 16.00	10.30 – 15.00
Friday 27 th December	09.00 – 17.00	09.00 – 16.00
Sat 28 th December	08.00 – 17.00	08.00 – 16.30
Sun 29 th December	08.00 – 17.00	08.00 – 16.30
Mon 30 th December	09.00 – 17.00	09.00 – 16.00
NEW YEAR'S EVE/party	09.00 – 00.30	09.00 – 22.00
Wed 1 st January	10.30 – 16.00	10.30 – 15.00
Thurs 2 nd January	09.00 – 17.00	09.00 – 16.00
Friday 3 rd January	09.00 – 17.00	09.00 – 16.00
Sat 4 th January	08.00 – 17.00	08.00 – 16.30
Sun 5 th January	08.00 – 17.00	08.00 – 16.30

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CAPTAINS' DRIVE-IN PHOTO'S



New Captains – (L/R) Brian Langley, Colin Kemp & Sandra Staynes



Captain Colin Kemp



Vets Captain Brian Langley



Lady Captain Sandra Staynes

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VETS SECTION

The Vets Section in addition to playing home and away social matches against 17 other Sussex golf clubs play a number of internal competitions at Pyecombe golf club. Most of the internal competitions have longstanding trophies that are awarded and held for a year by the successful winners. The names of the competitions and names of the vets that were successful in 2013 are given below.

VETS INTERNAL COMPETITIONS AND TROPHY WINNERS 2013

HARVEY FRAREY

Winner	Aubrey Watson
Runner Up	James Easley
Semi-finalists	Les Harris & Tom Nutley

DRAKE PAIRS

1 st	Aubrey Watson & Les Harris
2 nd	Stan Green & A Davies
3 rd	Chris Muschamp & Martin Avis

MILNE SALVER

Winner	Maurice Woolgar
Runner-Up	Geoff Webb
Semi-finalists	Chris Muschamp & John Bold

BOWMAN TROPHY

1 st	Graham Tate & Brian Chasser
2 nd	Stan Green & Stuart Gooch
3 rd	Ted Longley & James Easley

SUMMER PAIRS CUP

Winners	Lionel Foot & Aubrey Watson
Runners-Up	N Beard Neilson & Phil Copper
	Ian Hawes & Martin Sutcliffe

OVER 70's CUP

1 st	Ken Barnard
2 nd	David Brown

NEGUS TROPHY

Winner	Aubrey Watson
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OLD MAN'S MEDAL

1 st	Reg Auchterlonie
2 nd	Gordon Gosling
3 rd	Aubrey Watson

HOLE TANKARDS

1 st	Stan Green & Alan Davies
2 nd	Peter Bolton & Alex Durie
3 rd	Graham Tate & John Gorton

RON CLARK

1 st	(Not Played)
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DANCY TROPHY

1 st	John Bold
2 nd	Ted Whitbourn
3 rd	Aubrey Watson

TAM O'SHANTER CUP (2 clubs & putter)

1 st	David Leach
2 nd	David Schwartz
3 rd	Aubrey Watson

CHEVALIER SPOON

WINNERS

1 st	Jim Spicer
2 nd	Martin Sutcliffe
3 rd	Chris Muschamp

MONTHLY STABLEFORDS

March –	David Schwartz
May –	Graham Tate
July –	David Brown
August	Geoff Webb
September	Aubrey Watson
October	John Bold

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Vet's Prize Giving – Presentation Photographs



Aubrey Watson winner of the
Harvey Frarey Knockout Trophy



Maurice Woolgar
winner of the Milne Salver



Club Captain Nic Lee presents the Summer Pairs Cup
to Lionel Foot (L) & Aubrey Watson (R)



The Hole Tankards pairs comp was won by
Alan Davies (R) with Partner Stan Green (absent)



Drake Pairs winners
Aubrey Watson (left) & Les Harris



Graham Tate (above) & Brian Chasser his
(absent) partner won the Bowman Trophy

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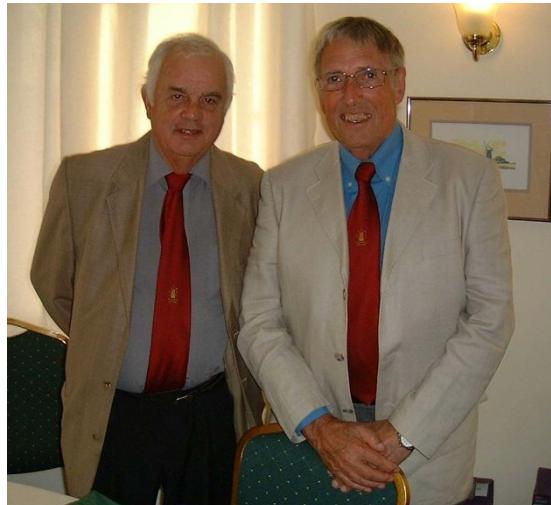
Club Capt. Nic Lee presented Club President Reg Auchterlonie (R) won the Old Man's Medal



Nic Lee (left) presented the Tam O' Shanter 2 Clubs & putter comp winner David Leech (R)

On Right: Vets Captains for 2014

(L) Brian Langley (Captain)
(R) Geoff Webb (Vice Captain)



New Vets Captain's Report

The vets annual dinner was an event enjoyed by members and their wives thanks to Nigel and his team for a great meal.

At the Annual General Meeting it was agreed that efforts should be made to encourage club members of a certain age to join us. The section plays matches against other clubs and what a better way to play other courses like the Neville and The Dyke and enjoy good company and a meal at a reasonable cost.

Well done to David Leech for winning the Tam O' Shanter competition in November.

We are getting near the end of the calendar year so may I wish all vets a happy Christmas and good golfing in the New Year

Brian Langley
Vets Captain

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STRI (Sports Turf Research Institute) Award Nomination

Earlier in the year we advised the membership of our 'Golf Yearbook: Southern Counties Golf Club of the Year' award.

We are also delighted to inform the membership that Pyecombe has been shortlisted and therefore finalists for the award of '**STRI Environmental Award**'

2013: Conservation Greenkeeper of the Year. We will know more in the New Year when the final decision is made.

Thanks must go to Simon Wells and his team, together with Andy Selsby as Head of Golf/Green in producing a magnificent course that has caught the interest of many people lately. Superb recognition for a job well done. Let's hope we have more positive news in the New Year.



PGC Green Keepers relaxing

In a Golf Business Newsletter report the following information was given of the awards:

STRI (Sports Turf Research Institute) is pleased to announce the finalists for the Golf Environment Awards 2013. These have been selected as the top golf clubs in the UK that have made significant improvements to their local environment. The winners will be announced at the Golf Environment Awards Dinner at the Hotel du Vin on 22nd January 2014, during BTME week.

The awards attracted more entries from previous years and included a diverse range of environmental projects, ranging from building 'insect hotels' through to developing ground source heat pumps.

The coveted awards are supported by a group of sponsors committed to supporting and promoting proven sustainable projects within golf clubs – Syngenta, CountyTurf, Ransomes Jacobsen, Farmura, Greenkeeping, Golf Monthly, Operation Pollinator and BIGGA.

Also supporting the awards is US Open Champion 2013, Justin Rose, who continues as the official ambassador of the awards for the fourth consecutive year.

For reference the link to the newsletter is given below:

http://www.golfbusinessnews.com/news/courses/stri-golf-environment-awards-2013-finalists-announced/?utm_source=Newsletter+Subscribers&utm_campaign=955d92287a-Weekly_Newsletter_2013_12_6&utm_medium=email&utm_term=0_e81f131363-955d92287a-209757773

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A Forthcoming Social Evening

An advert for 'An Evening with David Porter' is reproduced below. He will be at Pyecombe golf club on Thursday evening 23rd January 2014, from 7.30pm. Tickets are available from the office @ £10.00 each. Please support this event if you can.

"Life above a railway tunnel"

A talk for interested groups and societies

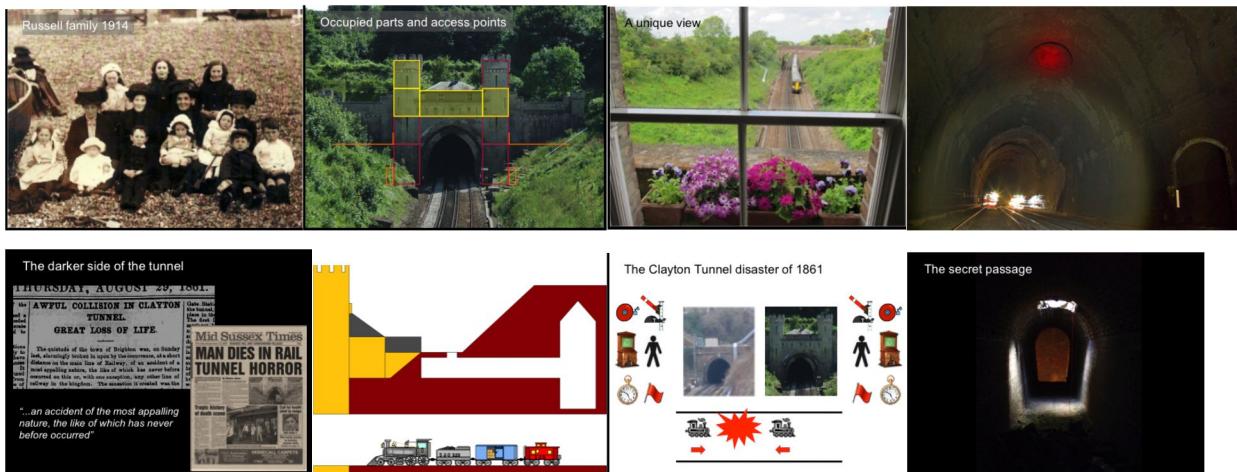
- "A spectacular, castellated and turreted confection of light stone" — Daily Telegraph
- "A place of opposites, suspended between myth and modernity" — Sussex Living
- "Anorak Cottage" — Daily Express



Nestling in the foot of the beautiful South Downs, just to the north of Brighton, Clayton Tunnel North Portal is a truly unique building. Every day hundreds of trains hurtle under this Gothic folly whose imposing castellated towers protect the old tunnel keeper's cottage.

But for most people this secluded building remains a mystery. What are its historical origins? What lies behind the commanding battlements? And what's it like having trains running right beneath your living room?

This presentation will answer all these questions and more, featuring bold Victorian engineers, plucky railway families, all manner of flora and fauna, home-made jam and wine, railway disasters, secret passages and a few ghosts. A former lift shaft?



David Porter has lived at the Clayton Tunnel North Portal since 2003. After clearing the land of decades of rubbish and cutting back the rampant vegetation that continually seeks to overcome the cottage, he has sought to bring the story of this unique building to the attention of a wider audience through talks and the occasional tour. David is an experienced public speaker, and, during his day job, works as a freelance fraud investigator.

For further information or to make a booking please contact:

David Porter
Clayton Tunnel North Portal
Clayton Hill
Clayton, West Sussex
BN6 9PQ

Tel: 01273 845 543
Email: david.porter@claytontunnel.com

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British Legion Remembrance Day Ceremony

Pyecombe golf club's Donald Staddon – survivor of two torpedo attacks during the 2nd world war, who has been a member here since 1971, was at the Albert Hall Festival of Remembrance in November with the British Legion. Below is a picture of him taking part in the ceremony. A BBC link to a video clip recording Don's memories of the torpedo attacks is as follows:

<http://www.bbc.co.uk/programmes/p01lz8bw>.



Don Staddon is 2nd from the left on the front row above

Pyecombe Golf Club's Captains / Team Managers for 2013-2014

Club Captain Colin Kemp – Club Matches & MSL

Lady Captain Sandra Staynes – all ladies matches

Vice-Captain Mike Willmott – all Mixed matches with Lady vice-captain

Lady Vice Captain Mary Barnard – all mixed matches with Club vice-captain

Vets Captain Brian Langley – all Vets matches

Exclusive Captain – Stuart Cohen

Cyril Blake Manager – Austin Smith

Men's Scratch Team Captain Trevor Greenfield / Manager: Alan Davey

Pyecombe Pitcher – Alan Davey

Manager Seniors Team matches – Neil Beard-Neilson

Juniors – to be advised.

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CLUB TROPHIES WON AT PYECOMBE GC DURING 2013

JUNIORS

Autumn Cup	**
Middlewick Cup	**
Junior Handicap	Charlie Klus
Scratch Cup	Matt Greenfield
Scratch Matchplay	**
Competition Winners	**
Junior of the Year	**
Wilf Lynn Trophy	**
Tyler Cup	**

MIXED PAIRS/ TEAMS

Molly Keet Trophy	Trevor & Aileen Greenfield
Bader Cup	
Wheelwright Trophies	M Willmott & Lesley Fallowfield
Williams-Bulkeley	Andy Selsby & Aileen Greenfield
Sergeants Challenge	David Schwartz & Valerie Jenkins
Lynn Goblets	Alan Davey & Angie Bainbridge
Queen Elizabeth Trophy	Ross Twine, Patrick Coleman & Jan Brittin
Longhurst Putter	Phil Hubble, Nick Green
Club Salvers	Kevin Cox & T Burnham
Good Relations	Mike F Price & Sarah Godfrey
	Not Played

MEN'S PAIRS

Family Foursomes	Derek Bayment & Matt Bayment
Artisans Cups	Richard Cheal & Graham Farmer
Capt/Pro Challenge	Mark Gunn & Ronald Paulsen
Vice Capt & Assist Pro Challenge	Not Played
Combination Cups	Shaun Merchant & Lew Smith
Bill Haw Foursomes	Andy Barnes & Matt Harper
Peak Trophy	Keith Gorringe & Paul Cook
The Bill Wise Trophy	Jon Robinson & Alfie Hutton
The Norman Plummer Shield	Mike Holland & John Jefferson
The Friends of Pyecombe Cup	Andy Selsby & Phil Hubble

INDIVIDUAL CHARITIES

Battle of Britain	Philip Lee
Guide Dogs	Nick Wardell
QM Marie Curie	**
RNLI	Matt Bament

MONTHLY MEDAL / STABLFORD

WINNERS

	MEDAL	STABLEFORD
March	Roy Lawson	**
April	Matt Little	Nick Wardell
May	Drew Bailey	John Bridger
June	Stan Green	Glenn Taylor
July	Paul Bowles	S Daly
August	James Stallard	Paul Bowles
Sept	Andy Duffy	Michael Jones
October	Colin Budd	Matt Redmore
CLUB TROPHIES		
Anderson Eclectic	**	
Chandler Cup	Graham Farmer	
Dinner Plate (Men)	Matt Redmore	
Dinner Plate (Ladies)	Kirsten Redmore	
Mills Cup	Paul Corney	

CLUB TROPHIES (Continued)

Jim Appleby	Matt Bament
Lydia Selsby Bowl	M Preston-Roberts
Lynn Flask	**
Holland Trophy	Richard Davey
Heath Salver	Ross Twine
Broken Spur	Steve Gault
Mistlin Cup (Scratch)	Lew Smith
Chapman Cup (Net)	Lew Smith
SCGU Centenary	Julian Deans
Competition Winner	Barry Ealey
The Barry Tingle Award	Matt Bament
Raison Cup	Derek Bament
Slater Quaiche	Andy Selsby
Bridge Cup	Roy Lawson
Woollan Cup	Andy Barnes
Julius Kelly	Nick Watson
Barnard Barrell	Julian Deans
Wooller Driver	Julian Deans
Warren Cup (Net)	D Cashmore
Campion Cup (Scratch)	Trevor Greenfield



Golf Practice In The Winter

Are you tired of going into each new golf season with high expectations and then ending your season not reaching your goals? This is often followed by you promising yourself that you're going to work hard during the winter on your grip, your swing plane, keeping your head still, etc, etc, etc. Working on your golf swing in your house without hitting golf balls or let me rephrase that by saying - without hitting golf balls and being able to see the flight of the golf ball - isn't going to help you. If anything, it can be destructive, leading to lots of tinkering with negative results. We've all been there! There are however some constructive things you can do to help your golf through the winter:

1. Practice your putting

We all know that the secret to good scoring is the short game. For those amongst you that practice regularly, have a think about the amount of time you spend practicing your putting through the year. The number of putts in a round normally equates to very roughly 1/3 of your shots. The better the player the higher this fraction generally becomes. Do you spend a minimum of 1/3 of your practice time putting? The winter offers the perfect opportunity to practice your putting at home and get your stroke up to scratch.

Fill the box of balls. Place an empty sleeve of golf balls on the carpet about 8 to 10 feet away and put a ball back into the box. Then putt two more balls into the box. This is a great trick that forces you to really focus on line and distance. It's easier than it sounds!

Mark your ball. Mark your ball with a straight line. Set that line parallel to your target line. Marking the ball makes it easier to align your clubface at address. See if the line falls to the right or left of center as the ball rolls after impact. If it does then there are problems with either your swing path or face angle at impact. Time to book a lesson!

2. Go to the practice ground or driving range but work on specifics.

Don't just go for a practice session with the view of simply belting some balls; go with a game plan and a target of working on a specific fault. The best way to do this is to book a monthly lesson through the winter and at the end of each session I can provide you with a couple of specific practice drills to do. Each time you go for a practice session, set yourself the goal of spending 90%

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of the time doing the drills. You can always save the last 10% for getting you frustrations out with the driver! Please whatever you do don't buy some technical books and try and teach yourself. This will almost certainly create more problems than it corrects.

3. Do some exercise.

There are two areas of conditioning that make up a big part of developing the ideal golf swing. These are core strength and stability exercises and full body flexibility exercises. The muscles of the core are the powerhouse and create the foundation of the golf swing so proper conditioning will make a huge difference in the power you get from your long shots. Good core strength also allows you to have more endurance so your short game is more precise and controlled. The core exercises work the muscles of the abdominals, back and hips. Many other muscles attach to this area so the midsection is considered the foundation of all movement.

Golf and flexibility go hand in hand and you need to spend a bit of time on range of motion for the perfect golf swing. If your muscles are tight and not flexible you will have reduced range of motion and a short swing. Tour Professional golfers have amazing range and a fluid swing, in large part because of flexibility in the shoulders, torso, and hips.

I'm not going to recommend any exercises in this article as exercises should really be geared for the individual. However we have some Pilates classes that are starting early in January and whilst the first set of classes are now full, more will be following shortly. I will keep you posted on how everyone's golf develops as a result!

Happy golfing and a very happy Christmas to you all.

Jason



Drive In Scramble – Captains circulated the Course with refreshments



Drive In Scramble winning team