

PUTTING

SHORT GAME

FULL SWING

FITNESS

MENTAL

PLAYING

EQUIPMENT



Spring 2011 is a great time to take advantage of the weather and some of the Academy's programs. In our desire to *operate the finest teaching program for a club community in the USA*, we have been working during the winter by getting ready for the spring. In continuing our goal of *creating a fun and productive learning experience for Members and their guests*, our usual clinic and

golf school schedule will be complemented by the following: TPI Boot Camp Golf School & fitness classes, Demo Month, CRGA skills tests, new equipment and fitting carts, Kids Golf/Sports Kamp, new driving range set up, channel 9 videos, and more. The TPI Boot Camp is the first of its kind offered here at Colleton River and covers a six week intensive golf swing and fitness program. In addition to the Boot Camp we will be offering a weekly TPI workout class on Tuesdays from 4-5 pm. April kicks off our Demo Month bringing all of the latest equipment and technology right here to Colleton River. Callaway, Titleist, TaylorMade, and Ping are just a few of the top manufacturers that we can assist you with. Need a new way to practice? Just look for the CRGA Skill Test sign at the Nicklaus range and try testing your skills over a nine week period. The new personalized Kids Golf/Sports Kamps are available any time and offer the junior golfer a chance to improve their motor and golf skills while having fun. Double check your swing by taking advantage of our new teaching mirrors located at the east end of the Nicklaus range and south end of the Dye range. Finally, in our effort to help you "*Manage Your Golf Game*," I encourage you take advantage of our programs and our CRGA Certified Instructors we have at Colleton River. On behalf of all the CRGA Instructors, good golfing and we will see you on the range!

Taken from: The Fitness Building Block of the Colleton River Golf Academy

Of all the Academy Building Blocks, the Fitness Block transcends the game. Since we talked about the mental game in the last newsletter (Jan. 2011), I'd like to talk about fitness, which is not just used in golf but all facets of life. Fitness can mean many different things to people, but in the golf swing there are very

specific demands that we put on our body in order to hit the ball correctly. This is never more apparent than when we try hitting the ball before we have stretched or warmed up; asking our body to do something that it may not be ready for usually results in poor golf shots and sometimes injury. Recently a fitness guru said that we should "stretch one day a week for every decade we have lived." Now that's staying loose! The fitness and golf combo is not completely new to the game (ala Gary Player), but it has never been more researched and developed than in the last ten years. On the forefront of this surge in golf fitness is the Titleist Performance Institute, located in Oceanside California. With 70 victories worldwide from their players last year on various tours, TPI (as it's known in the industry) is at the top of the food chain when it comes to getting golf fit. They have created a three level certification program for golf professionals, doctors, and fitness trainers that does a great job in identifying the golfers' physical strengths and weaknesses. More importantly, they have created a program to help the student overcome limitations with their body and golf swing. The eleven point fitness screen that starts your journey is administered by an Academy Instructor or Certified Fitness Personnel and looks like this: Pelvic Tilt Test, Pelvic Rotation Test, Torso Rotation, Overhead Deep Squat, Toe Touch Test, 90/90 Test, Single Leg Balance, Lat Length Test, Lower Quarter Rotation, Seated Trunk Rotation, and Bridge with Leg Extension. After the screen, the data is entered into the TPI program and a specific 18 session workout program is assigned to the student. Optimally, you are working with a golf professional and a trainer in order to benefit the most from the program. If the student wants to continue the program, there is a re-screen and a new 18 session program is prescribed. Currently, the TPI Certified Professionals at Colleton River are: David La Pour level 2, Matt Lucchesi level 2, Derek Lemire level 2, and Matt Stewart level 1. If you would like to try the TPI Experience or our Golf Fitness Boot Camp* here at Colleton River, feel free to contact one of our Professionals, and for more information, the CRGA website has a brochure you can access. Good luck and good fitness!

***Golf Fitness Boot Camp is a 6-week intensive program of golf and fitness offered this spring. Only 4 students will be selected. Please apply by e-mailing us at golfacademy@colletonriverclub.com or applying at the Nicklaus Golf Shop.**



TrackMan™ Tech Tip: Smash Factor

As the Golf Academy unpacks the knowledge and technology of the TrackMan launch monitor, we will relay important information to the Membership on various subjects. Here is what they say about Smash Factor, also known as hitting the sweet spot! “Generally speaking, **to maximize ball speed it is more important to improve centeredness of impact than to increase club speed.**” As you can see from the illustration, your golf shots in general will go further if you are hitting the sweet spot (1.50 SF) instead of missing on the clubface (1.40). If you would like to check your Smash Factor and make more solid contact, schedule an appointment with one of our certified TrackMan fitters: David La Pour, Matt Stewart, and Brett Heisler. We will also have TrackMan available during our demo days this spring, so please make an appointment in the Nicklaus Golf Shop to check your Factor and start Smashing it!



Miss hit (1.40 sf)

196yds.



Sweet spot (1.50 sf)

204yds



Dye mirror



Nicklaus mirror



CRGA teaching tent

UPCOMING CLINICS/EVENTS

Coming up:

Weekly CRGA Clinic (Friday 11 am), Lady Linksters (Thursday 9 am), TPI Fitness (Tuesday 4 pm)

April 9th Ping Demo Day – 12 to 4 pm Nicklaus range.

April 13th CRGA Green Reading Clinic – 9 am to 12 pm Nicklaus putting green.

April 13th Callaway Demo Day – 1 to 5 pm Nicklaus range.

April 27th Cleveland Demo Day – 1 to 4 pm Nicklaus range.

May 7th CRGA Practice Day – 1 to 4 pm Nicklaus range.

May 11th CRGA Golf School – Short Game and Putting 9 am to 4 pm Nicklaus.

May 25th CRGA Golf School – The Full Swing 9 am to 4 pm Nicklaus range.

June 4th CRGA Practice Day – 1 to 4 pm Dye

June 15th CRGA Special Clinic – Mental Game

June 27 to July 30th CRGA Junior Golf/Sports Camp – 10:30 am to 12 pm Nicklaus

Just a reminder to check course closings before lessons and practicing to make sure the range is not closed.