



Fore Ladies Only - July 11th, 2008 edition
Niagara Golf Report

Get on Course!

I can't tell you how many women I have met who tell me they are terrified to make the transition to the golf course. Ladies, for those of you who have spent time, energy and money taking lessons and practicing at the range but haven't made it to the golf course yet because it seems intimidating, take the leap and get on the course!

Yes, teeing off on the first hole can be very overwhelming for some but it's not just that way for you. So many of us feel that way but surprisingly that feeling diminishes as you move to the next few holes. If you are fairly new to the game and you have friends that have golfed for a number of years don't be afraid to ask them if you could join one of them for a game and see if they would be willing to "mentor" you. No one likes to feel out of place on the golf course but often new golfers don't get an opportunity to learn some of the rules and etiquette of the game. Ladies who have played for several years could fill you in very easily as you moved around the course.

Your golf game shouldn't be the time where you overanalyze how you are playing. Just get out there and play and see what happens. As you play more often and become more consistent you start to recognize where you can improve and in order to do that you should take time to practice some of those drills you learned in lessons which you can easily do at home. When you get out to the range, practice your short game first by working on your putting, chipping and pitching and save the driving range until the end. Your short game is the largest part of your game and the place that you can shave off some of those strokes and see some real improvement! Once you've taken a second look at your game, get back out on the course again and see how you do.

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