



Fore Ladies Only - May 30th publication
Niagara Golf Report

It's only a game!

Many years ago I was very fortunate to be promoted into a position that required me to graciously accept invitations from suppliers to play golf and talk a little business. Most people would be thrilled, I was terrified! I didn't have the slightest idea of how to play golf let alone talk business with the boys and maintain professionalism while trying to hit that little white ball. My first golf outing was memorable and not in a good way. I worried all the way to the course and stumbled out of the car with my borrowed golf clubs, awkward clothing and running shoes. Now what? I introduced myself to the gentlemen I was playing with by telling them the truth - I had no idea what I was doing!

Fifteen years later I look back at that time and many other times where I needed to mix business with golf and wondered what I was thinking. Why didn't I take a few lessons first, go to the range, at least talk to someone who golfed to get the inside scoop on how to conduct myself on the golf course! I learned the game by playing the game and as I progressed I finally found out that the more you worry about how you will play and who you are playing with the worse your game will be. As hard as it was I finally relaxed and enjoyed the game for what it was, a time to get out and meet new people, to laugh about the bad shots, to keep from looking shocked at the good shots, to enjoy the weather and the surroundings and be proud of myself for actually being out there at all.

To all of the ladies who have told me they are terrified to get out on the course for fear of looking ridiculous when they get up there on the tee, remember that many of the people around you are just as stressed as you are - maybe more! It's your game, play for the enjoyment of it and allow yourself some successes based on your own skill level, whether you are playing for business or pleasure. Find out a few of the rules and some etiquette of the game to help you feel confident on the course and you are on your way to enjoying an incredible sport and meeting many great people along the way.

Visit gogirlgolf.ca for information on the "Get in the Game" and "Stay in the Game" Golf Programs for Women.

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