

Stop Puttin' Around!

10 Ways to Permanently Change your game this winter!

By Dee Tidwell- Director of Golf Fitness at McGetrick Golf Academy

Are you tired of spending thousands of dollars on new clubs and lessons, only to have your handicap decrease by only a few points?

Look, we all know that great equipment can help you perform better at any sport...but ultimately if you and your body aren't prepared to use the equipment to its fullest capability, it won't make you any better? Agreed?

"So what's missing?" you ask. "I get lessons, and practice twice a week, and I can't seem to get the drastic change in my game that I am hoping for!"

Here's the answer...YOUR BODY!

That's right! Your biggest reason why you can't be the better golfer you know you can be is because you've spent money on everything else but the thing that actually swings the club! Duh!

Do you think Tiger and Annika are always changing their game and equipment? The answer is a solid, "No!" Sure every year they may be contractually obligated to play with and carry the new equipment, but they are superior athletes who could use a 2x4 and play better than you and I!

They are superior because they understand that it is their physical conditioning that will determine how well they can express their God given ability and talent.

So here are ten ways to create permanent change in your game:

1. Find a qualified golf fitness pro...(Like ME!) one who knows and understands the bio-mechanics of the swing and it's affects on the body. This is the person to test you and from your testing results create you a program to help get rid of your swing faults from the inside out! This is the only way to permanently get rid of swing faults!
2. Commit to the program! I can't tell you how many fail at any fitness program, just because they don't commit to themselves! Remember, your golf fitness program will provide benefits in all areas of your life!
3. Become a better all around athlete! The more active you are at other activities, the better at golf you will be!
4. Stretch your hips, and upper body! You need to have mobility in your hips and thoracic spine (scapula region and ribcage area), in order to have a good turn that is uninhibited.
5. Strengthen your core. Your core is your deep abdominal wall (transverse abdominus and obliques), rectus abdominus, lats and glutes. Without strength in your core you will never be able to rotate efficiently and repetitively!
6. See a qualified Massage Therapist to work out any trigger points you have, especially in your lo-back, upper back, shoulders and hips. Freeing up these areas of trigger points (adhesed muscle tissue), will allow muscle to contract and relax more optimally.
7. Eat as much organic food as you can! What you put in is what you get out!
8. Drink half your bodyweight in ounces per day!
9. Do an active warm up before practicing, taking a lesson or playing! If you do, you'll be more consistent, more accurate and less sore afterwards!
10. Get out of your own way! Deal with your mental issues! See a qualified mental coach!

Remember my friends...it's just a game! So like any game, be prepared for it and mostly, have fun! If you do these ten things, you will be a better golfer (and athlete in general)! Spread the word, this is the way the game is going to be played, are you going to be one of the first to be accept it and get better, or will you be one of the whining because they were left behind?

“If you need coaching with any of the items mentioned above, call me at 303.883.0435 and we’ll get started!”