

Early season tips

Getting into the swing of things

It's been a cold lonely winter for many golfers and only recently have they been able to get their clubs out and head to the local fairways.

John Henderson has been the head professional or Director of Golf at North Halton Golf and Country Club since 1980. He offers a few tips for getting back into the swing of things!

Helpful hints

At the beginnings of the year it is extremely important that you exercise and stretch your golfing muscles (and to stretch before every game or practice session).

Golf is one of the only games that your muscles, coil and were most other sports your muscles are extending and contracting. Here are three simple exercises to start

off your spring and to do before every golf outing.

1. Put your golf club or broom handle against the small of your back. With your feet shoulder width apart and your wrist slightly bent, turn the upper part of your body as much as possible both ways without letting the club rock across your back.

2. Pick your foot up from behind your back, pull up and push out with your foot until you can feel the stress, then alternative feet.

3. Turn your head both ways as far as you can, keeping the rest of your body square (shoulder directly above feet) to build up neck muscles more, you could put your hand against the side

of your head giving some resistance.

* Like any other exercise you do, start with small amounts, and build up daily. Don't over do it.



Busy summer set for North Halton

Mens Opening Day — Sat. May 6	Ladies Opening Day — Sun. May 7	Mixed Opening Golf & Tennis — Sat. May 13	Rolax Pro-Pro Best Ball — Mon. May 15	Junior Open — Sat. May 27	Bill Smith Char. Cancer — Mon. June 19	Mixed Championship — Sat. July 15	Senior / Junior Championship — Sat. July 22	Senior Club	Championship — Sat. & Sun. July 28-29	Junior Club Championship — (final) Fri. Aug. 4	Mens & Ladies Club Championship — (final) Mon. Aug. 7	Chamber of Commerce — Mon. Aug. 14	Junior Closing — Sun. Sept. 17	Mixed Closing — Sat. Sept. 23	Ladies Closing — Tues. Oct. 3	Mens Closing — Sat. Oct. 14
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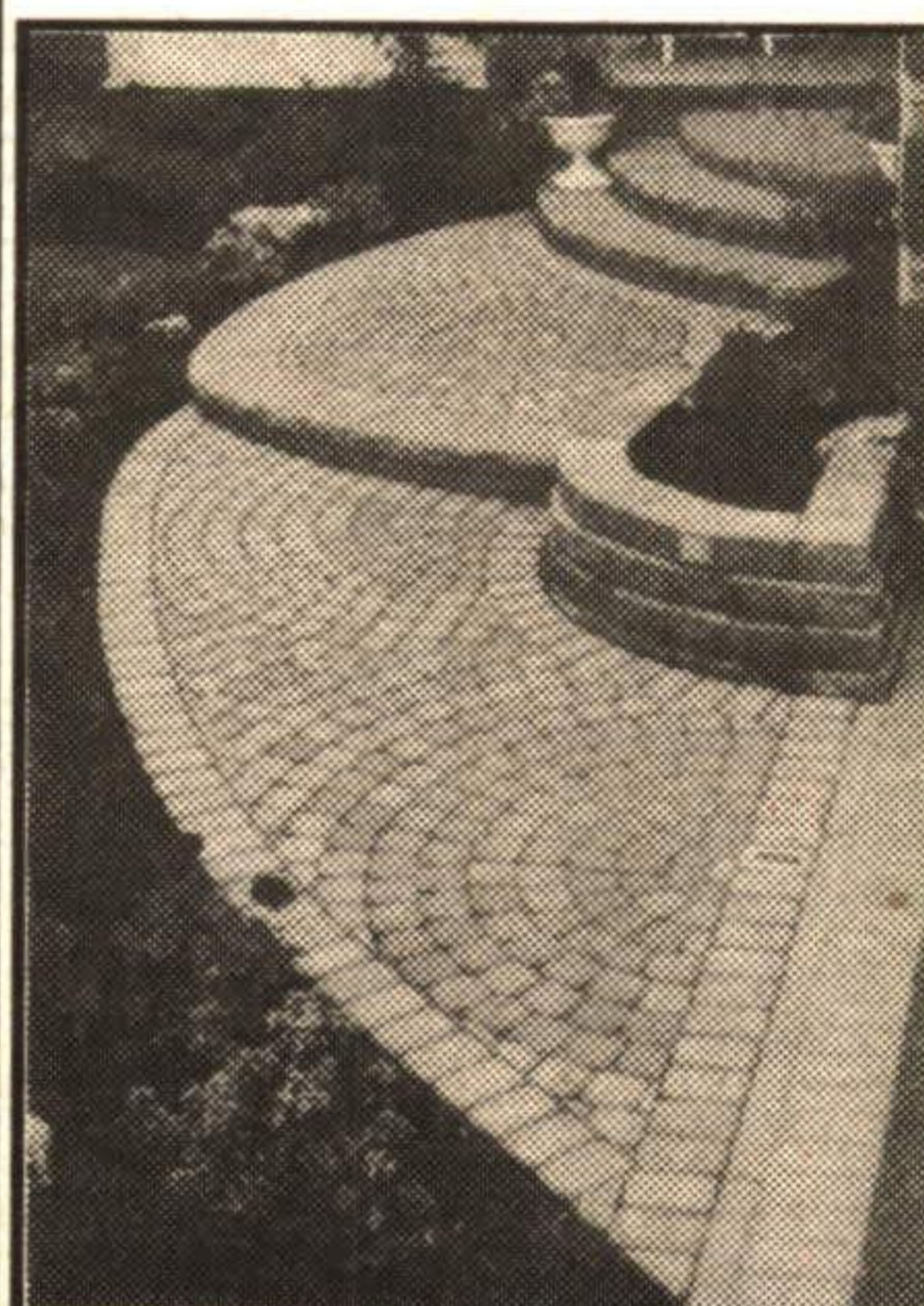
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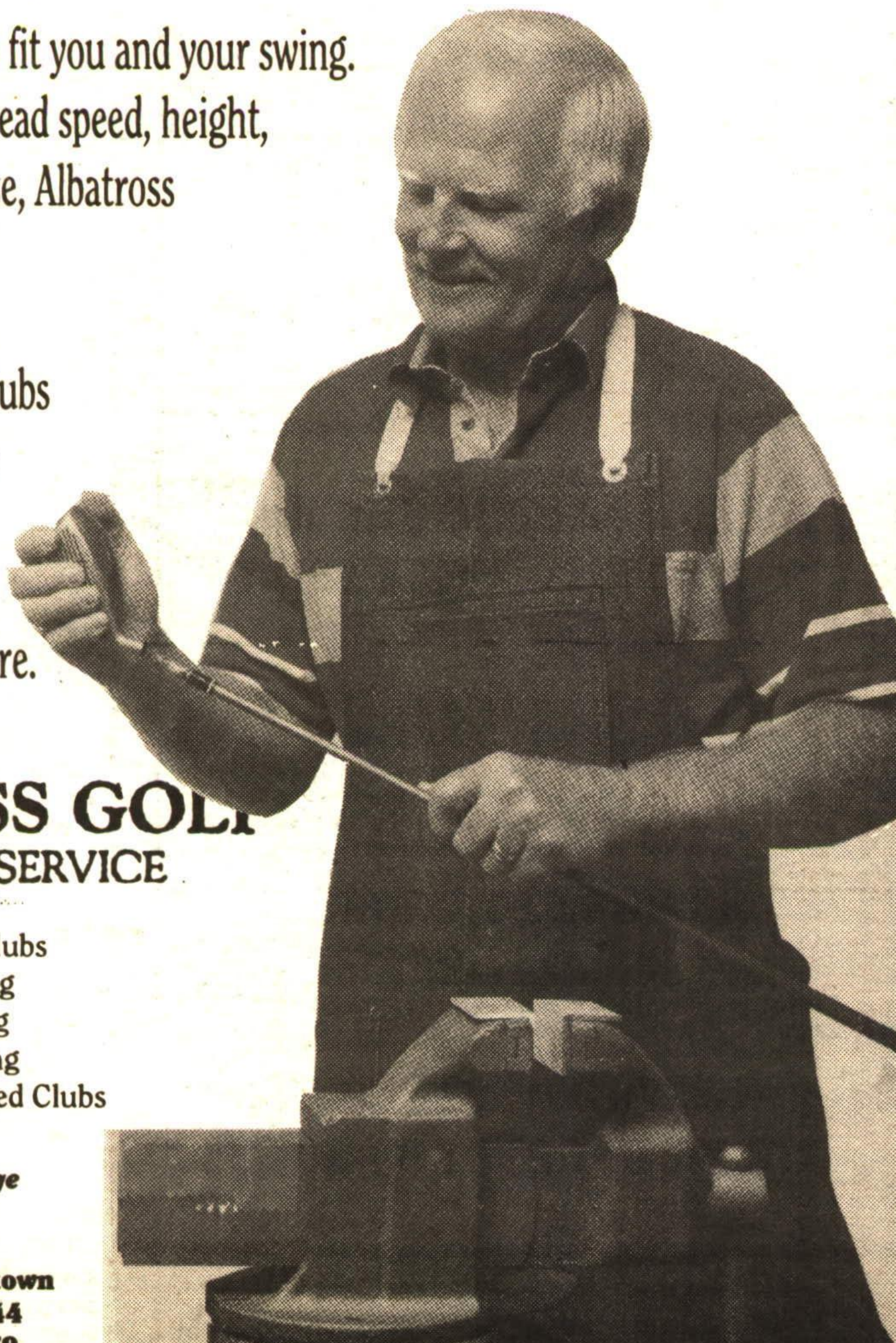
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