

Greetings Fellow Golfers:

My name is Paul Meyer. I am the teaching professional at White Eagle Golf Club. I have been teaching there for 6 years and have been a teaching professional for the past 10 years. I was the River Falls High School Golf Coach for a combined 17 years. I also conduct 6 junior camps each summer. Among the hundreds of lessons I give each summer, I have the opportunity to work with 4 young professionals trying to make their way to the PGA Tour. I am available for winter lessons at All Seasons Golf Links in Hudson, WI as well as summer lessons at White Eagle.

So, what are your goals for the upcoming golf season? Have you thought about how to lower your scores and play better golf?

One of the biggest obstacles I come across in giving lessons to students is their lack of strength and flexibility. Many students understand what I'm telling them about their golf swing. However, their body doesn't let them do what I and their mind tells them to do. You may understand a swing concept but if your body is tight and weak in key areas you will rarely, if ever, be able to consistently get into the correct position. My goal for every single golfer out there would be to increase strength and flexibility. If you do that, YOU WILL IMPROVE. More importantly, if you approach the spring with a stronger, more flexible body combined with some lessons, YOU COULD GREATLY IMPROVE.

I am not a personal trainer but have done a lot of work in the strength and flexibility area. I would not try to build a routine for you but would leave that up to your own research on the internet or actually working with a trainer. That being said, I do show some stretching and strengthening techniques to my students. Those that take it seriously play with less pain and have shown quicker improvement. They can make an easier turn, create more speed, develop better coordination, increase stamina, and have more fun. You will be amazed what 15-60 minutes every other day could do for your golf game.

If you plan on spending money improving your golf game this year, don't wait until the snow melts. Begin now on your flexibility and strength. Spend some time looking for stretching routines and weight routines; either in print, internet, or DVD form. Key areas that you would want to focus on are: hamstrings, Hip flexors and IT band, your core (glutes, stomach, low back, quads), trunk rotation with lower body stabilization, hands-wrists-forearms. I highly recommend yoga and the Katherine Roberts Yoga for Golfers DVD series. Remember: you need to have a combination of strengthening and flexibility.

Doing exercises in these areas will give you greater club control, better turn and rotation, a better ability to hold your posture through the swing (the greatest factor in making good contact), better balance. All of these will lead to more consistency and better golf shots.

Watch future newsletters for more stretching and strengthening tips along with drills that you can do at home to improve your golf game for 2010.

For more information or to schedule lessons this winter, spring, and summer you can reach me at [thegolfingguy@msn.com](mailto:thegolfingguy@msn.com).

Good Luck and Enjoy the Process,

Paul Meyer