

TWGA NEWSLETTER

Monthly Newsletter for TWGA Members



TWGA NEWSLETTER

2nd Edition February 2021

*Calling all
Women Members!*

Are you looking for a night out with girlfriends?

Do you enjoy walking the course or riding in a cart, on a beautiful weekday morning or evening?

Want to become a better golfer or learn a few golf tips?

Have you thought about joining the TWGA, but didn't think you were good enough to play in the league?

If you answered YES to any of these questions, then it's time to make the move!

The TWGA offers leagues for EVERY level from beginners to more advanced players.

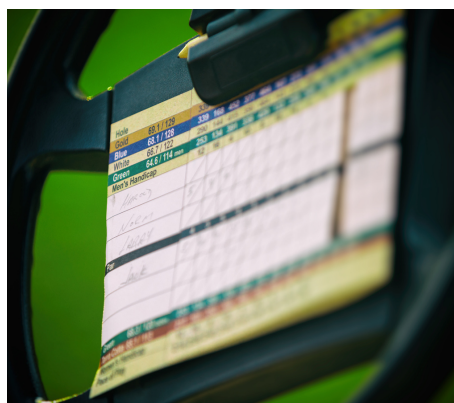
We have morning and evening leagues that will accommodate YOUR schedule and YOUR ability.

We welcome all new members or current members that have been thinking about joining, but haven't made the commitment for one reason or another.

For more information, please contact
 Cara Cahill (315) 436-4800
 Linda Kelly (315) 729-9448

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GOLF TIPS

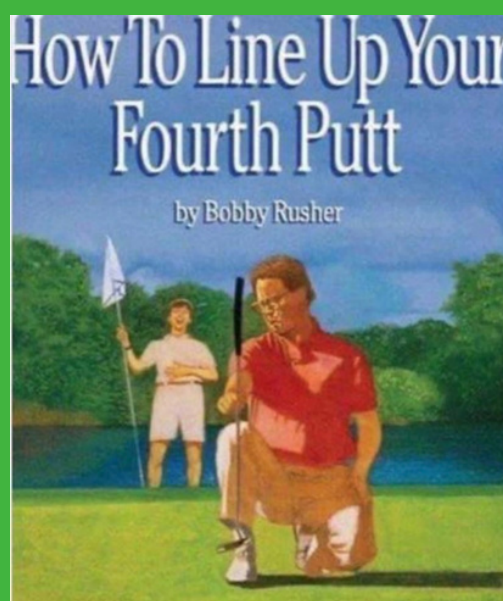
SPOT THE SPOT

by Linda Kelly, photo provided by Julie Files

If you are lining up for your 4th putt, these 4 tips might help!

- Lead with your left
- Think roll, not hit
- Use your Fingers
- Spot the Spot!

[Read full article to learn more!](#)



UPCOMING EVENTS

By Cara Cahill



Important Dates!

- **Look for the Bogey in March, 2021: Club/course updates and women's league sign ups will be included.**
- **April 27th is our Spring Dinner. Hope you can all attend! Details coming soon!**
- **Reminder: Syracuse District Golf Association is looking for new members. If your handicap index is 22.4 or below, and you have an interest, click on the link below to learn more or contact Bonnie Romano (315) 436-5852 or Cheryl Karpinski (315) 727-8855 www.swdga.org**

6 EASY TIPS TO GET READY FOR GOLF SEASON

by Julie Files (from the web)

1. **Keep it short:** Start by working on your short game. Set up a makeshift putting green in your home and take a few strokes whenever you have downtime.
2. **Get a Grip:** Since we have not used our clubs for a while, make sure you don't run into a not so sticky situation come golf season. Inspect your golf grips. If any grips are dried or cracked, you will need to replace them. It's best to do this now while stores are more likely to have a quick turnaround time.
3. **Stretch it out:** It's no secret that flexibility is one of the most important factors when it comes to success in golf. In addition to stretching, consider adding yoga to your exercise repertoire. In these COVID times however there aren't as many opportunities for yoga classes but I've found that there are plenty to try online (YouTube)
4. **Take a hike:** Doing cardio prior to golf season will help you maintain your stamina once you're out on the links.
5. **Make it fun:** It can be difficult to get back into the swing of things after a long winter. One place you can go and practice some swings, is the Golfers' Dome at Turning Stone where you can hit buckets of balls or get some practice chipping in a climate controlled environment. Other ideas, check out Pars Indoor Golf on Erie Blvd for a round of simulated golf.

6. Try Retail - Let's Shop!

Therapy: Golf is hard enough as it is, so there's no need to make it more challenging by being uncomfortable while you play. Your golf clothes should feel good and offer you plenty of flexibility. If they don't it may be time to buy some new ones. It might surprise you what a big difference a new outfit can make!

No golf? Try this instead!



Steve Kurta has been blazing a trail for x-country skiing and snow shoeing!! Please, stay off the greens. And just like golf, make it your goal to stay out of the sand and water hazards. Have fun out there! See ya soon!

The TWGA Board!