

BLACK BUSH LADIES BULLETIN



Issue No. 1 January 2015

Hi Ladies,

Well now, this is a whole new departure ... no more black and white web posts or emails, welcome to the inaugural edition of Black Bush Ladies Section very own, very fancy technicolor newsletter. From now on our aim is to have Black Bush Ladies the most informed group of lady golfers in the ILGU. You know what they say ... information is the key! (we'll save world domination for another issue). Our plan is to fill you full of information on a whole range of topics (golf related ... no recipes in this newsletter unless they are for better golf ... we can do with them!!!)

The newsletter will be a monthly affair to start with and as the season gets busier we will probably increase our frequency, we just won't be able to contain ourselves with all the tips and rules we have to share, not to mention information about upcoming competitions, winners, competition formats and other items as they present themselves. We also hope to have a "Competition of the Month" section where we explain things like Medal Competitions, what is the PGA tankard? Etc. We hope you enjoy it and find it somewhat informative. We are looking forward to this new venture and we hope you all enjoy reading it as much as we have enjoyed putting it together. (Honest! No editorial conflicts ... yet!!!)



SPRING LEAGUE



Roll up Roll up Sign up for the Spring League.

The Spring League will run for 4 weeks from Saturday 31st Jan. to Friday 27th February. Entry Fee is €5 and sign on sheet is on the notice board in the locker room.

Go on ... sign up, sure it will give you a reason to leave your lovely warm house on those cold wintery days for the good of others (your team of course!)

Think how much you will appreciate your lovely warm, cosy house when you come home.

See, you have the pen out already.

TEAM NEWS



The Fitclub 6 week programme took place on Wednesday 21st Jan. There are still a limited number of places left ... so get your 2015 golf off to a great start by signing up to our fitness programme. Exercise will be golf related, designed to increase your fitness mobility and core strength. Contact Gay for further details on ☎086 0761419



(each month we will give you a sneak preview of upcoming events and important dates for your diary)

14th Feb, 2015: Valentine's Dinner

8th March, 2015: Drive In

28th April, 2015: Ladies Pro Am

Rule of the Month



The following are Arnold Palmer's top 5 etiquette tips. While it's not necessarily a rule, we thought this is a good place to start ...

5 Rules for Good Golf Etiquette

1. Don't be the slowest player

Evaluate your pace of play honestly and often, and if you're consistently the slowest one in your group, you're a slow player, period. Encourage everyone to move quickly enough so you find yourself right behind the group in front several times, both early and late in the round. Remember the old staples of getting around in good time: Play "ready golf"

2. Repair the ground you play on

Replace Divots, Replace them or use sand mix. Rake Bunkers like you mean it. Before you exit the bunker, ask yourself, Would I be upset if I had to play from that spot?

3. Be a silent partner

Know where to stand and when to keep quiet. Position yourself directly across or at a diagonal from a player setting up. Never stand on the line of play.

4. Turn off the cell phone

Nobody knows less about technology than I do. But I know enough to recognise a cell phone when it rings in my backswing. If I had my way, cell phones would be turned off at all times on the course. Always remember to turn your phone to silent or better still Leave it in the car!

5. Lend a hand when you can

It's easy to help out your fellow players, if you just pay attention. One obvious way is looking for lost balls -- better yet, watching errant shots so they don't turn into lost balls. Pick up that extra club left on the fringe or the head cover dropped next to the tee, and return it to its owner.

There are a hundred bits of etiquette I haven't mentioned, like laying the flagstick down carefully, tamping down spike marks when you're walking off a green, letting faster groups play through, and so on. All of these things are learned by observing, with a sharp eye and a considerate heart. Just know that golf has a way of returning favors, and every piece of etiquette you practice will be repaid tenfold.

TIP OF THE MONTH

PLAYING A FULL SHOT OUT OF THE ROUGH CALLS FOR STRENGTH.

If you have a full shot to the green and find your ball in heavy rough, you will need a powerful swing to get the ball up and out towards the green.

Many players will swing as hard as possible with their arms. The arm swing is not the best way to create power and speed for this shot. Make a full turn with your shoulder and hips, so you load up on your back foot. Hold the angle of your club as you come down steeply to the ball. Make a good follow through, so that you are facing your target and your weight is on your front foot as you finish.

By making a good turn with weight shift, you will create the power and speed needed to get your ball up on the green.