Golf Log Book

EPHE 113

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September 6th, 2012- Introduction and Fundamentals

**Skills:**

This was the first day of golf class. After basic introductions, we did an overview of golf. We started off with the three different grips: baseball grip (my fave :P), interlock, and overlap. Interlock is the grip which was suggested to us where your pinky interlocks with your top hand index finger. The “V” should be pointing down the shaft and the grip should be held in the bottom of your fingers with a grip that is not too tight. A strong grip (can cause you to hook the ball) is where your grip is rotated more towards your front foot whereas a weak grip (can cause a slice) is when your hands are towards your back foot. Last thing we went over was ball position. The ball should be place just inside your front foot for a driver and going down from there, the ball moves farther back into the stance.

**Cues/Skill Progressions:**

-Neutral grip

-Make sure your grip creates a ‘V’

-Interlock grip is recommended

-Ball placement (depends on club)

Progression – A beginner golfer will work on one cue at a time. For example, they would focus on the grip, or ball placement.

**Personal Reflection:**

Changing my grip was very tough. I played baseball growing up and have always used that grip for golf as well. I know it will benefit me so I will continue to work on it, but for now it is annoying and it rubs my fingers the wrong way.

September 13th, 2012- Short Game Skills

**Skills:**

Chipping was one of the focuses for the day. We practiced from different distances. Ball should be placed off your back foot with the player’s stance slightly open and hands ahead of the ball. The top wrist and hips should stay relatively stationary during the shot. We did the bump and run shot (using a pitching wedge) trying to land the ball approximately 40% of the way and let the ball run the rest. The flop shot (using a 56-60 degree wedge) was practiced to land the ball 60% of the way to the hole.

**Cues/Skill Progression:**

-Hands are forward towards your front knee

-Open your stance

-Ball placed near back foot

-Increase backswing to lengthen ball flight

-Three styles of chip shots: chip, loft, bump and run

Progression – A golfer could attempt to chip over hazards or obstacles

**Personal Reflection:**

This lesson made me actually think about the ball placement in my stance. Normally I just get a “feel” for where it should be. I also learned that I have a hard time not taking a full swing. My accuracy was not super great.

September 20th, 2012- Mid Irons/Short Irons/Putting

**Skills:**

We learned about sand shots during this class. Unlike the other short-game shots, you play the ball off of your front foot with the club face slightly open. You never actually make contact with the ball but want the impact with the sand to shoot the ball out. It is important to take a full swing. The next skill we learned was putting. There are two basic strokes: the open to closed (heel weighted putter) and the straight back and through (face-balanced putter).

**Cues/Skill Progression:**

-Bunker shot:

-Play the ball off front foot

-Don’t ground the club

-Open face

-Aim your shot open of the target

-Take a full swing

-Square up stance perpendicular to target

-Square up shoulders

-Ball placement middle of stance

**Personal Reflection:**

Working on minimizing the extra movement in my putt is key for me taking a lot of strokes off my game. I consistently three putt which is super frustrating especially when I reach the green in regulation often.

September 27th, 2012- Long Irons/Woods

**Skills:**

Today’s class was devoted to long irons and drivers. When using longer irons the ball should be a little forward of the middle of the stance. It is important for your front arm to stay straight and the back arm to create an “L” for as long as your body will allow you. Your swing should finish with the club perpendicular to your body. The driver is similar but you have the ball just inside your front heel.

**Cues/Skill Progression:**

-Front arm remains straight

-Back arm creates ‘L’

-Finish swing perpendicular to body

-Ball position

**Personal Reflection:**

I have always loved hitting drivers. After working at a golf course (in the club house) I was able to hit balls for free so I would always take out a driver during my break and hit a bucket or two. I was able to hit the ball around 280 yards back then so it was hard for me to be consistently hitting 250 now. I tried to play around with a couple techniques to see if I could get that distance back but I think I would have to spend more time at the driving range possibly. It used to be fun to out drive all the men..

October 4th, 2012- Short/Mid/Long

Today we hit balls at Blenkinsop range.

**Personal Reflection:**

I worked on my short and mid irons mostly and felt pretty good about them. I made sure to not “try too hard” during my swings and tried to determine my range for each of the clubs.

October 11th, 2012- SNAG Golf

Today was a change up from our regular class. We had Kathy Gook from the LPGA talk to us about SNAG golf. It is a program for younger kids to get them interested in golf and seeing it as being something that is fun. The equipment is colourful and interactive. There were four stations: launching (driving/long irons), pitching, chipping, and rolling (putting). It was a very accessible and fun way to introduce young people to golf.

October 18th, 2012- Short/Mid/Long

**Skills:**

Today we learned how to create different kinds of trajectory with the ball. We learned a straight shot with a square clubface, a straight path but clubface is closed creating a hook, and finally a straight path with the open clubface causing a slice.

**Cues/Skills Progression:**

-Swing same plain no matter what shot

-Close or open club depending on draw or fade (hook or slice)

-Feet are pointed at where you want ball to start

-Club is faced where you want the ball to end

**Personal Reflection:**

I was at Canadian University Ultimate Championships. (We won.. for the first time in UVic history...!) Therefore, I did not have time to personally reflect upon golf.

October 25th, 2012- Course Maintenance

Midterm and Brian Youell (superintendent at Uplands Golf Course)- He talked to us about how to maintain a golf course. He also let us ride the roll machines for the putting greens and even did a competition. He taught us how to use a stimp meter so see how fast the greens were. An average stimp reading is 9-9.5 (measured in feet). Brian then talked about irrigation of golf courses and how they conserve water. Then we did the midterm inside.

November 1st, 2012- Class Competition

Today we went to Henderson Golf Course and played nine holes in groups of four. Since short game has never been my specialty, it was perfect practice for me. Alex Howes and I were having a close competition which made it fun. I was happy with all my tee-shots but my putting needed some work (as per usual). I had 5 or 6 lip-outs which, had then sunk, would have given me a 28 for the round. Maybe next time.

November 8th, 2012- Class Tune-Up

Today we were able to hit balls and work on any areas of our game that we wanted to. I focused mainly on 6 iron shots because my wedge shots were becoming very consistent.

November 15th- Last Tune Up

Like the previous week, this week was about hitting balls and fine tuning the skills we had learned. I again focused on the longer irons because I have trouble with them when I play on actual courses. I usually rely on my driver, rescue clubs, and short irons to get me through a round but having mid-to-longer irons would really benefit my game.

November 22nd, 2012- Ryder Cup

Today was perfect for me. The reason I have never seriously considered trying to get good at golf is because the types of sports that make me happy are team oriented and fast-paced. This day combined both. My team was awesome and it was very fun to work together. No one was pressuring anyone in any negative way. Moreover, there was so much positive energy and good tips from people too. T’was a blast! I feel like my worst station was putting and my best stations were any of the chipping stations. Super fun. (If we didn’t win it means the other teams cheated ;) ).