



1 October 2018

Number 0032



## Lesson from Hesson



**Frank Hesson**  
Director of the InClubGolf Experience



With the arrival of October, our summer season is coming to an end and that means our studio will again be buzzing with members of our exclusive NAC community of golfers, working to improve their ball striking skills.

Look for our group TPI fitness class to restart this fall. We will also be adding another SuperSpeed program Protocol Level 2. This will take your distance off the tee to the next level, I promise!

This winter, we will be adding the E6 golf simulator software package to the Eagle Bay. Members will be able to take lessons on chipping, pitching, and even specialty shots in a course setting. Members will also have the opportunity to book the simulator to play 9 holes on off peak evening times of the day.

This fall and winter, I'd like to start some group clinics. These clinics will be dedicated to specific parts of your game. We will be offering a women's beginner class, as well as couple's, junior's and men's classes. Please look for upcoming emails from me inviting you to sign up for these free group clinics.

As always, please keep me posted on all things golf in your life --- I want to know that you are getting real value from your InClubGolf membership.



## **New Members**

**InClubGolf would like to welcome new members:**

**Mark Gold**  
**Alexander Kim (Junior Member)**  
**Matt Hurni**  
**Matt Sanderson (Junior Member)**  
**Calen Sanderson (Junior Member)**  
**Steve Gannon**  
**Ann Gannon**  
**James Gannon (Junior Member)**  
**Alexander Kim (Junior Member)**  
**Hayden Stuckey (Junior Member)**  
**Karl Beeson**  
**Steven Buschman**  
**Jake Coll (Junior Member)**  
**Steve Shipton**  
**Patrick McKeown (Junior Member)**  
**Abhi Thumma (Junior Member)**  
**John Rosenthal**

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## **2018 InClubGolf Club Championship**

**Our Club Championship member tournament is open for registration. The tournament is open to ALL members. There will be a men, women, Senior and Junior division. The format is stroke play with net and gross divisions.**

**The championship is scheduled for Saturday, October 13th. The golf course will either be Makefield Highlands or Northampton Valley.**

**I will be checking tee time availability and pricing for greens fees and carts to determine the best venue for our annual championship.**

## Tip from the Pro

BLUE	536	403	172	369	504	402	207	377	393	3363	494	397	426	503	205	317	178	353	379	3252	6615	
HANDICAP	2	10	18	6	4	8	16	14	12		5	9	3	1	11	17	13	15	7			
PAR	5	4	3	4	5	4	3	4	4	36	5	4	4	5	3	4	3	4	4	36	72	
SCORE	<b>7</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>6</b>	<b>4</b>	<b>4</b>	<b>3</b>	<b>5</b>	<b>41</b>	<b>6</b>	<b>3</b>	<b>5</b>	<b>3</b>	<b>4</b>	<b>4</b>	<b>2</b>	<b>6</b>	<b>5</b>	<b>38</b>	<b>79</b>	
ROUND SCORE	+2	+2	+3	+3	+4	+4	+5	+4	+5	+5	+6	+5	+6	+4	+5	+5	+4	+6	+7	+7	+7	
NET SCORE	7	4	4	4	6	4	4	3	5	41	6	3	5	3	4	4	2	6	5	38	79	
TEE CLUB	1W	1W	8I	1W	1W	1W	4I	1W	1W		1W	1W	1W	1W	5I	3I	9I	1W	1W			
FAIRWAYS	🎯	➡		➡	🎯	🎯		➡	➡	43%	➡	🎯	➡	➡		🎯		➡	➡	29%	36%	
GIR	🎯	🎯	🎯	🎯	🎯	🎯	🎯	🎯	🎯	44%	🎯	🎯	🎯	🎯	🎯	🎯	🎯	🎯	🎯	44%	44%	
PUTTS	2	2	2	2	2	2	2	1	2	17	2	1	1	1	2	2	1	2	2	14	1.7/31	
SAND SHOTS	1									1												1
PENALTIES																						

**Stat Tracking —** Many of our members have come into the studio and asked, "What can I do to go to the next level?" The answer is to analyze your statistics for your round of golf. Do you keep track of how many fairways you hit in a round of golf? How many greens so you hit in regulation? How many up and downs did you make? How many putts did you have for the round of golf? All of these stats can help me pinpoint what areas to focus on when you come into the studio. There are many resources on your phone that can help. You can even use your own score card for the day and make your own spreadsheet at home. Bottom line is everyone should start to track their play on the course. It will provide quantifiable data that you can use to make your weaknesses into strengths.

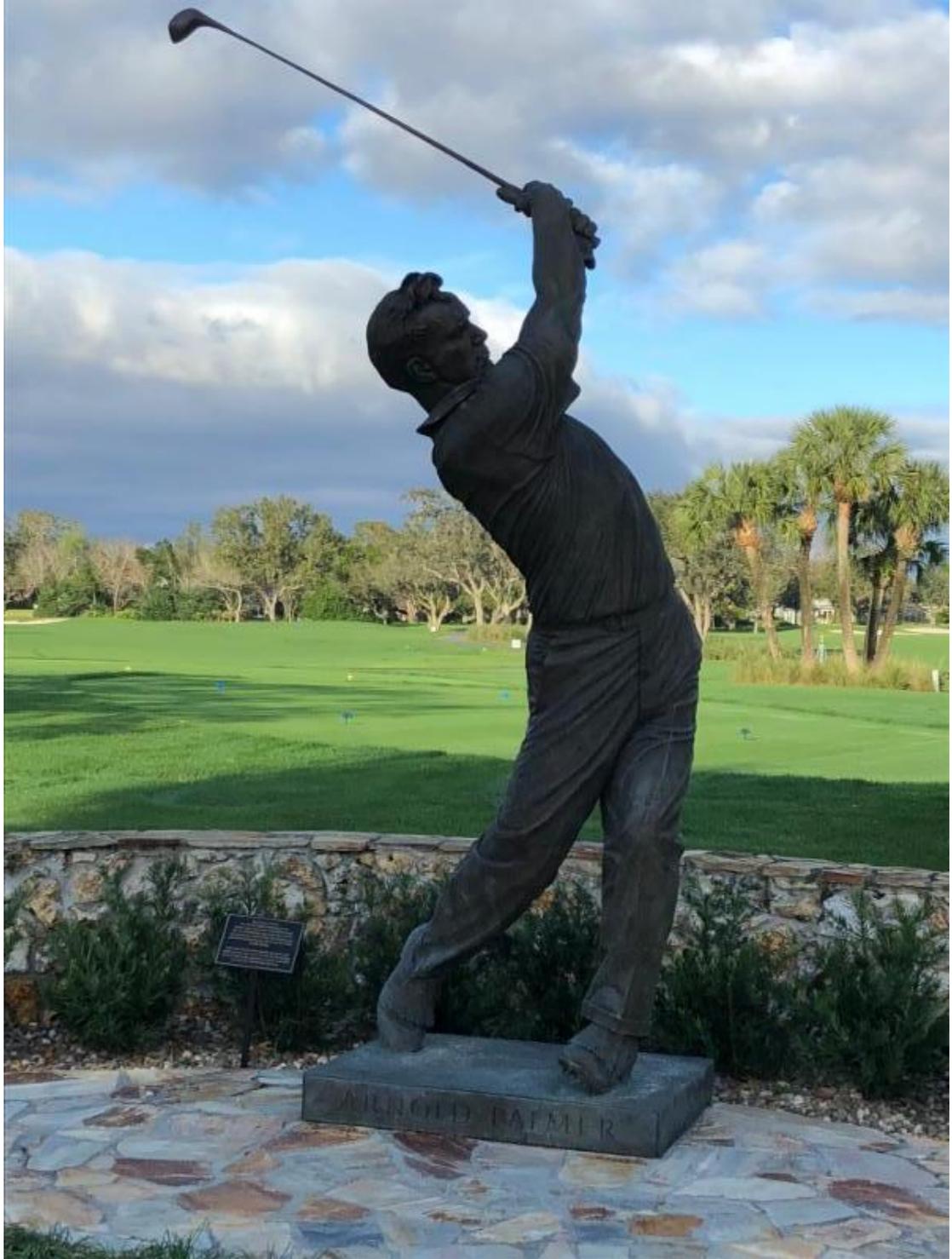


## Bay Hill Golf Trip - January 2019

Every winter we make a visit to Orlando to play golf at Arnold Palmer's Bay Hill Club and Lodge in advance of the The Arnold Palmer Invitational, the PGA Tour stop scheduled there for March 4-10

We are planning next year's trip for January 18/21, 2019. All members of ICG are welcome to come and play. Space is limited to 9 players. Typically, we fly in and play 27 holes for 4 days then fly home. Cost for the trip is around \$900.00 to \$1100.00. We stay at the Lodge and play Bay Hill and the Charger courses. Golf instruction, of course, is available with me in group settings. Please contact me for details.

**Member 2017 Golf Trip To Bay Hill was a Blast!**



**The King!**



Frank Hesson | Joe Braun | Cort Coleman | Hervey Lavoie | Mark Armstrong

## Our Group on 18

(We did not need the umbrella!)



## PGA Tour Scoreboard on 18.

On a Sunday morning, three InClubGolf members (Cort Coleman, Mark Armstrong, Joseph Braun) flew into Orlando. They played 18 holes on Sunday, 27 holes on Monday and 27 holes on Tuesday. It was an amazing experience for me and wonderful to spend time building relationships with new members. Bay Hill sets a place every day for Arnold Palmer on the driving range. What a great tribute!

We will have 2 more golf trips like this during the coming year. Stop in the studio, get the details and book your spot for the next golf trip..... Coming in January 18/21, 2019!



## **Joy of Golf**

**Starting Young is a Great Idea!**

**By Hervey Lavoie**

**The game of Golf continues to attract devoted participants from men, women and children of all ages. It is truly a game for everyone, but, thankfully, not everyone chooses to play it. Otherwise the golf courses would be more crowded and more expensive than they already are!**

**Golf is also a lifetime game. There is no need to give it up as you age and there is no reason to wait until adulthood to take it up.**

**Most golfers who play the game for a lifetime, began to play as children. They took up the game playing with parents, grandparents or siblings and were quickly captivated as their skills and power grew. Many of my own golf friends, now in their 70's and 80's, recall with great fondness their own introduction to golf at an early age.**

**A six year old may be able to hit a golf ball 80 yards. By the time a child is 9 that distance may grow to 150 yards and 200 yards or more by age 11 and 12. Not everyone thrives on competition, but for the child with competitive spirit there are many programs and opportunities to test skills against children of similar age. Parents and children should also understand that there is nothing wrong with playing golf for fun.... Playing against the golf course is fundamental to the game.... trying to make pars from the tees most appropriate for your age and skill level.**

**InClubGolf is a great program for introducing children to golf. More than 20% of our members are age 16 and under and our youngest member is 6 years old!! Contact Frank Hesson, InClubGolf's PGA professional, and arrange for your child or grandchild to be introduced to golf in the best way possible. You'll be creating memories that will last a lifetime and assuring yourself of a reliable playing partner for years to come!**



## Top 10 Reasons Kids Should Play Golf

Below is a list of the "Top 10 Reasons Kids Should Play Golf" as recommended by the Player Development Committee of the PGA of America - a group dedicated to introducing the game to people of all abilities and backgrounds.

1. **Develop Life Long Benefits:** Benefits of golf include making life-long friends and learning a game that can be played for a lifetime.
2. **Spend Quality Time with Family:** Golf can be an event around which all family members can gather for several hours. It is a great opportunity for parents to provide positive feedback and encouragement to children.
3. **Spending Time Outdoors:** Walking and being active in the outdoors allows for breathing in fresh air and establishes healthy exercise habits, far beyond indoor video games or television.
4. **Business Skills:** In addition to etiquette and the ability to play comfortably with new acquaintances, golf teaches self-confidence, improves the ability to work with numbers, and applies problem solving skills that are critical in business.
5. **Anyone Can Play:** Men, women, children, people from all over the globe and all walks of life come together on a golf course. The diversity found on a golf course opens young golfers to a broader view of the world and all people.
6. **Self-Improvement:** Golf challenges the player toward constant self-improvement. Players analyze what they did well and what has to change to improve. Players develop habits of self-improvement by self-analysis skills, seeking professional instruction, and accepting critiques from others.
7. **Etiquette and Values:** Golf has a rich tradition of etiquette which lives on today. Playing golf teaches youth how to behave towards self and others, and imparts values such as truthfulness and strength during adversity.
8. **Health:** Golf is an active game and is less injury prone than contact sports. Conditioning for golf improves strength of core muscles that support the spine, improves flexibility, and allows participants the opportunity to be active and fit.
9. **Controlling Emotions:** In golf as in life, there are achievements and disappointments. Learning from mistakes and overcoming obstacles improves a player's game, and teaches them to optimistically carry out the same pattern in day to day life.
10. **Fun:** Young people grow up too quickly in today's busy, technological world. Gathering with friends to play golf gives young golfers the opportunity to spend enjoyable times in friendly competition or collegial companionship.

## Putting Lessons and Fitting

Did you know putting is 40% of your game? Is your putter off the rack or is it custom fit for your stance and stroke? If your alignment is off .5 degrees on a 10 foot putt you can miss the hole by a few inches. Just a simple putting alignment lesson can make all the difference in the world. Try our new putting alignment laser next time your in the studio. I promise you will be amazed at the results.



## Exercise of the Month

Bob Forman, MS - Exercise Physiology

Certified Golf Fitness Instructor, Author, Speaker, Instructor

**GLUTE (BUTT) DIPS** You want power in your golf swing? You got to get off your butt and work it. Too many of us sit a lot during the day and that elongates the glutes. When you elongate a muscle, you weaken that muscle over time. Many of the golfers I work with, both men and women, young and

old, unfortunately, are extremely weak in the glutes.

Prolonged periods of sitting will wreck havoc on your health and your golf swing (click on the picture for more on that).

The Butt Dips are a progressive exercise where you can add resistance to the exercise. That helps to strengthen the glutes beyond just your body weight as when doing bridge type movements. Give it a gander at [www.golffitcarolina.com](http://www.golffitcarolina.com).

BTW, the glutes are a postural muscle and aids the lower back when standing. If your low back starts to ache when standing for a period of time, it's a good bet your glutes are weak.

Keep in mind that the point of pain is not often the cause of pain in the body.

## **Good News!! We have Fixed the Scheduler!!**

Beginning November 1, please return to using our newly repaired and debugged InClubGolf proprietary scheduling app for all lesson and practice bookings. As of November 15th, the current temporary substitute scheduler will be discontinued. Later this month we will circulate updated instructions on how to use the scheduler and related applications.

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**Thank You all for being Members of the  
InClubGolf Community of Golfers at the  
Newtown Athletic Club!**

*See you soon on the green carpet!*

[Visit Our Website](#)

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