

GOLF MEETING NOTES:

PRACTICE TOGETHER OVER THE SUMMER

I will get the emails of everyone here today and send out a mass email so that you have a contact list. Organize trips to the range, putting green, 9 or 18 hole rounds, even mini golfing will help to improve skills over the summer.

SAVE ALL SCORECARDS

Date each scorecard, send me a picture after the round, and bring them to the first meeting. I will analyze the data that you collect and use it to diagnosis/confirm areas that we need to work on before tournament season starts. COUNT PUTTS!!!!!!!!!!

PRACTICE GOOD NUTRITION HABITS

I am doing this during the Summer and you should too.

Drink more water- avoid soda and sugary juices. AVOID GATORADE- it is a popular "sports drink" but it is also designed for athletes who burn massive calories. Avoid quick fixes like monster and red bull- these are designed for thrill junkies who do not have to do much thinking during their activities. There are also pending wrongful death lawsuits against the manufacturers of this junk. Look for zero calorie/ zero sugar alternatives- such as juicing fruits and vegetables by yourself.

Cut JUNK out of your diet. Candy, chocolate, greasy and sodium saturated chips all add dead weight- case in point. Eat more fruits and vegetables if you need a snack. The sugars that you find in these natural alternatives give you energy as opposed to the processed foods which drain you- case in point. Again, I will share recipes as I find them for making simple healthy snacks and you can do the same.

Eat smaller portions more frequently to regulate your metabolism. Studies have shown that eating smaller portions 6 times a day is healthier than the traditional 3 meal day- case in point. By getting your metabolism on a consistent cycle you will have more energy and will have a smaller chance of getting fatigued during a round.

Regulate your sleep pattern. One of the most difficult things that you can do over the summer is establishing a consistent sleep pattern. If you plan on staying up until 11-12 every night and sleeping until 6-7 in the morning you are establishing a healthy pattern which will allow your body to re-energize itself over the night. Too much sleep is as harmful as sleep deprivation. Also, avoid eating anything 2 hours before you go to sleep- your body will not process the food efficiently and well- case in point.

Please share any interesting articles or info that you may find on your own during the summer with the group.