



SUSAN FARRON GOLF

DEVELOPING YOUR POTENTIAL

NZPGA Golf Professional AAA TPI Certified Golf Instructor
NZ High Performance Coach Auckland Women's Golf Coach

Passion for Coaching

SUSAN FARRON GOLF NEWSLETTER

SEPTEMBER 2010

ISSUE: 16

Welcome golfers to my bi-monthly newsletter.

Issue 16 features:

- Golf Classes at Golf Warehouse, Ellerslie
- How to two putt more often
- Chipping Tips
- Tips for playing fairway woods
- Golf News and Facts
- Susan's Golf Rules of the Month
- Product Profile- Sky Caddie
- And More!



Golf Classes at Golf Warehouse, Ellerslie

For enquires about any golf classes or to make a booking please phone Susan 021-673555 or email info@susanfarrongolf.com. Bookings can also be made directly at Golf Warehouse, Ellerslie Racecourse: phone 09-5222-124

One Hour Short Game Classes-Cost \$25 places limited to 6

Coaching on a variety of short game shots: putting, chipping, pitching and bunkers

Monday 6th September 9.30am-10.30am

Wednesday 8th September: 9.30am-10.30am

Two Hour Sunday Short Game Class

Coaching on bunkers chipping, pitching and putting

Cost: \$60.00 p/p

Sunday 26th September 2.30pm-4.30pm. Places limited to 6

Adult – 4 Week Golf Classes-Back to Basics

(4 consecutive weeks) One hour each week. Cost\$120.00

Tuesday August 31st 10am-11am

Sunday September 12th 1.30pm-2.30pm

School Holiday Junior Golf Classes-ages 8-13 approx

Monday and Tuesday 27th and 28th September 9.30am-11.30am

Monday and Tuesday 4th and 5th October 9.30am-11.30am

Cost \$95 two days golf coaching plus golf course

Shared half hour golf lessons available- share a golf lesson with a friend \$30.00 per person or \$140.00 per person for 5 half hour shared lessons

GOLF LESSON TIPS: series 16

Try to simulate the swings of the pros that have a similar body type to you.

The swings of modern day golf professionals definitely function better now than ever before because of the importance of physical strength and conditioning as well as the increasing use of video technology and biomechanical analysis.

However there are still pros on tour that slip through the radar with unconventional looking styles and shapes to their swing. For example, Jim Furyk, Laura Davies, Natalie Gulbis, Paula Creamer all very successful when it comes to winning money from the game of golf but all have uncharacteristic movements in their golf swing.

Your entire game doesn't have to look beautiful to be effective.

The main bits that need to work well are the fraction of an inch where the clubface impacts the ball and the six inches between your ears.



Jim Furyk



Paula Creamer

Chipping Tips

Change your stance to control the height of your shots.

When playing a chip with low trajectory- keep your feet facing straight

When playing a chip with higher trajectory ie. chip/pitch- keep your feet open



High lofted chip/pitch played to a tiered green notice the feet are aimed left, this is called an open stance



Still struggling when chipping with your wedges?
Use your hybrid to chip from long distance

When you have a chip over 30m and the lie is good and no trouble between you and the flag the hybrid can help advance the ball further. Give it a go before you try it on the course.

Tips when using Fairway Woods

Ball Position

- The ball should be positioned slightly in front of the center of your stance, but not as far as the inside of your front heel, where you might position a driver.
- Don't over-swing with a fairway wood; make a simple, compact swing and let the extra weight in the club head do its work to provide extra ball speed, carry and distance.



Notice my ball position is forward of centre

Fairway Woods continued

Low Point of Contact

- When you're hitting a driver, optimal contact consists of making contact on the upswing (that's one reason why you tee the ball up).
- Fairway woods are different: perfect contact with a fairway wood means making contact with the ball exactly at the lowest point of your swing.
- The added loft on a fairway wood provides all the lift and backspin that you need
- Swing down to the ball to make the crispest contact and impart the backspin that will give your shot extra loft and carry.



Notice the effect of the downward strike by Stuart Appleby shallow divot with grass flying

Do you want to two putt every green?

Improve your lag putting. If you regularly practice longer putts you will truly eliminate strokes from your total score.



Try this Putting Drill

Place a tee in the ground and putt from 35 feet.

Aim to get 3 out of 3 balls within one putter length.

When you achieve this, you can move to the next distance.

Walk forward 5 feet to 30 feet and put a tee in the ground.

Putt 3 balls aiming for 3 out of 3 balls within one putter length.

When you achieve this walk back 10 feet to 40 feet and place a tee in the ground.

Putt 3 balls aiming to get 3 out of 3 balls within one putter length

Then return to the 35 foot position and make 3 putts again to finish



Putting Drill- putt 3 balls and aim to get all the balls in the hole or inside the safe zone(safe zone is past the hole but inside the club on the ground placed 3 feet beyond the hole)



When playing on the golf course divide the long putt in half and walk halfway to see any break nearer the hole. If you really want to be professional view the putt from the opposite side of the break. This can be done why you are waiting for those further away to putt.

THE PUTTER GRIP



step 1



step 2

Step 1: place your palms either side of the putter grip

Step 2: point your left index over the top of your right fingers as shown(right handers)

Point your right index over the top of your left fingers (left handers)

Step 3: Hold very lightly ...so you are just holding on. This will allow your shoulders to control the speed of the pendulum not the wrists.

If you have a tendency to hold too tight. Try changing your putter grip size to a larger jumbo grip. This will encourage you to hold lightly.

Golf News:

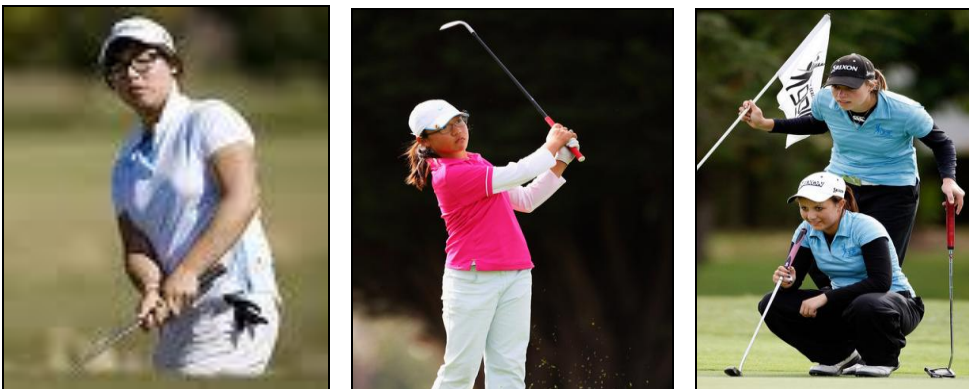
Congratulations to both New Zealand Men's and Women's Teams recently named to compete in the World Amateur Team Championships in Argentina in October.

Mens Team



Ben Campbell
Ryan Fox
Peter Spearman Bun
Reserve: Nick Gillespie

Womens Team



Cecilia Cho
Lydia Ko
Caroline Bon

Reserve: Emily Perry

Product Profile GPS Sky Caddie

Do you know how far you hit the ball?

Amateurs seldom take enough club, often coming up short of the flag because they don't have the correct yardage and don't hit enough club.

Go to the practice range and hit 8 balls with every club and take the average. Invest in a sky caddie GPS. Your favourite golf courses in NZ and overseas can be programmed into your GPS which can then give you instant feedback anywhere on the course to the flag improving your distance control and choosing the right club.

A GPS Sky caddie will calculate the distance from any point on the golf course in less than a second, helping you to choose your club quicker resulting in confidence and speeding up play.

Prices range from \$400-750.00. Ask the staff at Golf Warehouse 09-5222-124 Ellerslie for more information on the different product range.



Did you Know?

Golf enhances your Career- published TVNZ website 17th Aug



Nearly 40% of employees in India play golf to mingle with senior business executives, the highest proportion of any country surveyed in a new poll.

Golfing to get ahead was also popular in China, Indonesia, and Saudi Arabia where 33% of people questioned in a Reuter/Ipsos poll said they used the sport as a means of professional social networking.

Overall, 15% of the 12,691 employees surveyed in 24 countries said golf gave them an opportunity to climb the corporate ladder.

Nearly half of workers in China said they thought the sport could help to advance their career, followed by 46% of employees in India, 37% in South Korea, 35% in South Africa and 30% in Saudi Arabia.

In Britain, the birthplace of golf, 22% said the sport could benefit their career but only five percent said they used the sport to get closer to senior management.

Employees were least convinced of golf's professional benefits in France, where only nine percent said the sport could help their career.

Susan's Golf Rules of the Month:

If you are a competitive golfer, knowing your rules can save you strokes!

Definition: Through the Green

Particularly during the winter months when courses become muddy and wet, golf clubs often put in place a local rule to allow the golfer to place the golf ball on your own fairway.

When ground conditions are extremely wet, the local rule can be extended to allow you to place your ball "Through the Green" Through the Green is defined by the whole area of the course except the teeing ground and putting green of the hole being played and all hazards on the course. Check with the starter first before teeing off for the rules of the day.



Rule 13-4: Grounding your club in a hazard(bunker or water).

The player must not:

- a. Test the condition of the hazard*
- b. Touch the ground in the hazard or water in the water hazard with hand or club or*
- c. Touch or move a loose impediment lying in or touching the hazard*

Penalty: Stroke Play 2 Shots, Match Play Loss of Hole

Dustin Johnson paid dearly for mistaking what he thought was a patch of dirt. Guardian



With Martin Kaymer and Bubba Watson preparing for a play-off Dustin Johnson was still out on the course preparing to win the PGA Championship.

This he achieved in the act of preparing to hit his approach shot to the 18th green – innocuously "grounding" his club in what he believed was a patch of dirt but which, in fact, turned out to be a bunker. The American bogeyed the hole but thought he had played his way into a three-hole play-off with the other two.

He was quickly told otherwise by a rules official who approached him as he walked off the green and suggested that, like Houston, Dustin had a problem. "Grounding" his club in the "bunker" was to cost him a two-shot penalty, a triple bogey and absolutely no chance to win his first major championship.

Teaming up with Rhonda McCrea



Rhonda and I are both qualified TPI Golf Specific Trainers. TPI trainers measure and assess golfers' functional movement and ability through specific tests designed to improve the golfer's performance.

With my PGA coaching background and Rhonda's background as Diploma applied science, REP's certified personal trainer, NZCC chiropractic intern, I can confidently refer you to Rhonda to help your mobility, strength and flexibility which will maximise your lessons and golf game.

Contact Rhonda on 021-344596

Train Your Brain:

- **Self Image is a huge part of anyone's mental focus.**
- **How would you describe yourself on the golf course? Answer the following questions**
- **Do you feel strong?**
- **Do you feel calm?**
- **Are you focused on the shot at hand?**
- **Do you have a routine?**
- **Are you enjoying yourself?**
- **Can you recover after a bad shot?**

Do you know someone that would enjoy receiving the SFGolf Newsletter? Please sign up through the following website address.



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