



## Your 2019 golf resolutions

Amongst the resolutions people will have made for 2019, many will fall under the categories of "Health & well-being"; "Social engagement"; and "Time for yourself". Guess what? Golf delivers on all of those.

Don't let golf become a sport that isn't embraced in winter. Don't let poor weather conditions deter you. Embrace the changes from day to day. Get outside. Keep walking. Keep healthy. Keep playing.

## Playing the wind

### "When it's breezy, swing easy"

When we set up on that tee on a long par 4, playing into the wind, there's almost a natural inclination to swing harder, even lunge at the ball. Be careful, as counter-intuitive as it is, you might be making a tough situation worse.



*Increasing clubhead speed will put additional spin on the ball*



*Backspin creates lift, and that's exaggerated into the wind. The ball climbs and dies.*



*In an effort to swing hard at the ball, many golfers change their angle of attack and create even more spin.*



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When we say "swing easy", we don't want you  
reducing your shoulder turn and just using the arms.  
Fully rotate your upper body, but possibly feel a little  
less aggressive with your arms.

### This also helps with consistency

Whether you're going to play in the wind or not, if you want to add consistency to your ball striking,  
practice a good swing tempo. With your driver, at the range, practice with the "full shoulder turn, swing easy"  
thought.

Do you lose any distance? Do you actually gain distance? If we can help

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