

>>> FEBRUARY '24 <<<

THE COLMWORTH WAY

Learn, Practise, Share



We're excited to introduce our monthly newsletter where we will be sharing regular tips on how to easily become more eco friendly & probably save money in the process, alongside tips from our head greenkeeper Brad on how to do your bit on the golf course, nutrition tips & exercises to improve your health and mobility from our in house osteopaths & great mini golf tips from our pro Adie to improve your game!

DO YOUR BIT - LEARN HOW <<<

Everybody wants a perfect roll when putting and there are ways that you can help us deliver that! By repairing yours, (and other people's), pitchmarks! An unrepaired or even an improperly repaired pitchmark can take weeks to fully recover - in which time it can cause balls to veer off line and the damaged area is also an entry point for weeds which cause many other problems for a smooth surface.

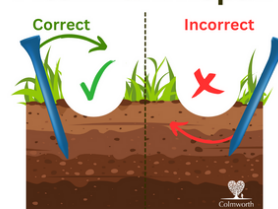
[Learn how to correctly repair pitchmarks HERE](#)

>>> AWARD WINNING

We are thrilled to announce that we have been awarded the UK Environmental Golf Club of the Year Award 2024, hosted by the STRI Group and Sponsored by The R&A Golf.

We've come away having met some fabulous people and have learned a lot - full of ideas and itching to get started on some new sustainable projects.

Pitchmark Repair



PITCHMARKS

By Brad Jones
Head Greenkeeper





PRO TIP

By Adrienne
Engleman PGA

TRANSFER WEIGHT

>>> TIP 17 & 18 OF 50

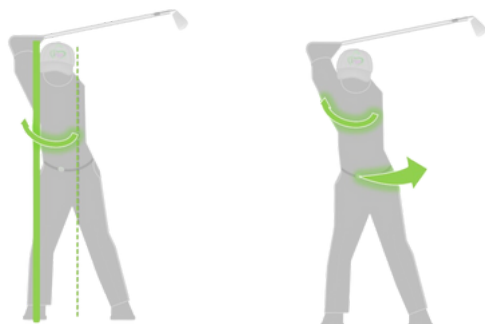
From a relatively central position with your weight at address, your weight will simply - and naturally - transfer onto the inside of your back/trail foot, when you correctly turn your body away from the golf ball.

In a powerful golf swing, the lower body simply initiates the downswing - whilst the upper body is completing its turn on the backswing - with the front/lead side beginning to shift and uncoil towards the target, as the shoulders finish their coil back.

Taken from Adie's book

50 SIMPLE TIPS

for SIMPLY BETTER GOLF



>>> STAY BALANCED

The weight transfer described above requires good balance - whether you're teeing off, chipping on or playing from uneven ground.

Our balance can deteriorate for a number of reasons, but the primary two are through repetitive ankle strains and ageing. This is due to proprioception - our bodies ability to know where is in space without looking!

The good news is - there are some really simple exercises you can do to improve your proprioception & balance. A good place to start is by trying to stand on 1 leg whilst brushing your teeth! You'd be surprised how effective this can be. Learn more [HERE](#)



BALANCE

By Krishna Mistry

Osteopath at

[Lake View Osteopathy](#)



ZOE

By Tilly Vesely
Osteopath

HEALTHY & HAPPY

>>> DON'T BLAME ALL CARBS

As well as having a masters in Osteopathy I also have a diploma in naturopathy and nutrition has always interested me - we really are what we eat! I'm passionate that there is so much we can do to help us stay fit, happy and healthy - and nourishing ourselves with the right foods plays a big part in this.

I wanted to share with you some great articles and podcasts from nutrition experts at Zoe. I've learnt a lot from these and I hope they help you too.

There is plenty of "bad press" buzzing around carbohydrates - but carb containing foods also contain other important nutrients you don't want to miss out on.

Learn more here: <https://zoe.com/post/expert-webinar-truth-about-carbs>

