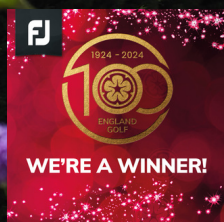


>>> MARCH '24 <<<

THE COLMWORTH WAY

Learn, Practise, Share



SCAN HERE
FOR DIGITAL VERSION & LINKS



WE'RE WINNERS!

By Tilly Vesely

>>> DOUBLE AWARD WINNING!

In January we were awarded the UK Environmental Golf Club of the Year Award 2024, hosted by the STRI Group and Sponsored by The R&A Golf. Most recently we have been awarded England Golfs Sustainability Project of the Year 2024!

It really means a lot to get recognition for our little team - read more about it here: <https://colmworthgolfclub.co.uk/england-golf-100-we-won/>

These awards really prove that you don't have to have big budgets to do the right thing for the planet - it's anything, often it can end up saving money. One of the easiest changes we have made is in using refillable cleaning products. We have kept old cleaning bottles and utilised them to transport our Fill-Refill products you see in the cafe. This means no single use plastic waste for our cleans - in the clubhouse or in our cottages. And the local supplier of the products collects the larger tubs they supply us with to refill them too! Anyone can use this service - just bring along a bottle and ask us to refill it!

WHY ARE THERE LITTLE HOLES ON THE GREEN AGAIN?



When the weather allows us to, we like to aerate the greens every 2 weeks. We do this by running a spiked roller over the greens to penetrate the surface, we then follow that up with a cut afterwards to roll back down any bumps caused by the spikes entering and leaving the turf. Learn why we do this [HERE](#).

AERATION

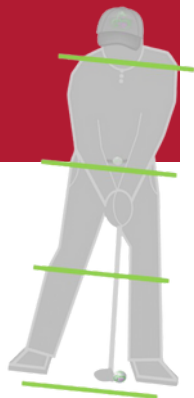
By Brad Jones
Head Greenkeeper





PRO TIP

By Adrienne
Engleman PGA



DOWNHILL LIES

>>> TIP 33 OF 50

When playing from a downhill lie, note that the downward angle of the slope adds less loft to the clubface, so - depending on the severity of the slope - ensure you select a club with more loft.

Then, When addressing the ball aim slightly left of your intended target, as the golf ball tends to fly right from downhill lies due to gravity keeping your weight on your lower foot, and hence your “release” subsequently “holds off” and leaves the clubface open through impact.

Taken from Adie's book

50 SIMPLE TIPS

for SIMPLY BETTER GOLF

>>> STAY ACTIVE

Hip strength and flexibility is important to allow a fluent and powerful golf swing. It is also well under appreciated how important lower body strength is as we age. While we know golf and walking around a golf course massively helps to keep you fit and mobile, follow the link for some more great hip flexibility and strength exercises to improve your game and help you stay active.



We've put together a low key entry level hip strengthening

exercise along with some basic tips on safe kettle bell

swings for more advance strength work and a mini lower back and hip flexibility stretch program to follow [HERE](#)



HIP STRENGTH

By Krishna Mistry
Osteopath at
[Lake View Osteopathy](#)

HEALTHSPAN

From Zoe



LEARN HOW TO AGE WELL

>>> ACTIONABLE TIPS FOR IMPROVING YOUR HEALTHSPAN

Extract from Zoe's Actionable tips for improving your health span includes golf: “Make time for leisure and hobbies

Some hobbies can help you stay social. As we've seen, this can impact your health as you age.

Different hobbies can also give your brain a workout. Research suggests that having hobbies is great for cognitive function and may even reduce your risk of dementia.

What you can do

Try taking up creative hobbies, like writing, singing in a choir, or learning an instrument. Active ones, like gardening, dancing, or golf, can also help.

Even reading more could have benefits for your brain. So could owning a pet or regularly spending time with other animal”

Learn more here: <https://zoe.com/learn/how-to-age-well>