

&gt;&gt;&gt; MAY '24 &lt;&lt;&lt;

# THE COLMWORTH WAY

Learn, Practise, Share



## WILDLIFE

By Tilly Vesely

## >>> HELLO HOUSE MARTINS!

Have you noticed that the House Martins have returned?

There are just a few at the moment, but their numbers will grow considerably over the summer months. They nest in the eaves of our holiday cottages and as the weeks pass you will see them collecting clay from the banks of the lake to rebuild their nests. We love to watch them collecting water from the lake!

On the subject of birds - have you seen the photos of the Red Kites from Sunday? The course was closed due to significant sudden rainfall and there were 7 Red Kites just standing on the 13th fairway - I'm told likely picking out worms! I've never seen so many in one spot around here and was thrilled to snap a few pictures of them. You can see these on our social media pages: [insta: @colmworth](#) or [facebook: @colmworthgolf](#)

## DIVOTS - WHY REPAIR THEM? <<<

Taking a divot can be quite rewarding when paired with a good shot but leaves a big unsightly bare patch in the turf. This is an entry point for weeds and a low spot that the next player behind you may end up in, making for a difficult next shot.

If the turf still has soil underneath there is a good chance that if replaced properly (placed in the divot and firmly pressed down with your foot) it will re-root and within a few days you would barely notice anything. This method of repair is much faster than just soil and seed and works all year round, no need to wait for perfect germination temperatures!

## DIVOTS

By Brad Jones  
Head Greenkeeper



# PRO TIP

By Adrienne Engleman PGA



# INITIATE SHIFT

## ▶▶▶ TIP 18 OF 50

Fin 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

## ▶▶▶ ROTATION - SAVE YOUR LOWER BACK

The rotation created during your golf swing can put a lot of pressure through your lower back. In a previous blog (March edition) we spoke about how the mobility at the hips helps to improve the power of your golf swing, as well as protecting your lower back.

As well as having good mobility at the hips, it is essential that we have good mobility through our Thoracic (Mid) Spine. The thoracic spine is quite vulnerable to stiffen up, no matter our age, this is Due to the ribs attaching to the vertebrae in the thoracic spine. Follow the link for more information on how to improve the mobility through the Thoracic spine, and reduce any chances of injury to the lower back.



# ROTATION

By Krishna Mistry  
Osteopath at  
Lake View Osteopathy.

We've put together 4 simple exercises that can help you to improve your thoracic spine mobility.

## LEARN MORE HERE



# INTERMITTANT FASTING

From Zoe

## ▶▶▶ INTERMITTANT FASTING

“Did you know that intermittent fasting can have significant health benefits?

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<https://zoe.com/learn/transcript-gin-stephens>

