

PLAYIN' THROUGH



Park Hills Golf Courses

A PUBLICATION OF PARK HILLS GOLF COURSES AND THE FREEPORT PARK DISTRICT

SPRING 2017

New 917 Titleist Driver on ProTalk

New ProTalk Weekly

New Cafe Express Lane



PRO TIPS WEEKLY

Strengthen up your game!



VERY SPECIAL WEEKEND RATES FOR 2017!

PARK HILLS GOLF COURSES

815.233.GOLF



FREEPORT



PROTALK



JEFF Hartman
PGA Professional
Park Hills

Posture is the base of the swing and should be checked and double-checked as part of your pre-shot routine.

Stand straight up, hold your elbows into your sides with your forearms positioned parallel to the ground and hold the club at a 45% angle. Bend over at the waist without physically moving the arms or the club, but allowing them to move until the club is parallel to the ground. Once the club is parallel to the ground, drop



The "V" between the thumb and forefinger of each hand should point between the right ear and the shoulder (for a right-handed golfer). Moving the left and right hands further to the right is considered a strong grip, while moving the left

and right hands further to the left would be considered a weak grip.

ALIGNMENT

Correct aim and alignment are critical to



accuracy. Many golfers rarely check their alignment. Skilled golfers check their alignment at every practice session. I watch golfers every day overlook this important step. Poorly aimed shots are more often than not the result of failing to double-check alignment.

I like to draw an imaginary line between the ball and the pin. I pick a spot about 3 feet in front of the ball on my imaginary line and use the spot as my reference when I address the ball and take aim with my club face.

Keep your body square to the target line and position your feet and the ball appropriately for the club you are going to use. The line of the tips of your toes, knees, hips, and shoulders should be parallel to your target line. Position the club behind the golf ball with the clubface pointed squarely towards the spot in front of the golf ball. Practicing your alignment and aim, along with the proper grip and posture will help your ball fly straighter and farther.

Let me know if you need a little help. I'll be happy to arrange Private lessons.



Posture Grip Alignment

As a golf Instructor, the key fundamentals I start with are PGA - Posture, Grip, Alignment.

I drill Posture, Grip and Alignment relentlessly because it works to make a new golfer a better player.

When I hear that a seasoned player's game didn't go quite the way they wanted, or that their tournament was a bust, the problem usually comes back to failing at PGA.

POSTURE

A proper swing can only be done if your posture is correct. Correct posture will help you get into a position where you can move your body freely. Correct posture will set your body in a well balanced position for the swing.



the arms and the club head and let the club head come to rest on the ground.

At this point, the arms should be hanging straight down from the shoulders and the bottom hand on the club should be at the end of your toes. Bend your knees slightly so they are in line with the balls of your feet and your shoulders. Adjust your feet closer or farther away from the ball until your body weight is centered on your feet and underneath you.

GRIP

If you aren't gripping the club correctly, you won't be able to hit the ball straight.

The 'Green' At Park Hills

Many of you know that I belong to the Golf Course Superintendents Association. Last month the Association published an article that I thought was interesting. Many of the issues discussed in the article have been on my mind for some time:

Golf is a sport for a lifetime that delivers more than 2 million jobs and \$69 billion in annual economic impact while contributing \$3.9 billion per year for philanthropic causes -- more than all other sports combined.

A professionally managed golf course can demonstrate environmental stewardship and provide a place to meet, exercise and develop fitness goals. Just walking 18 holes, for example, can burn more than 2,000 calories.

Golf courses are professionally managed landscapes where environmental stewardship is important -- from using water and nutrients more efficiently to implementing improved methods of erosion control.

In general, the golf industry is striving to deliver firm playing surfaces that are better for everyone and improve the bottom line. More than 70 percent of golf courses report that they are keeping turfgrass drier than in the past. (That's hardly true with our weather this season so far.)

Golf courses adopt water conservation practices, reduce irrigated acreage and use innovative technologies, such as targeted irrigation systems and ground moisture measurement tools, along with weather monitoring systems, providing the science to water only when and where it is needed.

Irrigated areas on golf courses have decreased by more than 14,430 acres between 2006 and 2013.

Use of recycled water has increased by 32.7 percent from 2006 to 2014. Recycled water accounts for 25 percent of all water used on golf courses.

Golf courses routinely have waste and water recycling programs to reduce and reuse.

More than 90 percent of a typical golf course is comprised of turfgrass, a water feature or other natural areas that prevent erosion, filter runoff, and provide for cooler temperatures when compared to urban settings.

More than 70 percent of acreage on an 18-hole golf course is considered green space that provides benefits to the ecosystem, reduces maintenance and supports wildlife habitat, including protected species.



DAVE Fisher
Superintendent
Park Hills



We're activating an express lane for golfers only at the Cafe'. Our goal is to help golfers pick up snacks and beverages without waiting in a line of lunch orders. Let us know if the express land works for you.

Live Music NEW
on
The Patio
June 10 5-8pm
Jerry Bender
July 15 5-8pm
Randy Kint
Join us for a casual evening of songs and stories.
No Cover Charge.
The Cafe' will be open.

PRO TIPS WEEKLY
Strengthen up your game!

We're starting a new series of weekly on-line posts that will feature Jeff briefly discussing golf tips, tricks, equipment, apparel and just plain having a good time playing golf.

Watch for Park Hills ProTalk on Facebook every Wednesday. The videos are fun to do and very short and we hope you'll find something worthwhile about the game and Park Hills.



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www.parkhillsgolfcourse.com

Thank You!

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Park Hills Reciprocal Courses For 2017

Tee Times at these Courses can be arranged through Park Hills

Eagle Ridge - Galena (Must be arranged through Park Hills)

Galena Golf Club - 815.777.3599

Edelweiss Golf Club - 608.527.2315

Monroe Country Club - Monroe 608.325.3159

Prairie View Golf Club - Byron 815.234.4653

Woodbine Bend - Woodbine 815.858.3939

Timber Pointe - Poplar Grove 815.544.1935

Decatur Lakes - Brodhead WI 608.897.2777

Apple Canyon Golf Club 815.492.2477

Each of these Courses offers special rates
to Park Hills Season Pass Holders.