GOLF FOR SENIORS Selected tips - 56 pages!





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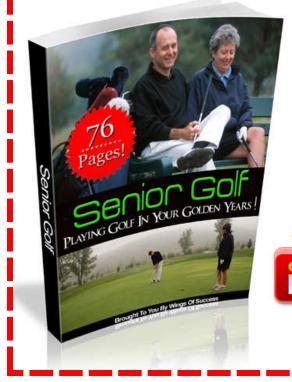
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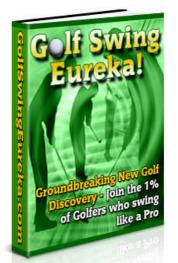
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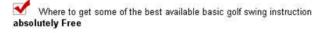
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Something New For Golfers- The Senior Golf Guild

A new site to the Internet is the Senior Golf Guild where senior golfers review golf courses and they report their findings. This a new adventure that started back in 2004. The idea of the Senior Golf Guild is to report if the golf courses are friendly to the senior golfer and what they offer as far services and easy of using the golf course. For seniors starting their retirement years and want a good game of golf, this site will be a benefit when looking for golf courses that are senior friendly. Golfers just you can review golf courses and help others choose a course that is just right for them.

The idea behind this rating system is show golfers good courses to play at, but also to address issues with golf courses that seniors might want to play, but they are not senior friendly. Whether this is a good thing or bad thing is a matter of personal opinion. If you are a golfer and happen to be a senior, you might want to experience courses the way they are instead of having improvements. Not all courses are designed the same and there are reasons for this, the top one being different playing fields allows the senior golfer to practice different techniques.

As a golfer, you need to try different golf courses to have a variety in your game. If all the golf courses were exactly the same with all the same services and amenities, you might not experience different techniques for golfing. If a course is different, you have to adjust for that and continue with the game. This is what makes a true golfer a pro at what they do. Yes, some courses may not be as well groomed as others, but this is part of golfing. As long as you play the game, the way you need to, you can play anywhere no matter if they are senior friendly or not.

The Senior Golf Guild does seem like a good idea, but maybe someone will see a golf course differently than another golfer does. Just because the course seems to be at fault for a bad game, it may be the person behind the game. Using opinions, that other have about senior golf courses should be taken with some thought. You might like the course or find the difficulty of the course more challenging than another senior golf player finds.

Avid senior golf players will play at courses they like or even dislike as long as they find a challenge. What better way to find a challenge than to play at golf courses that might be up to

the standards of other golfers. Yes, the condition of the course is important, but it also depends what the condition is and if it affects the overall game. Some people may think that rugged terrain is not for senior golfers, but then if you never try a course like this because of what someone else says, you may miss out on something exciting and you will never know how your game could have been.

Starting Young To Become A Senior Golf Pro

To become a senior golf pro, you need to start early. If you have a good start when you are younger, you have a better chance of making it to the pros. You need dedication, focus, concentration and physical ability to become a senior golf pro. You can practice on the driving range and take a lesson to better your game. As you grow and continue playing, you learn more about your own abilities. As you gain more experience you can adjust your swing and equipment to give you more distance.

Senior golf is just as relaxing if you play the game right. As you learn over the years what your game is like, you can shift your concentration to the fairway and the greens. You can work your way into some mini tours that will give you even more experience before you make your way to the PGA. If this is your goal, you want to be your best and shoot the game like a pro. Keep up with your game and you can play with the pros someday. The best way to keep your game going forward is to practice weekly.

Once you know that golf is for you, before reaching your senior golf years, you want to maintain a healthy and fit you. Stretching and some type of physical fitness is necessary to stay fit and keep the body limber and flexible to play the game. If you start noticing you are feeling aches and pains, you might need to adjust your physical routine a little. As men and women reach their senior years, the body does experience changes. If these changes affect your game, you can adjust the way you golf or change your equipment to better the game. By changing equipment, you will give yourself more of an advantage with your swing.

The senior golf pro does from time to time have to adjust their swing and by doing this, you might need to invest in a new set of clubs that have more flex in the shaft. This will help you get more distance and cause you less stress on the body. The seniors that golf are always changing their clubs to keep with their changing bodies. You can take the time to try new golf clubs and if you use a range finder, you can actually judge which club gives you the greater distance.

When playing senior golf keep in mind some important tips from the pros. Relax, concentrate, and always focus on your game. Use the right equipment that will give you the edge on your opponent and stay on par or under. If you go over par on one hole, make it up with the next hole. If you keep these simple tips in mind, you can succeed in having a great game of senior golf. After all, this is what you need and want from a good game of golf, something to talk about with your golfing friends and family.

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Meet Senior Golf Pro Tommy Bolt And More

Tommy Bolt also known as "Thunder" or "Terrible Tommy" got his nicknames because on the green he had quite a temper. Tommy had fifteen tour wins and one major win in a championship game back in 1958. Tommy was born in 1918 and made it into the World Golf Hall of fame and was a member of the Ryder Cup team twice. His senior golf years were spent winning the PGA Seniors Golf Championship in 1969 after which he became a key player in the creation of the Champion Tour formerly the Senior PGA. He had a temper and through his clubs, but he knew the game. At the age of eighty, Bolt was still playing senior golf.

Gene Littler was born in 1930 and became pro golfer. Gene had twenty-nine tour wins with the PGA and eight wins with the Senior PGA. In 1961, he gained one win in the U.S. Open. He also took a win in the Amateur in 1953. He was a member of the World Golf Hall of fame, Walker Cup Team as well as eight Ryder Cup teams. He was voted Comeback Player of the Year in 1973. After taking a break from senior golf in 1972, Gene came back and won in Saint Louis. He did have a great career in the golfing circle.

Cary Middlecoff was born in 1921 and died in 1998. Cary had forty tour wins and three major wins. He was a member of the World Hall of Fame, the Tennessee Sports Hall of Fame and in 1956 he won the Vardon Trophy. Cary was a great senior golf pro and was dentist before joining the PGA. He wrote a book called the "Golf Swing" as well as did some broadcasting before he died. He was known as slow paced senior golf pro.

Harry Cooper was born in 1904 and died in 2000. He Cooper took thirty-one tour wins, but had no championship wins in the majors. In 1937, he won the Vardon trophy and was a leader in money win with the PGA. He was a member of the World Hall of Fame. Cooper went on to teach golfing lessons in New York for twenty-six years. He then moved to the Westchester Country Club were he continued teaching until he was ninety-three years old. This shows you that you can be a senior golfer for as long as you want.

Ben Hogan was another great senior golf pro who was born in 1912 and died in 1997. Hogan had sixty-four tour wins and nine major championship wins. Hogan was also a member of the World Golf Hall of Fame and won the Vardon Trophy in 1940, 1948 and 1941. Ben Hogan played his first tour event in 1932 and won the money purse of \$8.50. In 1927, Hogan turned pro at the age of seventeen. Hogan also had golf clubs that bore his name and were considered some of the best clubs one could buy for many years.

The Mental Focus For A Senior Golf Player

Senior golf is not only physical, but also it is a mental game. You have to have the ability to stay focused, concentrate on the game, and forget the distractions around you. This is very import when playing golf and as you get older, your mental ability to contrite fully on the game could result in a few mistakes in the game. The game is said to e ninety percent mental focus and ten percent physical. If this is the case, then a senior golfer needs to concentrate on the game and leave the world behind.

Senior golf is for relaxing. Even thought you are playing to win, you need to relax and focus solely on your game. If you have a cell phone ringing or to many people around the tee box, you could lose your focus, miss that possible hole in one shot and come in above par. You want golf to be relaxing and enjoyable, but you also need to play to win. It is a matter on mind over matter when you golf. Not everyone can have this type of discipline. Some golfers work hard at focusing while others work at the physical aspects of the game. You need to keep your attention on both the physical and mental aspects of the game.

There was a senior golf pro named Ben Hogan who was very quiet and subdued on the green. This was his way of concentrating and playing the game. Many people thought he was rude or unsociable, but he may have been focused on his came and had the discipline to keep his mind on the game. You see many senior golf players on the golf courses laughing it up and having fun. These golfers play for the fun and excitement but do not care if they make it to the PGA.

Tommy Bolt was a loud player as he was verbal when he played and he had a bad habit of throwing his clubs. He lost many games because of his actions, but he may have had focus, but could not match that focus with his physical ability. It was often wondered how he managed to win some majors in his career. He must have had a reason for getting upset with himself. He knew he could do better, but some people just cannot concentrate with so much distraction around them. When all was said and done, he did come to grip with his anger and won in the senior golf with the PGA.

Senior golf is harder to start at an older age if you have not been doing it a while. You have to condition the body to do the physical side of golf and you need to train your mind to focus and refrain from noticing distractions going on around you. If you are serious about senior golf, you can learn a few tips from the pros on how to improve your game and how to stay focused when on the course.

The Top 5 Senior Golf Champion Tour Winners With More Than Twenty Wins

Senior golf pros have made a name for themselves. The top five leaders in first place wins include Hale Irwin, Lee Trevino, Gil Morgan, Miller Barber and Bob Charles. All but one, Miller Barber continues to play in 2007. They stay fit and in shape to keep up the pace of playing on the senior golf circuit.

Hale Irwin won the Champion Tour forty-five times. Hale turned pro in 1968 followed by an incredible career in the senior golf circle that ranks him higher then any other senior pro. In his career as a pro golfer, Hale not only holds first place in wins, but he has had forty-three second place wins and twenty-two third places wins as well. As of September 28, 2007, Hale has played two hundred and ninety events with eighteen this year so far.

Lee Trevino won the Champion Tour twenty-nine times. Turning pro in 1960, Trevino has played in three hundred and eighty events as of September 28, 2007, and has a record in second place with twenty-six wins and third place with fifteen wins. So far this year Lee has played only five events.

Gil Morgan won the Champion Tour twenty-five times. Morgan turned pro in 1972, which lead to his third place standing in wins. In second place Gil won twenty-seven times and twenty-four times, he came in third place. These stats are calculated up to September 28, 2007. Morgan has played two hundred and seventy-nine events with twenty-three this year.

Miller Barber won the Champion Tour twenty-four times. After turning pro, Miller has played in six hundred and three events taking second place sixteen times and twenty-one times for third place. As of September 28, 2007, Miller stills holds his fourth place standing in total career wins.

Bob Charles won the Champion Tour twenty-three times. After turning pro in 1960, Charles went on to not only hold fifth in first place wins, he has twenty-nine second place wins and twenty-two third place wins. His overall performance includes four hundred and eighty-six events played as of September 28, 2007 with six being played this year.

Although these senior golf pros continue to play the circuit, they do hold different rankings for monetary awards. Charles in ranked eighteenth in championship money awards while Lee comes in twelfth. They continue to play and heat up the Champion Tour wherever they go including the PGA circuit.

These top five senior golf pros take golfing to a new level and help to encourage other seniors to continue golfing even if they are not with the pros. Senior golfing is a great way to stay in shape and the pros have definitely shown us this as they continue to play some the hardest golf courses around the country. Some of the courses they play are harder than others and the skill level changes from course to course. Still they continue to play and delight crowds that travel great distances to see them match wits with other senior golf pros.

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What Senior Golf Pros Still Give Lessons

Many senior golf pros have given lessons and have made a difference in the world of golf for many people. One woman who offers lessons is Michelle Dube in Tijeras Creek. Michelle uses computerized equipment that enhances the student's ability to further perfect their swing and create more distance with the ball and the club. The lessons focus on putting, pitching, chipping and the full swing. The classes also include the mental golf workshop to get your mind fit for playing golf as well as your body. If you need lesson, she does have a website for finding out more information about her lessons and dates.

Kylee Naffziger and Mark Holiday who are PGA professionals give lessons on the full swing, chipping and putting. They are located in Bridger Creek. They offer group lessons, ladies lessons, peewee lessons, turf mites, and a Nike full day camp to learn all about golf. You can also request private lessons with either one when your schedule works better. They are there for the young players to the senior golf player and teach you the art of golfing to win. If you opt for private lessons, they run about forty-five minutes and then you also have playing time.

If you want to play senior golf like the pros, you are going to want a pro to give you some lessons. Phil Mickelson needed some help from coach Butch Harmon to get his swing back. He was lacking in form and posture and not doing real well in his game. Nevertheless, with the help of someone who has been there and done that he is back in form and riding on top. If you want to learn how to play like a pro, who better to teach you than a pro who has experience and can watch your every move and help in areas you need help with.

You might even want to take some lessons from the PGA association professionals as well. Imagine having someone teach you how to play golf according to how the senior golf pros play. Not only do you benefit from this type of lesson, but also you do receive the finest training around. The PGA offers lessons by different age groups and can offer more ways to benefit from your swing. They have a website that gives more information about training and lessons for young and senior golf players.

Many pros and organizations offer golf lessons where you will actually learn what you need to know before heading out on the fairway. Something's you also learn is proper golf etiquette, which is very important in any golf setting. Between lessons and manners and the rules of golf, you will be on your way to becoming a scratch senior golf player in no time. The amount of time you spend with lessons and the practice will also account for what type of a senior golfer you will become. Once you learn the sport, you will want to learn some new techniques that that pro's know about already.

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Increase Your Distance With Tips For Senior Golf Players

Just because you play senior golf does mean you lose that distance. If you have been playing regularly, you may have already adjusted your fitness and your clubs and other equipment. If you continue to play, you always make adjustment for age. You never have to stop playing golf. Golfing is probably one of the most popular recreational games an older person can play without hurting himself or herself. You might need some instructions or tips on how to maintain that distance that every golfer wants.

While your body changes as you get older, you want to stay fit. This is the reasoning behind doing some strengthening exercises and some flexibility training. Keeping your body strong and flexible will only enhance the game and help you achieve the distance you need. Maybe a little weight lifting to keep the upper body in shape is needed as you get older. Stretching the legs daily will help to keep you flexible for a natural string, which helps with the distance you get from your swing. The more flexible you keep the body, the better you will be in you swing. Fitness is also necessary to walk the distances between holes as well. If you are not use to walking, you could tire easily. Not all golf courses will have golf cart for you.

Having the right equipment also makes a difference in your swing and the distance you get on the ball. As a person ages, they need different clubs that can help you swing better and drive the ball farther. The thing to look for is the club shaft flex, the length of the club and of course the lie angle. These are important factors in a golf club. Sometimes the senior golfer may take a lesson or two from a pro. This just enhances the game and you can learn some techniques that the pros use.

The clubs you use do make a difference when you participate in senior golf. Even the pros change golf clubs as their body and age changes. The more flex you have in a club should give you more distance. This is seen by seasoned players as well as the pros. If you are just starting out, you will probably want to take a few lessons and practice on the driving range to get the most distance on the ball before trying the greens.

Senior golf has become very popular even for beginners. It is a nice way to spend your retirement and stay fit at the same time. Some of the pros do suggest starting out slow if you are new to golf and before you take any lessons or play a round of golf, you should have some type of fitness regiment to keep the body flexible. This will help your game as well as prevent injury. A good pair of shoes is also very important not only for walking in but also for your stance. If your shoes are uncomfortable, you are not going to stand correctly when hitting the golf ball.

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Popular Senior Golf Equipment

If you happen to be a senior golf player then you might enjoy a few toys that just help enhance the game a little more. Golf Cow Online has some great gifts and accessories to give that special golf or just buy the things yourself. The first thing on your list might be the Skycaddie. This is a handy gadget that will tell you were the bunkers are located and some other areas of the course to avoid. This handy rangefinder is something that will have you playing like a pro in no time. It is approved by the USGA and the R&A.

Senior golf enthusiasts will want a Speed cart to make things easier on those walk only golf courses. Since you cannot have a golf cart, the motorized Speed Cart starts up and away it goes. You can set it to go by itself for up to sixty yards without you behind it to control the buttons. You can sue it as a manual cart or as a self-powered cart that will make your day even more enjoyable. Save your energy for the golf swing, let the Speed Cart do all the heavy work. You will never need a caddie again.

If you have a few problems finding the golf ball, you might like the Ball Finder Scout. It can help you find them hard to balls that seem to disappear out of sight when you least expect it to. Never worry about losing sight of another ball. If you happen to hit the ball in water or into a wooded area, the little gadget might not work, but if the ball is even one to two percent visible, it should find the golf ball. For a senior golf player this might come in handy.

Another little compact gadget for the senior golf player is the Zelocity Pure Contact Launch and Flight Monitor. How it works is amazing, how to use it is easy. This is something that can help you improve your swing for distance and tells you how you hit with the club you are using. This is nice for making over that bunker coming around. If you know how many yards you get with that one club, you can accurately choose the right club for that specific shot. This works great for conditioning yourself and teaches you how your swing is decreasing or improving as well.

As a senior golf player, you might also want some little gadgets that have your name on them, such as golf tees, spot markers, golf balls and a hand towel with your name or initial. There are so many different accessories that can help enhance your game and some that just make you feel good about yourself. It is every golfers desire to hit the ball and play like a pro and with

some help you can accomplish everything you want to as a senior golf player. Golfing is fun and some minor accessories only enhance the game you might say.

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Find The Right Senior Golf Clubs

When you are thinking about changing golf clubs to fit you better as you age, you want to look for golf clubs that will give you distance as well. You may want to have an iron that is custom made, a hybrid club or a clone wood. These are just a few different ideas when you are thinking about golf clubs. Although the clone clubs are slightly different from the original clubs, many golfers find that these clubs are more suited for their changing needs. Whether you need new irons, woods or drivers you can find some with just enough flex in the shaft that will help you gain more distance.

There are many manufacturers of senior golf clubs such as Calloway, Wedgewood, Adams and Nike. You need to choose a golf club that has enough flex in the shaft, but not too much. It will depend on your ability to swing the club as the amount of flex you need. The flex is what allows the golf club to bend as you swing and connect with the ball. You will choose from the ladies flex, senior flex, regular, stiff and extra stiff flex. If the flex of the shaft is not matched with your swing, you could miscalculate your swing. A senior golf club has a little more flex that that of a beginning golfer.

Many golf course pro shops do have golf clubs with different flex shaft ratings that you can use out on the driving range. This allows the senior golf player to find the right club that will give you the distance. Before you buy a club, trying different shaft flexes will enable you to find the one you need without mistakenly buying the wrong one. You can also find a shop that custom makes golf clubs for senior golfers and have a set of clubs make especially to enhance your game.

Whether you buy an expensive senior golf club or a discounted club will not matter as long as you buy the right club with the right amount of flex. You do however need to buy something durable; this is where it pays to be critical with discount clubs. Just because the club gives you, the distance might not mean it will be the best. Some discount clubs may loosen up as you use it more. This could cause the flex to become softer than what you need.

Senior golf players have more advantages today then what they have in the past. The clubs are designed more for their use and flexibility where as golfers in the past usually only had a few

club flexes to choose from as they gained more experience in the game. Finding the different golf clubs and understanding the best clubs will help your game. You can look at different websites under the manufacturers of the clubs to see what they offer and what the ratings are before you seek a pro shop to try the club on the greens.

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Choosing Golf Tournament Hole Signs

In case you are planning to organize a golf tournament, you sure will be considering what kind of a hole sign should be used. Most of the special tournaments choose one specific type of hole sign that signifies the tournament. Most of the golf tournament let their sponsors put their logo on to the tournament hole sign. This will be an awesome advertisement for the company that needs to gain the attention of the masses from the event.

You will have to talk to the tournament manager in case you are a company that is looking for some form of advertisement and want to use this opportunity to gain some momentum by advertising your company by putting your company logo on the hole sign.

In case you are in charge of choosing the hole sign for the tournament that is coming up, there are many options that you can choose from, and many resources will assist you in succeeding in this quest. Before you choose the sign, you need to contact the manager to know what his requirements are. You should not end up in a place where you will place the orders for a different pole and you learn that it is not the one that has to be chosen. It is important that you also learn the dimensions that need to be given to the hole sign.

Once the specifications are confirmed, you can go shopping for the hole signs and select what is required. There are companies that are available that take up the job of supplying these items for the tournaments. Most of them have catalogs that you can flip around and get a hang of the different sizes, shapes and colors. There are even some companies that give you a sample of what you need. This is just to make sure that you know what you will get for the order that you have placed.

The type of tournament you are conducting does not matter, the different hole signs will still remain an important feature in a golf tournament. So, it is very important that you choose the proper hole sign for the given tournament. Buy this from a place that has experience in this field. There are also websites online that give you a proper idea as to what hole sign can be installed in this tournament. The hole signs purchased online are directly shipped to your location.

Etiquettes To Follow While Playing Golf - Learn To Be The Expert!

Before you start playing the golf, you must learn to master the concepts of etiquette. The rules about strokes are very easy to learn but it is usually more difficult for the beginners to pick up the golf etiquette which is normally not talked about. You will be able to become an expert golfer and mingle with the other players provided you learn the golf rule etiquettes.

The following will help you to understand the golf etiquette rules and enjoy your time playing the sport.

• Try your best and do not delay other golfers. One of the important rules that should not be violated is delaying other players while on the course.

• It is golf etiquette to let a group of other players, who are playing behind you play through, if they are playing fast when compared to your pace

• And when there is a single player behind you group which is much larger, it is etiquette to let the single player play through since it is easy for a single player to move fast around the course when compared to a large group.

• Always make sure that you group does not have more than six players. Al though a group of eight people is allowed, it is often difficult for large groups to move around the course in time.

• Make sure to clear the green once you finish putting and make sure that the flagstick is always replaced.

• Sand traps should be racked once you have finished playing it. Try your best to make sure that the bunker is in good or better condition than when you first entered it.

• Always repair the ball marks on the green. It is a basic golf etiquette practice to mend ones owns ball marks as well as the others. In this way the greens remain undamaged.

• Mend any divots that have been made by you in the fairway and tee box. There is always a container of sand beside golf cart or tee box. Use the sand to refill the divot .This will help the grass to grow again. If there sand, replace the divot or pat down the sand in that area.

• It is better to start your turn of golf in the time assigned to you or on the first tee. Do not go before another set of golfers.

• Wait and make sure that the hole is clear before hitting your shot. And moreover, before hitting the shot make sure that it is your chance in the shot routine. It is your chance to putt or hit if it is you who is far away from the hole

Golf Swing Trainers - Shaping Your Golf Game

Golf swing trainers are available in all sizes and shapes and it is probable that you will find one that suits your requirements and helps in improving the area of the golf swing that needs attention. These trainers can assist you with positioning of the ball, set up, golf ball impact, swing speed, even swing plane, and other basics that will show an improvement in your game as well as your scorecard. These Golf swing trainers let you practice in your own time, at the comfort of your house and thereby save you the trouble of taking separate golf lessons. Also, these trainers are a one time investment and the equipment can be used regularly to keep your game in shape.

The internet is an excellent place to buy golf swing trainer kits. Many websites on the internet offer a diverse range of trainers which you can browse through and locate one that suits you. When you shop online for golf swing trainers, you can compare the prices and products and it is also beneficial as you can shop comfortably while sitting at home.

You may find it rather puzzling to find the perfect golf swing trainer out of the wide range that is offered. The following are some of the golf swing trainers that are currently available in the market and are most likely to come across, a brief description about their working and which section of your golf game they will help improving. But remember, just investing in the most appropriate golf swing trainer will not help your game, but you must dedicate some time for practice, and also continue practicing throughout your golf career.

> A golf impact indicator. It is just a strip that is placed on the face of the golf club. After you hit the ball, the impact indicator shows if you struck the ball in the middle of the club face, which is called the sweet spot. In order to make a good golf swing, you must strike the ball using a club face that is square, which you can check using the golf impact indicator.

> A circular rail called the rail swing trainer outlines the optimum swing plane for your golf swing. You must step inside the circular rail and allow your golf club to trace the rail while you make he swing. This swing trainer will give you an idea of the right swing plane so that you can repeat it in a normal stroke.

Learning All About Your Golf Swing

Sometimes, even the professionals will require help with the way the swing their golf club. The difference between amateurs and the professionals is that they professionals will take their time to learn what is wrong with their swing, and how it affects their game. You will have to spend quite some days to learn how to swing the golf club properly in such a way that the game gets improved and you will be able to score more in lesser shots. It might seem like it is a very big process that needs to be carried out. But it is not so. It is important to analyze the swing and step down your handicap. In case you are fixed that you must able to score good points with the consistent shots you play, then you sure need to learn more.

No quick fixes

You sure will look for a short cut to fix your swing in such a way that you learn the tactic easily. But, there is no such short cut to do that, the only way it can be done is with constant practice and incredible patience. You need some amount of determination and talent combined with this to succeed in what you want. If you master the swing properly, and keep repeating it to T, then, you are sure to succeed. Most of the professional golf players keep swinging it differently; the truth is that most of their swings are the same. This is because the same principle involved is the same, it is just the way you adapt yourself. You need to learn the **basics in swinging**, and the following are the i**mportant points to be kept in mind.**

- · Hands and arm relationship
- Grip
- Psychology/mentality
- Posture
- Alignment
- Pivot

Dos and Don'ts

Leave alone the basic principles, there are other thing that one should concentrate on to improve the game and the swing. Just watching pros swing their golf club also helps. Imitation is

a tool that can be used to help you enhance your swing, and you can pick the method and try to be more consistent. Practice is the key to success. Wherever you are, make it a point to practice the right swing, sometimes it can get frustrating, when you miss shots, but don't let these eat your determination. Keep increasing the scores.

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Golf Training Precision Fitness - Kick Starting The Game

In case you want to stay ahead in the race between the golfers, it is suggested that you go for training at the precision fitness, to strengthen your muscles and give you a upper hand with the game. This will increase the flexibility in the game, then secures you form the injuries faced by other weak golfers. This sure is a good course to be taken up by all golfers.

The basic rules of contact of ball with the golf club will be taught here in the precision fitness training. The first thing that is taught here is to bring the golf club and the ball in the right contact. Even a small turn in the club will change the angle, and combined with the speed of the club, the ball might steer its way through very odd angles. The grip on the club will be increased when you take training in the precision fitness center. Next advantage is the swing that you get from the ball; it plays a major role in deciding where the ball goes. The arms play a very huge role in deciding the swing too. Third factor is how the ball is being hit, it is also something that is very important, and goes a long way in helping the ball travel longer. If the ball is below, an effect called 'lob' might occur. This effect will steer your ball across huge bunkers. A fit golfer is more likely to give the ball more thrust and sends it swinging in the air with all the might, emerging a winner.

One thing that must be kept in mind is that the precision fitness is that golf is also a game. The golfers are athletes. The golfers will need an athletic edge to bring the game under par. This is one reason why the precision fitness training is very important to a golfer. This training will ensure that the golfer will remain fit in all given conditions and will not be able to flex his muscles and generate power on the club. This game consists of 18 holes, so, the stamina and the concentration must be more. You will be able to establish a good focus and stamina once you start taking up the precision fitness training. This will also bring into discussion the body tune. Your body needs to be tuned in order to get a proper hold of the game. The timing, the posture, the flexibility, strength and balance are all that matters. This training gives you the best so that you can give your best, on the field.

Some Interesting PGA Senior Golf Knowledge

The 28th annual Senior Open for senior golf pros was held at Whistling Straits in Haven, Wisconsin. The course opened in 1998 and was designed by Pete Dye for Herbert Kohler of the Kohler Company. Before the Senior Open, the 2004 PGA Championship was held at Whistling Straits. The golf course proved to be the second longest course for senior golf pros with seven thousand and sixty-eight yards. The leader is Bellerive Country Club. The U.S. Women's Open was held at Blackriver Run, which has two courses, which are also owned by Herb Kohler. These two golf courses are located in Kohler, Wisconsin.

Miller Barber won two Senior Opens in a row during the years 1984 and 1985. Jack Nicklaus has won the Senior Open three years in a row from 1991 to 1993. Alan Doyle has won two years in a row as well as Gary Player. When Doyle won the Prairie Dunes U.S. Senior Open in 2006, he was the oldest win at the age of fifty-seven beating Roberto De Vicenzo who had the title back in 1980.

Peter Jacobsen, Don Pooley, Larry Laoretti, Lee Trevino, Dale Douglass, Arnold Palmer and Roberto De Vicenzo won the U.S. Senior Open their first time out. The years were 2004, 2002, 1992, 1990, 1986, 1981 and 1980 respectfully.

The U.S Senior is number two out of five major championships held for the 2007 season. The other tours are Constellation Energy Senior Players in October, The JELD-WEN Tradition was in August, Senior British Open Championship in July.

Alan Doyle holds the title for having the lowest final score in the Senior PGA and the U.S. Senior Open. His all time low back in 1999 when he had an eight under par 64 in the PGA Nationals remains the lowest Sunday score in history of the Senior PGA.

There are only three players that hold the title for bouncing back after a runner up finish the prior year, they are Bruce Fleisher, Jack Nicklaus and Gary Player. The largest margin for a win was by six strokes done by Gary Player who defeated Doug Sanders in 1987. Senior golf does have some interesting facts from over the years.

Many of the senior golf pros will move onto next years U.S Senior open, which will see some more breaking records if this year was anything to judge the tour by when it was played. The U.S. Senior Open in 2008 will be held in Colorado Springs from July 31 to August 3. The 2009 U.S. Senior Open is planned for Carmel, Indiana. The next two years will see the newest members who are nearing the age of joining the senior golf circuit compete for the next title while we will see the regulars come back to set a new record on the PGA circuit.

There are many sponsors for the PGA U.S. Senior Open and they remain true to the game. Companies that manufacturer the golf clubs and the senior golf pros that use them make sure everyone knows their clubs of choice.

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Golf Swing Training Set - Do-It-Yourself Kits

Most golfers are constantly looking for ways to better their golf swing. Therefore, they can start playing a better game on the golf course. In case you are an amateur, one very good way to start is by using golf swing training aids. These teaching aids are very cheap compared to pursuing a professional course, and it further lets you practice in the comfort of your home. You can buy these golf swing teaching aid kits online, by looking at several websites and locating one that best suits your needs at an affordable price.

You can waste plenty of strokes at the putting green, and this putting stroke is an area of the game which you can improve to a great extent, using golf swing teaching aid. The impacting indicator is one of the best teaching aids with which you may practice at the putting green. Before you strike, it is very important to know whether the sweet spot is placed on the putter and make sure you always strike the golf ball with this club face. When you hit the ball with the club's sweet spot, it will produce high performance. Now the impact indicator tells you where your club face strikes the ball. The impact indicator strip is placed on the face of the club and it reveals where the club face is impacted by the golf ball. These teaching aids can also be used with other types of clubs, including the driver.

The rail swing trainer is a more complex form of golf swing tutoring help. This circular rail form of equipment outlines the swing path which you must follow. You must step inside it and allow your club to follow the rail, so that you learn what an accurate swing plane looks like.

Flexibility and strength play a vital role in a good golf swing. One of the training aids used is a weight that can be added on to the golf iron shaft, which improves your flexibility and strength. This is a very simple training kit that can be used during warm up sessions before a game of golf.

One golf swing training kit which you would not have imagined of is extremely easy to use and does not require any purchase. You just need a coin, maybe a quarter, and then you can start working on your rhythm and swing balance, two essential points of your swing. In case you are a right-handed golfer, all you need to do is, keep a quarter on your left shoe. The aim is to swing

without disturbing the quarter on your left shoe. Continue doing this until you have enough balance to keep the coin in its place throughout the swing.

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Planning A Senior Golf Vacation

Many senior golf players enjoy getting away by planning a golfing vacation. Whether you play golf regularly or just once and awhile, a golf vacation is a great way to relax and enjoy the outdoors just like the pros. The senior golf pros play golf for many of the same reasons the amateurs do, they love the game and enjoy traveling to new golf courses. The more you play and learn, the better you become at playing. Understanding what clubs to use and when is also important.

A travel agent or an online travel site will be a good place to start if you are planning a senior golf vacation. You want to find a course that offers a challenge as well as some great people to meet. You might even consider playing a game at some the courses where the pros give lessons or play a leisurely round of golf just like you. You can look through brochures or websites to see exactly where to plan your next golfing vacation.

When you plan a golfing vacation, you usually find a package deal that includes hotel accommodations, golfing and other related rewards to your vacation. You might even enjoy a day of lessons from some pros. Senior golf is an enjoyable sport that sees no age limit as with other sports. This sport is for all ages, the more you play, and with a few good tips, you gradually improve your game.

If you plan your senior golf outing at the right time, you might even find that the weather is just right for playing. After all that is why the pros use these courses to stay in the game. You could find yourself right in front or behind some of the most reputable players in the world. This sure would enhance the golfing vacation. You can choose where and when to travel, but if it happens to be in an area where the Senior Open is going on, you could also spend a day watching how they perform.

Some golf courses even have there own resort hotels, which makes tee time no problem. If you plan your golf vacation, make sure to schedule a tee time so you do not miss out on the experience of playing golf away from home on a new course. This is the most exciting part about planning a golf vacation.

You might consider a senior golf outing to the Jack Nicholas Golf Course down in Florida. This course is considered a prime golf course that offers a challenge for any player. If you find yourself intrigued with the course and need more time, you might even consider a condominium right by the course so your vacation can become permanent. You are going to see many different courses you can plan a vacation around looking for information about the top courses is found on the Internet. Start your search with "Championship Golf Courses" and see where the pros keep up with their game and stay in shape.

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Senior Golf Vacation Packages

If you are looking for a senior golf package where you can have golf lessons, a friendly game of golf or watch a PGA Tour, you might look on the Internet to see where the best places would be. You might travel to Arizona, Hawaii, Bermuda or Myrtle Beach. You can have some exciting rounds of golf when you book a senior golf package that includes accommodations, airfare and a day or two of golf. You will not only enjoy a day of golf, but the many attractions in the area as well. Vacation packages are great and when they include golf at one of the most prestigious clubs, you will have a better time.

Myrtle Beach alone has some of the most prestigious packages with different adventures with each one. You can play the Big Cats and even have a lesson or two from a former Senior Golf Tour player Gary Cowan. Cowan was the winner of two majors and made eight appearances in other majors. You might want the Big Cat package, the Fanatic golfer package or the four rounds and three-night package. The later is for the true golfer in everyone. Four days of golf and only three-nights in the hotel is what you get with this package.

In Maui, you can play one of the courses designed by Robert Trent Jones, enjoy a day in the warm sun and experience a golf course that you have never experienced before. You can stay at the Kaanapali Beach hotel and take the short walk to the golf course. The two courses are a senior golfer's delight. The South Course has an executive style, but with little difficulty where as the North Course runs through the foothills and along the beach and is considered a challenging golf course, which is home to the PGA Tour.

If you are looking for something out of the ordinary, you might try the senior golf package to Bermuda. With nine golf courses spread out on twenty-one areas of land, you will find this is one of the most extraordinary experiences of a lifetime. You can choose from fourteen hotels and resorts that offer the senior golf packages. With ocean all around, you will feel the warm breeze and smell the ocean as you enjoy a good game of golf. Many of packages include at least one day of golf, but you can find the deals with more days as well.

Senior golf packages do not stop there, you might enjoy a trip to Arizona where you find some of the leading golfing schools. The golf courses in the area host the PGA and the LPGA. The Scottsdale area is filled with many senior friendly golf courses that will intrigue even the skilled

golfer. Not only do you have the game of golf, but some of the finest entertainment is offered in the area as well. You can plan a senior golf outing anywhere you find some great package deals and even professional lessons.

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Senior Golf Mini Tours

Did you know that many senior golf pros started their careers with senior golf mini tours? These tours are for the amateurs and the professionals alike. Both men and women stat their careers with mini tours, which in some cases have payouts up to twenty-five thousand dollars. This is not a bad purse for a mini tour. If you are considering joining the ranks of the PGA or the LPGA, you might consider gaining some experience with a few mini tours to see how you stand up the rest. This is a fascinating way to life the life of a pro without all the hype right away.

You might sign up for the Cadillac Classic Series or the Sunbelt Senior Golf Tour. You can participate just as the pros do, but with less stress in winning. You can gain pointers on how to make the grade as you travel on your way to the PGA or LPGA. This is great experience for senior golf amateurs trying their hand at joining the ranks of Jack Nicklaus and Gary Player. You compete for a title, but without the pressure of the PGA. You can use the min tours as a way to brush up on your swing, chipping, long drives and short games as well as your putt.

Once have tried your hand at the senior golf mini tours, have succeeded in obtaining a good score, and are confident about your overall golf ranking, you might think about moving onto the PGA or LPGA. You must of course, qualify to join the PGA, but there are people to help you with every step needed to be taken to join the circuit. The min tours are just a step in the right direction. Your winning games could even add up to pocket change if you play the game well.

Many senior golf mini tour players stay with the mini tours for their entire golfing career. They like the mini tours because they are affordable and they can travel less then what you do with the PGA. When you join the PGA, you travel away from home for long periods of time where as a mini tour is scheduled a few times a year and you do not have to participate in everyone if you do not wish. You gain experience, but at your own speed. You have no commitment to any other tours if you do not feel it is the time.

A senior golf mini tour can benefit anyone who is an amateur golfer trying to gain recognition into the golfing circuit. Although you are playing for a purse, you so not have all the expenses that come with being in the PGA or LPGA. Men and women both participate in mini tours as a way of enhancing their experience and never move up into the rankings of the PGA. There

many organizations that can help you register for the min tours and will give you all the information you need to get started.

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Some Spectacular Senior Golf Courses In Alabama

Senior golf can be played anywhere but some of the golf courses in Alabama have their fair share of visitors. If you want a great golfing experience and you happen to be a senior golfer, some these golf courses will intrigue you. The Appalachian Mountains are beautiful anytime of year. When you play a round of golf and look off to the distance, you will know you have experienced a great golfing experience. The Senior PGA Tour was played in Birmingham was just one of the major golf tournaments played in Alabama.

Many golf courses attract the senior golfer. Some are the Cotton Creek, which Arnold Palmer designed, The Kiva Dunes, which was designed by Jerry Pate. Both of these are located around the Gulf Coast area. Many hotels in these areas provide hotel accommodations and golf packages for anyone wanting a golfing vacation. The state of Alabama is truly a unique area to golf with all the spectacular courses they have. You would never be disappointed with any of the Alabama golf courses. They are some of the finest courses around. The designs are extraordinary and the skill levels of each golfer are tested each time you tee off.

Jones Golf Trail by Robert Trent Jones is unique in the design and development of the course. Jones was responsible for designing over six hundred courses and the senior golf players see these courses as a challenge of the game. The Jones Golf Course Trail will not be found anywhere in the world other than Alabama. The course is designed to be played along the trails. Completed in 1993, Alabama now has seven courses throughout the area.

Hampton Cove is a fantastic setting with three differently designed courses. The three courses are the Highlands, The River Course and a Short Course. The River Course is completely free of sand, you have no bunkers to watch for when golfing. Senior golf can be exciting at any one of these three courses. Other courses in the area are just as spectacular to play a round of golf.

There is Silver Lake, Oxmoor Valley, Grand National, Cambrian Ridge, Highland Oaks and Magnolia Grove. These are some of the finest golf courses around. The senior golf experience is wonderful and exciting when you play a game at these courses. If you want to try your game around the wetlands, rolling terrain or dense forests, you will want to play a round of golf in Alabama. Do as other senior golfers do and play a new one every day.

Senior golf in Alabama has become very popular with the uniquely designed golf courses. With the added attraction of the Senior PGA Tour, Alabama has become known for their spectacular golf courses. Nowhere can you find such unique and specially designed courses by Arnold Palmer and Robert Trent Jones. They have truly captured the hearts of golfers from everywhere. What a great way to enjoy a game of golf and meet people of all ages and skills.

Three Popular Women Senior Golf Courses

For years, women have been playing golf and the senior golf pros prefer courses that are not as long as the men's courses. They prefer courses that are considered "linked". There are three popular courses for women, although there more these three are the top of the list. The Chisholm Trail, Bandon Dunes and the Royal Links are the three top golf courses, which have shorter distances and are not as tricky as what the men play. One golf course the women want to stay away from is Whistling Straits. They do not feel this is a friendly course to play.

The Royal Links in Las Vegas is friendly golf course for women. The course is shorter and if the women senior golf player can avoid the sand bunkers, you can actually have a scoring game. The Royal Links is a walking course only, you will want a caddie to help you along the way. Every hole has a different theme, while the course is designed and styled after the golf courses from Scotland, Ireland and England. On the eighteenth hole, you will find no water at the Royal links, which is rare for a golf course. This course is definitely a ladies senior golf friendly course.

The Bandon Dunes in Oregon look out over the Pacific Ocean and have a spectacular view. This golf course has gained recognition for being the best links golf course in the United States. The course has a bounce and roll reputation, which the women like. There are however some high winds will have you playing more of a ground game. The wide fairways also make it easier to stay out of trouble. The course is also a walk only course as the Royal Links and you will want a caddie to take care of your equipment.

The Chisholm Trail gained popularity as a mom and pop golf course when an optometrist retired and used a farm tractor to make the course. The sand hills in Kansas are the hot spot for this golf course. Many senior golf players would rather play this course than any other. You will not see any water surrounding the course, but you will see sand dunes and firm fairways and grasses that are native to Kansas. If you need some experience with low shots and some rough grass, this is a golf course to play. Sometimes the winds are as much as thirty-five miles an hour, but it is not uncommon to have consistent winds of about fifteen miles an hour.

You can other popular courses around for a good game of senior golf as everyone differs and has a favorite course different from someone else. The entire idea about golf is to find courses

that require a little creativity to play. This is how the golfers prepare themselves for the trickier golf courses that the PGA and LPGA play throughout the year. The courses played by the pros are usually more or less groomed and designed to attract the tours that are nationally televised.

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Golf Vacation At The Michigan - Gaming Away The Vacation

Are you planning to hit a golfing vacation this summer? We are giving you options to hit one of the best locales for the same, Northern Michigan. There is the splendid Smith Signature field, to the little cheaper Snow Snake course. You sure will have some interest in golfing in these fields, and these places will suit your budget too.

Courses to be considered during Golf Vacations at Northern Michigan

There are plenty of courses here in north Michigan that will manage to capture your eyes. The last weekend of your holiday can be spent here, which sure will be worth what you pay. The prices too vary; you can either play in a very expensive track, or a nominal track that will not leave a hole in your budget. Whatever it is, make sure you find a course so that you can have fun playing golf here in north Michigan.

• The Expensive Courses

In case you are looking for a real good experience in golfing your vacation out, and looking for a good course, then, there are real exclusive and expensive courses that will give you the experience of your life when golf is concerned. The Smith Signature is preferred by most of the people here.

There are five courses here in north Michigan, and they have been constructed by three of the top golf architects in this world. Robert Trent Jones Sr, Tom Fazio and Rick Smith are few of the best fellows in the world. And you can be sure that the course will be amazingly cool to play on. The terrain will be of the best standards, and they will be a little expensive, and can cost you nearly \$460 for staying there for 2 nights.

There is another world class course, that is called the Forest Dunes Golf Club and it promises to offer one of the most unforgettable golfing experience. It is filled with rolling dunes, and glacial sand deposits. You will have to pay nearly \$479 to stay in 3 bedroom resort, and for playing golf. So, when you look for the best golf experience, northern Michigan is the best.

• Lesser Expensive Courses

In case you have budget constraints, then you have to be looking for the courses that will be able to give you what you need. The Black Forest golfing place at the Wilderness Valley is perfect for you; all you have to pay is \$116 for a night's stay. This includes both the golfing and the lodging charges. The golf course there is called the hidden gem with trees surrounding them, which makes it look like an isolated island. It has been designed with keen golfers in mind; they just will not be ready to leave the track even if someone is pointing a gun at them.

On the whole, the golfing vacation is best when it is experienced here in North Michigan. This will suit your budget and will also enhance your golfing skills, just be ready to face this lovable challenge.

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Golf Packages - An Answer To Everything You Need

Golf packages will always be a very good form of gifts and golfing experiences. Ranging from golf ball sets and clothes, to resort and holiday packages, these golf packages have something for every golfer. It doesn't matter whether you are searching for a golf gift or looking for something you need, golf packages are a one stop solution for all your needs. These golf packages also help you to save money as all the items that you require are covered in a single affordable set. Whatever be your golfing needs, you are bound to find some excellent golf packages. These are some of the things you must look out for while choosing a package that ranges from budget golfing to high- end resorts.

Packages for Golf equipment

Golf equipment packages are very common golf packages that you can easily purchase from your area's golf store. You can buy all your requirements in a single golf package instead of wasting hours buying individual golf items. Whether you are an amateur golfer in search of first time equipment, or a regular payer who requires more serious equipment, golf packages cover your needs. Most packages are sorted according to the golfing style or the manufacturer, so you can buy a Callaway or Titleist package or even a tournament package.

Holiday packages

Another common golf package is the vacation deal. Here, you can effectively combine golf play with your relaxed, regular holiday. You can choose to stay in a resort that is solely dedicated to golf or you can take the weekend off and play at top golf courses abroad or at home. You will find great packages that satisfy all budgets, whatever is your choice.

Things to look for

Always ensure that all your requirements are covered in the package that you choose. A convenient package need not necessarily mean that it is your best option. While choosing equipment packages, see that you get all the things you require, and in the case of vacation packages, ensure that facilities and accommodation meet high standards. Your package must

always cost less than what it would for individual items. Though packages are generally cheaper, sometimes you may find that some items are cheaper when they are bought separately in certain stores. In such a case, ask the store manager if he can match these rates in the package. If you have a clear idea of your budget and you have an exact idea of what you need, you will definitely choose the perfect golf package which will satisfy your every need.

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Selecting Golf Tournament Awards

It is a very important to choose the right awards for the golf tournaments. It is as important as choosing the right golf tournament. The top players and the winners are to be rewarded with a proper award when they win a quality golf tournament. Their performance must be noted, winners look for something that is worth the game they played there in the field. Thus, the award must be as fitting as the feat that was performed there on the field.

When you choose an award for the golf tournament, the award that you have selected must be based on the level of the event. Sometimes, the award given is the ones that decide the importance of the tournament. Sometimes, theme of the golf tournament can be used to give the fitting award to the winner and the participants.

In case you are planning to conduct a golf tournament, always keep in mind the awards must be presented to individuals also, who are not playing. And, you may want to award a fellow who has played an important role in the tournament shaping up. An award for the sponsor is always a good gesture that will be appreciated at a greater level. You might want to present the committee members with awards for the hard work that they have put in.

There are many kinds of awards that can be presented to the players, plaques, silver and gold plated trophies, golf balls made of crystal, and even serving trays are good mementos for the players. Sometimes, the coordinators may give the players free membership to some prestigious club, or might give them free cruising tickets, or might sponsor the vacations. Always have separate funds for the awards that are to be given to the players participating in the tournament.

Many companies especially give awards for golf tournaments. Before you finalize the award, spend some time with the service people who know what suits the occasion. Always make sure that you communicate with the vendors who can give you an advice on what you can give the players for golf tournaments. It would be much better if you can find the right person who sells the appropriate goods. Some of the trophy companies will be able to deliver the awards at the time of the event.

Take your time off and choose the appropriate golfing ward that will encourage playing more. And it is important that the theme of the game must also be kept in mind.

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How To Find The Perfect Golf Resort

If you are in search of a golf vacation or break, it can be rather tough to make the right choice from the vast variety of packages on offer. Yet, there are ways by which you can pick the best one from those entire in offer and choose the perfect resort for golfing. Whether you are on a strict budget, a specific kind of golf course or some special location to relax and play golf, you will find the right resort that covers your golfing requirements if you look around carefully and shop for the right one. In case you are in search of the perfect golf resort, here are a couple of things you must keep in mind while deciding the budget, venue and type of golf course.

Online golf sites

Searching online is perhaps a very good option while finding the best golf resort. There are many great websites that display the top golf resorts abroad as well as in the country. You can quickly review facilities, rates and pictures of different resorts at the click of a button and without moving an inch. You can also save a lot of money by booking online which means you will have more money that you can spend during your vacation.

Balancing facilities and courses

While searching for the ideal golf resort, always remember to check for a good balance between accommodation and golf course facilities. Though finding the ideal golf course is important, there is not point in spending a lot on a resort that has excellent golfing facilities but has poor accommodation standards. Ensure that the resort has provision for other activities in case you are taking your family along with you, and besides you can never predict what the weather will be like. So, always make it a point to ensure that there exists a good balance of resort facilities and golfing courses, so that you may remain happy no matter how things change during your vacation.

A day at the resort

If you plan to spend a day at a golf resort, choose a resort that is easily accessible and one from which you can return within a day. Pick a golf course that is interesting and of a style that you

have not played that often. This offers you the opportunity to gain experience from the golf resort and also find it challenging enough to continue your game further.

Irrespective of the type of resort that you are searching for, you will find great deals both abroad and at home. If you make it a point to look around and ensure a perfect balance between golf courses and resort facilities, you will obviously obtain the best results from any golf resort.

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