

February 2010 Newsletter

February already and at long last most of the snow has now left us and most courses are now open, even if they are playing a lot shorter than usual! Just a few more weeks to practice before fixtures kick in. The first in a series of four workshops designed at providing the County's coaches the opportunity to increase their skill base took place and was extremely well received from those who attended. This is a fantastic opportunity for coaches to increase their knowledge or just act as a refresher thereby passing on their knowledge and expertise to members and visitors alike. I will be attending the County Golf Partnership annual conference at the end of February – full report in the next CGP Newsletter.

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Feb 2010 Events around the County

- 03/02 Cumbria Coaches Network – Fitness for Golf – Functional Screening, Penrith Golf Club
- 17/02 Cumbria Coaches Network – Fitness for Golf – Functional Training (9.00hrs to 12.00 hrs) Penrith Golf Club

Coaches Workshop a Hit

On Wednesday 3rd February, the first in a series of four workshops designed by Tim Barry, Senior Sports Lecturer for the University of Cumbria presented to a number of PGA Level 1 coaches, an Academy coach and also the new Coaching Development Manager for Cumbria Sport Partnership.

There is more and more emphasis on coaches to be able to look at the fitness levels of golfers so they can recognise strengths and weaknesses and to then plan appropriate fitness training. This first workshop introduced Functional Movement Screening showing the coaches how to test golfers. Stuart Rafferty, PGA Professional at Eden Golf Club and Cumbria Futures Academy Coach said “for me personally I found the whole workshop really interesting, it makes you realise that the golf swing is not just technical but gets you thinking about the golfer’s physical ability and which specific areas that need work on. Really looking forward to the second session in a couple of weeks”.

The feedback from the group was so positive we’ve actually made the next workshop at 3 hour session rather than 2 as planned. The second session ‘Functional Training’ will utilise the information gathered from the Functional Screening to start and look at an alternative approach to fitness training for golf.

If you are a PGA Professional, PGA Level 1 / 2 Coach or Junior Organiser and would like to attend the second session, please contact Jo Tinsley.



Some of the techniques used to help identify strengths/weaknesses



2010 Golf Club Membership Questionnaire

The EGU and EWGA have this week issued the 2010 Golf Club membership questionnaire to clubs. In 2008, 20 clubs out of the 33 affiliated to Cumbria completed and returned the questionnaire. It cannot be underestimated the importance of this vital research as you are all aware golf memberships are declining. This information helps identify any trends in membership but also can help your club with possible future funding opportunities. To streamline the process the Questionnaire can be completed online at www.gcmq2010.org – each club has been issued a password to do so. The online system also allows clubs to view their responses from the 2008 survey which may help. For those questionnaires returned online by 2nd April 2010, they will be entered into a prize draw for a laptop (handy for the Junior Organiser) and also a fourball on the Hotchkin course at Woodhall Spa Golf Club. If you have any queries regarding the membership questionnaire please do not hesitate to contact Jo Tinsley.