

DODIE'S COMPLETE GOLFER

FEBRUARY 2010



ISSUE 23

Focus your mind. . .Prepare your body. . .Play your best golf!

Words of wisdom:

"When it comes to chocolate, resistance is futile."

-Unknown (but highly intelligent)

HIP SIDE CRADLE FOR A BETTER LOWER BODY TURN

Hip Side Cradle increases flexibility in the outer hips and relieves lower back tightness. It is essential that the outer hip ('IT' Band, 'TFL', Glute Medius, etc) to have good mobility for a proper lower body turn.

Begin in the partial reclined position with both feet on the ground and the knees bent. Cross the right ankle over the left knee. If you are getting a stretch, stay here. If you want to deepen the posture, lift the left knee towards the torso, reach through the legs and grab the back of the left hamstring with both hands. Be mindful of the knees in this posture. You should feel a deep stretch in the back of the right hip.

Hold for 5-10 deep breaths and then repeat on the other side.

Once your outer hips start to loosen up, you will experience more freedom in your lower body motion during the golf swing. In the back swing, you will properly rotate and "sit" into the right hip. At impact, your left leg will "post up" more easily to help generate power and better posture.

Such a simple stretch with so many benefits. Try Hip Side Cradle before and after you play for a better lower body turn and healthier hip joints.



Hip Side Cradle/Reclined Pigeon (Supta Eka Padagustasana) increases flexibility in the outer hip and relieves lower back tightness.

UNSOLICITED ADVICE . . . DANGEROUS TERRITORY!

In honor of St. Valentine's Day, let's take a long, hard look at the "infamous" workings of unsolicited advice and its whirlwind impact on our close, personal relationships.

The first entertain the applications to our beloved spouse (and can also apply to parent/child golf outings.) **Giving unsolicited advice without consent is dangerous!** . . . "Run for the hills" dangerous! It is highly recommended that the "coaching" relationship be established **very clearly** and **before** you get to the golf course. A simple phrase: "would you like some coaching today?" can save you hours spent in the dog house.

Next, you should publicly acknowledge your limitations. . . Accountant by day, Golf instructor by night? Are you qualified to be giving out highly sensitive, emotional golf instruction to someone you would like to continue speaking to for the next four hours?

Now, for those who are the recipient of the unsolicited advice, here are a few tips for surviving the round:

-For starters, don't pretend to be a "damsel in distress" (this is a beacon for the "golf knight" in shining armor to rescue you. Someone ends up getting sent to the guillotine by the end of the round.)

-Next, go with the "evil eye" (yes, we all have "the look" that can burn holes in 5 irons)

-If this doesn't work, try "in one ear and out the other." It's better to stay with your one bad habit than to add three more.

-If this still doesn't work, see the article on page 2 "Birdie Shots" and consider yourself 4 under after 4 holes. . . That should lighten the mood!

Other postures for healthier hips :

- Pigeon (Eka Pada-gustasana)

- Warriors (all) (Virabhadrasana)

-Butterfly (Baddha Konasana)
Shown below



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Dodie's Complete Golfer

Dodie Mazzuca

- LPGA Tour 2001,2002
- Golf Digest Schools Instructor 2003-2005
- Professional Yoga Instructor
- Certified Titleist Performance Institute Golf Fitness Instructor
- Sports Nutrition Certified



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Birdie shots

From fellow "yogini" Chris Hardy

Do you have your head up your "\$%#" after a bogey? Chris Hardy recommends a "Birdie Shot" to lighten the mood (and prevent further bogeys). Each time someone in the group makes a **birdie**, everyone has to take a shot (yes, a shot of your favorite "adult beverage") Chris suggests 'peppermint schnapps', but there are plenty of other flavors available. Carry a flask labeled "birdie shot" as to avoid any confusion with your water bottle (this may become an issue on the back nine) Don't fret about the extra calories, simply take more swings and announce to the group that you are "working off your birdie shot"!

Thanks for the tip Chris!

UPDATES & UPCOMING EVENTS

Golf Fore Africa Fundraiser

Gala Dinner: Sunday, Feb. 21

Desert Mountain GC

Pro-Am: Mon. Feb. 22

Golf Club of Scottsdale

480-284-5818

www.golfforeafrika.com

Sports Nutrition Tip of the Month:

Trying to cut back on calories but love chocolate? Get creative with **unsweetened cocoa**. It has only 20 calories per tablespoon and is rich in flavor. Use a low calorie or low glycemic sweetener such as stevia or agave nectar to sweeten it up. Bake with it. Make hot cocoa. You'll satisfy your chocolate cravings without the empty calories and fat which interfere with weight loss, sports performance and health. Guilt free chocolate!



Ultimate Golf Fitness Package:

- TPI Golf Fitness Evaluation
- Personal Workout Website
- 18 session take-home workout specifically for your golf game.
- Personalized Golf Stretches
- Basic Golf Swing Analysis

\$250

Golf Lesson:

1 hour : \$125

3 Sessions for \$350

Golf Fitness Training/ Private Yoga Sessions

1 hour : \$100

Series of 6 : \$550



Deep thoughts by Lilly Pup



Golf Quick Tip:

Deep in the rough around the greens? Try these simple tips:

-Choke down on the club for more control.

-Put more weight on your front foot.

-Place the ball slightly farther back in your stance.

-Open the face SLIGHTLY (during the chip/pitch shot the tall grass will grab the club and square up the face)

-Gently increase grip pressure.

-Maintain good tempo and acceleration.

With a little practice, your confidence will grow and you'll handle any lie you may get in the rough.