

If your goal this year is to teach a spouse, significant other, child or friend to golf, this column is for you! And, if you're the student in this scenario, it might not hurt to read on either.

My first recommendation would be for the teacher and the student to book a lesson with a golf professional. This way the student will get a good foundation on the basics which can be modified based on the person's physical ability. The teacher can also learn what key actions to be reinforcing on the golf course or practice area and can reiterate them. One common error of well-meaning teachers is that they tend to try and come up with a lot of solutions, instead of sticking to reinforcing one solution over and over. It's much more difficult for both parties to try and juggle many ideas than to stick with 2-3 that you repeat consistently.

Second, commit to some regular practice for the first month. It's very hard to learn golf if you are not going through the physical motions on a regular



How To Introduce Someone To Golf

By: Jennifer Layman, Golf Professional

basis. Plan to go to the driving range or play 2-3 times a week for a month to get into a habit. If nine holes seems extremely long and frustrating, just hit certain shots so that you get used to the golf course. Forget the score; treat it like a practice round.

Third, manage your expectations. As you are spending this time together, both the student and the teacher need to be mindful of their own expectations. The student is always trying to impress the

teacher, whether they admit it or not, and this will result in "trying too hard" at the game in some cases. It might also cause feelings of "not good enough" because they cannot hit the ball as well as others. As the teacher, you need to be reinforce that golf is a game for oneself - there is no competing except with yourself. Give yourself time to get better.

For the teacher, there can be expectations that after telling the student to keep their balance 47

times, that they should be able to do it by now. Why are they not remembering? But the student is trying, desperately, to remember everything and to perform it to your standards, so be very, very careful with your tone of voice and pointed instruction. You have to be calm, patient and relaxed all the time. If you need to remind your student to keep her balance 147 times, do it calmly and in a relaxed fashion.

Teaching isn't for everyone. Neither is learning. This is where a golf professional can be a great intermediary with no ulterior motive other than to help you improve. We are fortunate to have many golf professionals in the Ottawa Valley, so seek us out this summer if you need our help. Have a great season.

ASK THE EXPERT:

Jennifer Layman
Golf Professional
Phone: 613-732-7774
jenn@fwdthink.net



Colby Audette

Colby's Crusade

Cure Duchenne Muscular Dystrophy

May 20, 2017
11:00am-3:00pm

This year wear your favourite superhero costume and come join us for a day of fun. There will be a BBQ, 50/50 draw, silent auction, face painting, Ry-J's Climbing Adventures, Mr. Dimples (Balloon maker), and our local Pembroke Fire Department and O.P.P.

5th Annual Fundraiser

For details, see our Facebook page!

Search: Colby's Crusade - CURE Duchenne Muscular Dystrophy

Missing spirituality from your life?
Reconnect on any Sunday with us.



Our doors are open. Attend a Sunday service, participate in our congregation groups and meet other people who are looking for some spirituality in their daily lives. All are welcome.

*Celebrating Our 150th Anniversary in 2017!
Welcoming our new pastor, Albert Romkema*

St. John's Evangelical Lutheran Church
605 Black Bay Road in Petawawa

Phone: 613-687-6187 + www.stjohnspetawawa.com
www.facebook.com/stjohnspetawawa