



SURREY COACHING NEWS

JANUARY 2010

The Surrey coaching fixtures eventually kicked off on the 16th Jan - although somewhat later than planned. All the November planning went out the window with all the snow we have had in January. Despite this we managed to get most of the Develop squad to the rearranged training on the 16th. It was the Sustain squad (see right) however who kicked us off in style at Hoebridge on Saturday morning.



To their credit and despite the very cold and early start they were raring to go and put everything into the warm up and the 3 hour session that followed.



The venue for the coaching for the day was Hoebridge (see left) and once again they looked after us very well. James and Fi ensured we had an action packed session with lots of different activities set up for people to try.

Both squads were able to utilize the video analysis equipment in the Swing Room (see below right) at Hoebridge and proved very popular with both squads. As it was the first session of the year it is great to be able to keep a record of how things develop and we hope we can do a similar thing next year to see what changes there have been.



The rest of the session was made up with a mixture of drills, using balance pads, medicine balls, and biomechanical exercises using hurdles.



The squads were also given the opportunity to take folders in which they can record their training sessions, record their on course statistics and plan their year.

The Develop squad arrived at 12.30 and their session pretty much followed the same structure as the Sustain squad but video analysis was compulsory and they were given homework to do!

Both squads were shown some golf specific exercises (see above) to work on but for the Develop squad the day finished with a bit more strenuous exercise. A half and half session of circuits and spinning left me wondering if any players would return for the next coaching day.....



If you play off single figures and want to get involved email lisa.mcgowan3@btinternet.com