

# DODIE'S COMPLETE GOLFER

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ISSUE 25

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

## Words of wisdom:

*"A fool who thinks he is a fool is for that very reason a wise man. The fool who thinks that he is wise is called a fool indeed."*

*-Dhammapada, Teachings of the Buddha*

## DOLPHIN POSE FOR SOLID CONTACT

Dolphin pose does double duty. It stretches the shoulders along with stretching the lower leg (soleus, gastrocnemius, Achilles, ankle, etc.).

Begin in cat pose (table top position). Drop to the forearms keeping the elbows directly under the shoulders. Tuck the toes and lift the hips upward and shift the weight back towards the heels. The crown of the head should be hovering slightly above the ground. (If the head is on the ground, bring the elbows closer together.) Hold for 5-10 deep breaths.

The deep shoulder opener from Dolphin pose will translate into more freedom in the shoulders during the backswing. Good golf posture will be easier to maintain leading to better ball contact.

Another benefit of Dolphin pose is increased dorsiflexion (the amount the foot can move in the 'flexed' position. i.e. taking your foot off of the gas). This ankle flexibility will allow for good golf posture at impact.

You will also be able to compensate for uneven lies much easier with flexible lower legs. Another essential ingredient for crisp, clean contact with the ball!



*Dolphin Pose improves dorsiflexion and flexibility in the shoulders.*

## PROPER HYDRATION FOR A BETTER BACK NINE

We all know that we need to drink water on the golf course, but how much is really enough?

Drinking 1/2 of your body weight (pounds) in ounces per day is optimal. For a 150lb. golfer you will need 75 ounces a day (about 4 1/2 bottles of water). This does not account for living in the desert! This should be considered minimum even in the winter.

Other fluids do not count for your water intake either. For every cup of coffee, tea, sodas or drink that contains caffeine you will need to drink 2 extra cups of water. Caffeine (along with alcohol) is a diuretic and will dehydrate the body.

Make sure that you drink 25% of your water needs in the morning. During sleep the body becomes dehydrated. Hydrating the body first thing in the morning is essential.



Next, make sure to drink water while you are playing, even if you are not thirsty. Staying hydrated early in the round will give you the energy and stamina for the back nine. A good rule of thumb is to drink 50% of your total daily water intake throughout the golf round. For a 200lb. Golfer, 50 ounces (about 3 bottles of water) of the daily 100 ounces while playing. If it's summer, this is not nearly enough! You should be drinking 5-10 ounces (almost a bottle) every 20-25min. This means roughly every hole and a half you need to drink a bottle of water just to maintain proper hydration. Yikes!

If you don't want to "crunch the numbers", simply drink enough water so you have to "tinkle" before you play, at the turn, and after 18. If you didn't "tinkle" 3 times during the round, you are not properly hydrated and can be losing energy and focus on the golf course. Better hydration means a better back nine!

## Other postures for a healthier shoulders and lower legs:

- Down Dog (Adho Mukha Svanasana)
- Extended Down Dog (Utthita Adho Mukha Svanasana)
- Crescent Warrior (Virabhadrasana A)
- Extended Dolphin Shown below



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## Dodie's Complete Golfer

### Dodie Mazzuca

-LPGA Tour 2001,2002

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### Ice for Injury Prevention

For minor aches and pains after playing golf, try icing the sore body part. The golf swing puts a lot of stress and torque on the joints, especially the back. Even a simple putting practice can leave our backs aching.

With golf, inflammation between the bones is common and causes pain. Ice bring down the swelling. Even very minor swelling can cause pain and lead to more injury. Icing the sensitive area, will speed up recovery.

Obviously if they pain does not go away, go to the doctors. If you continue play with the pain, your body will compensate and protect the injured joint. This always leads to more bad habits in the golf swing.

Try ice for keeping your body and your golf game healthy!

## UPDATES & UPCOMING EVENTS



**Remember to celebrate  
Earth Day on April 22nd!**

### Sports Nutrition Tip of the Month:

Caffeine on the golf course. . .is it helping or hurting you? Yes, the 'o' dark thirty tee times may need a dose of the eye opener, but how does it effect your golf performance? Notice your tempo and timing when you've had caffeine. Are you swinging and playing faster? What about your touch and feel around the greens? Are your hands shaking because of too much caffeine? If you drink coffee or soda, try switching to green or white tea. Teas have less caffeine and are packed full of healthy anti-oxidants. Don't forget, caffeine is a diuretic, so make sure you drink extra water on the course, especially when it's hot.



### **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



*Lilly Pup sports her earth day pup-shirt.*



### Golf Quick Tip:

Use the driving range warm-up to mentally prepare for the round.

While on the driving range, play the first hole. Visualize the range as the first hole and play the shots exactly as you would want to on the golf course (pre-shot routine, crisp target awareness, etc.).

Also, use this technique for any challenging shots or holes that you may face that day.

If you don't have time to hit range balls, visualize positive images of the upcoming round on your way to the course or first tee.

Your mental focus and outlook will be more positive and sharp. Essential for playing great golf..