



Country Golfer



Gary Player
DESIGN



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• www.dlfgolfresort.com

Dear Member,

Here we are past halfway through the year and the rigorous summers. The heavy downpour of monsoon was a welcome delight to the city which was parched by the heat. This most awaited spell of cool showers have ushered the fragrance and the magic of nature.

This time of the year signals to the commencement of golfing all around the globe. Members customarily start their planning much in advance, however this year is different. The course has experienced a high surge of golfers playing their round of golf, taking everyday rounds to a mark of 100 plus. The operations team is well geared up to attend to you all.

The Pavilion continues to be the main attraction for our members and their guests as we see an evident upsurge in the usage. The new menu introduced last month was grandly appreciated by members who continue to send us appreciation emails. The Malabar cuisine curated by our Chef Sijesh was highly appreciated. The Malabar fish curry and appam was the highlight of the pop-up.

Last month even though we received the relaxation orders to operate all facilities at the club, we still perpetuate the importance of social distancing, wearing of mask and use of sanitizers to our members and staff. We aim to open the club for our members with all precautions so that the members could relish the setting within the Golf Club community.

We hope each one of you is staying happy healthy and safe.

Happy Golfing!

See you at the Club!

Vishal Bharti
Vice President

DLF Golf Club



The Pavilion continues to attract members every day

Hole-in-One



Jung Hoon Lee with Ace Tok Won Lee, Moon Sik Nam & Jong Dae Kim

On 25th Tok won lee achieved his first Hole-in-One on the GP course. He used his 7 iron on the 5th tee to achieve this feat. He was congratulated by his golfing buddies Moon Sik nam, Jong Dae Kim and Jung Hoon Lee.



Asbish Bhan with Aditya Arora, Ace Avin Jain & Amit Kumar

On 29th Avin Jain achieved his first Hole-in-One on the GP course. He used his 6 iron on the 5th tee to achieve this feat. He was congratulated by his golfing buddies Ashish Bhan, Aditya Arora and Amit Kumar.

Receprocal Club of the Month



Zala Springs Golf Club, Budapest

IMG Club Zala Springs located in stunning scenery, 2 hours South West of Budapest, offers unique added benefits to IMG Prestige members who wish to stay and play at the award winning resort. In addition to the outstanding 18 hole championship golf course, the resort offers a new luxury Spa, designed by award-winning studio and Budapest-based Archikon Architects. The Spa includes an authentic Finnish sauna, outdoor and indoor pools, beauty centre and a health-conscious bar that offer the perfect setting for a relaxing break.

Zala Springs is a magnificent venue and one of the finest resort experiences in Europe.

Obituary



Rajat Narula

The Club mourns the sad demise of our member Rajat Narula on 25th July. He was a man who lived his life king size on this terms. Our heartfelt condolences to all his family members. We pray that his soul rests in peace.

The Importance of Training the Shoulder

The shoulder is the most moveable and unstable joint in the body. The "ball" in the upper arm is actually larger than the socket that holds it, and with the range of motion being so great, it is susceptible to injury.

To remain stable, it must be kept in place by muscles, ligaments, and tendons. Therefore, it is very important to make sure these soft tissues are strengthened to keep the shoulder strong, flexible, more coordinated, and conditioned to handle stress.

It is important to keep a balance between the front and rear rotator cuff muscles. Many people tend to overwork the front muscles by training only the major muscle groups which internally rotate the shoulder. As a result, the muscles used in external rotation are under worked. Below are some examples for a well-rounded shoulder workout.



Internal Shoulder Rotation Workout

- Shoulder Press W / Swiss Ball
- Dumbbell Shoulder press
- Push-Ups

External Shoulder Rotation Exercise

- Reverse flyes
- Rear delt raises
- Dumbbell lateral deltoid raise



Click the Below Links for Complete Shoulder Workout Demonstration



Instagram

https://www.instagram.com/tv/CB6-rCMjGaM/?utm_source=ig_web_button_share_sheet



YouTube

<https://www.youtube.com/watch?v=4Tuw44FGr4&t=16s>

Know your member



Our member Ms. Nidhi Jain landscape artist, has been painting since her young age. She is a home maker, a wife and mother. Her keen interest in art has led her to paint few glimpses of the golf course. The stunning backdrop of The Pavillion fascinates her and the moods of nature inspire her to paint. Her recent paintings are inspired by the fascinating view from the Pavillion.



From our Superintendent's quill



Shaun Saeserly

Course Agronomy Update

Greens - are in good health as we manage turf conditions through the Monsoon Season, the next 4-6 weeks will be challenging due to the environmental conditions. Green speeds continue to provide consistent speeds, smoothness and firmness and the focus will be to maintain these characteristics through the challenging Monsoon period. High temperatures, high humidity, rainfall and extended low light conditions create challenging environments to maintain quality playing surfaces.

Tees, Fairways & Approaches - are currently in good condition and we are focused on maintaining the quality of these surfaces. Significant rainfall was recorded during the month which was a welcomed relief from high temperatures however continued high rainfalls and low light will be challenging for the playing surfaces over an extended period. Various management programs are being introduced to anticipate these expected conditions

and help to provide quality playing conditions through the Monsoon period. The next few months will allow the agronomy focus to build a strong base of Bermuda grass that will assist with the up and coming winter season.

Roughs - have fully transitioned and the perennial ryegrass has been eradicated and the recent rains have allowed the roughs to achieve full coverage after the transition period.

Landscapes - conditions continue to improve as the native grasses are lightly pruned, cleaned and prepared for the coming 6-month period, tree and shrub maintenance is an ongoing process as we focus on maximizing the quality and presentation of the landscapes.

Summer projects - include tee levelling, cart path drainage works, driving range tee extension and selected playing surface renovations.

Monthly Rainfall: 8.8 in.

Cocktail of the Month

Mary Rose Martini

INGREDIENTS:

- 60ml vodka
- 15ml creme-de cassis liqueur
- 15ml cranberry juice
- Club soda

PREPARATION:

In a shaker, combine vodka, cranberry juice and cassis. Add ice and shake.

Pour a splash of club soda into a chilled cocktail glass. Fine strain the contents of the shaker into the glass, over the soda and garnish with a cherry.



Recipe of the Month

Creamy Avocado Pesto Pasta

Ingredients

- 1 Ripe Avocado • 1 Cup Cherry Tomatoes • 1 Lime • 2 Garlic pcs
- 100 gm Pasta Linguini or Spaghetti (Cooked and Chilled) • 2 tbs Olive Oil • Few peeled roasted pine nuts, • Few fresh Basil leaves roughly chopped • Fresh Cream.

Methods

Step 1

- Cook pasta in water with 1 tsp salt. Drain the water after the pasta is cooked and keep it aside.

Step 2

- Peel the Avocado and chop along with the Garlic. • In a blender add Olive Oil, Lime Juice and Avocado blend until slightly chunky.

Step 3

- Mix the pasta along with Avocado Pulp and cream on low flame. Top with Pine Nuts, Cherry Tomatoes and chopped Basil Leaves.





From the Head Professional



Anitya Chand

This month, let's take a look at the side and side total numbers from trackman and understand what they mean.

Side is the distance from the target line based on where the ball lands. This means side is the perpendicular distance to the left or the right of the target line that the ball lands at. A positive value for side indicates the ball landed right of the target line and a negative value indicates the ball landed

left of the target line. A value of zero signifies the ball landed directly on the target line.

So, if a player hits a 6 iron and the ball lands 18 feet 6 inches to the left side of the target line, the side value would be -18'6"

Side total is the distance from the target line based on where the ball comes to rest, it is side plus or minus any bounce and roll. Side total is a calculated value based on the landing angle, landing direction, landing ball speed, and spin rate. A standard PGA Tour fairway has been assumed for calculation purposes

Based on the millions of shots that trackman has recorded, here are the average side total distances with a driver for golfers of different abilities:

- | | | |
|----------------------|---|---------------------|
| PGA TOUR | • | Driver = 15.6 yards |
| LPGA TOUR | • | Driver = 12.7 yards |
| 8 HCP Male Amateur | • | Driver = 20.7 yards |
| 8 HCP Female Amateur | • | Driver = 15.3 yards |



Controlling the dispersion and being in more fairways does not guarantee a better score but it puts the probability in your favour. As you can see above, on the Tour as well as for the 8 handicap players, the ladies hit the driver straighter than the men and of course, the pro's hit the driver straighter than the amateurs.

Learn Golf with Akhil Nayar



Putting drills for a solid stroke.

Tee Drill

This drill is great for focusing on center contact as well as helping to maintain a square putter face through impact

Use two sets of tees for this drill as it forces us to have a good takeaway, as well as a good, follow through. Just have the two sets spaced 4-5 inches apart with the openings of the two sets being slightly wider than your width of the putter. This will help feel a flowing stable motion with the Putter and any lateral movement would hit the tee on the backswing or downswing,

Coin or marker Drill

This drill is for players who tend to look up before hitting a putt which affects the follow through and makes us manipulate the Putter head.

To perform this drill, just place the ball on top of the coin and make your putting stroke focussing on seeing the coin or marker after you hit your putt before looking up. This would create more consistent contact on the putter face resulting in better distance control as well as confidence on all putts.

Keep the shape of the arms – stay connected

A lot of players get into solid setup for a putt, however in the dynamics of the stroke they tend to lose shape created with the shoulders and arms (almost a triangle). During the stroke the arms or elbows tend to come apart leading to inconsistent contact as well as not being able to start the ball on line.

A good drill to ensure you keep the shape or triangle through the stroke is to use a ball and stick it between your forearms. Make practice strokes with this drill and then make putts with the same. You will feel more connected, solid through impact, have the ball starting more online and hole more putts.

Achievers

Naina Kapoor finished 2nd at the Irish Qualifier Golf Tournament held at the Jaypee Wishtown with a score of 9 over on 18 holes and she also claimed the Runner Up Trophy in the Green to Glory Golf Tournament.

Kashika Misra participated in the Monsoon Carnival Tournament of Greens to Glory held at the ITC Golf Course, Kashika was the winner in Category 'B' Girls and Palakshi Singh finished 2nd in Category 'A' Girls while self-caddying.



Naina Kapoor



Kashika Misra



Palakshi Singh

Golf Fitness tips by Anjali Yadav



Stretches for Lower Back Pain - Series (part 5)

In Photo : Jahanvi Bakshi

Because of repeated spinal rotation from swinging the golf club, golfers often complain of lower back pain. Increasing flexibility in the spinal rotators is the key to prevent injuries. Stronger trunk muscles result in more spinal support and less strain on the lower back.

The seated spinal twist is excellent for creating balance between the left and the right sides of the body, for opening up the chest and torso, and for opening up tight hips. Again, before starting any new stretching or exercise regimen, be sure to consult with your healthcare provider.

SEATED SPINAL TWIST

Sitting with a straight back, cross your left leg over your right leg placing your foot next to your thigh and tuck your right leg in towards your butt. Place your right arm on your leg as pictured and slowly ease into a stretch. Be sure to keep your back straight and chest lifted & open. Hold for 30-60 seconds, switch legs and do the same thing. Repeat 3-5 times for each leg.

Keep Looking for the space for more stretches to ease the lower back pain.

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