



Junior Golf Tips to Get Started Right!

By Rick Fletcher
Junior Golf Instructor
Head Clubmaker
All Kids Golf Clubs

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Chapter 1: When You Receive Your Clubs

Congratulations! You have made a decision to provide your son, daughter, relative or friend with the very latest in junior golf clubs that will get them off to a great start enjoying the great game of golf. If you will have the opportunity to go with the “future star” to the golf course, you have set yourself up for some of the most enjoyable, fun and entertaining experiences you can share with your kids for years to come. If, like many of our customers, you have purchased clubs for a favorite nephew, grandson or other relative, rest assured the “future star” will be thinking of you every time they get out on the course and hit some great shots!

When the clubs arrive...

- If the box arrives while junior is away, it's a great idea to wait until he or she gets home to assist with the unpacking. It's like Christmas – only better (sometimes you don't get golf clubs for Christmas)!
- Carefully unpack the clubs, removing the protective bubble wrap, rubber bands and/or scotch tape.
- Inspect each club and the bag for shipping damage or any obvious manufacturing defects. We spend a lot of effort on each of our products to make sure everything is perfect, and we only work with top notch vendors who offer the highest quality junior golf clubs. However, people are human and mistakes do happen. If you discover something you are not completely happy with, PLEASE contact us right away at 888-221-9941 or email us at customerservice@allkidsgolfclubs.com so we can get the problem fixed right away. We have been in business since 1999 and continue to grow each year, due in no small part to our practice of treating customers the way we would like to be treated (they don't call it a golden rule for nothing)!

Once the clubs are “out of the bag”, someone is going to want to hit a ball with them real bad. This can be a dangerous time for your home furnishings if he or she gets hold of a real golf ball. In each order that leaves our warehouse we include a little plastic bag with a practice ball, some tees and ball markers. Some of our suppliers of pre-packaged sets also include these items, just for this critical time.

We understand just how strong the desire is to hit new clubs for the very first time, and know what torture it is to wait until we get to the driving range or golf course. Kids have even less patience, so why not turn them loose right away in the backyard (if at all possible) with a whiffle ball or practice ball? After all, wouldn't it be a lot more fun to watch them swing their new clubs in the backyard rather than be asked 14 times in the next hour when you're going to go golfing?

If your child does have the opportunity to try out the new clubs in the backyard, here are some tips, gained from years of experience:

- Use practice balls ONLY – it's too easy to break a window or hurt someone with real golf balls. Hitting real golf balls can be something to look forward to on the driving range or golf course. Practice balls come in many varieties (whiffle, solid plastic, AlmostGolf balls, etc.), and can be purchased on line at our store (<http://www.allkidsgolfclubs.com>) or at many sporting goods and “big box” stores like Fred Meyer, Costco, etc.
- If you are worried about the lawn, teach your young golfer to tee up each shot, being sure to tee up iron shots lower and wood shots higher. The proper height

for the driver is approximately half of the ball to be above the top of the clubhead. The proper height to tee the ball for a junior just learning how to hit iron shots is about a quarter to a half-inch above the ground.

- It's a good idea to set up a target to aim for, like a circle of rope or, if it's OK with the gardener, a wide mouth can could be sunk into the ground. Any type of a target keeps the golfer focused and reduces the number of balls that go over the fence.
- Try setting up three or four holes, and then invite friends and neighborhood kids over with their clubs for backyard tournaments. Trophies can be made from paper, cardboard and scrap wood around the house, hot dogs and sodas can be served at the turn, and the winner can even make a speech!



Chapter 2: Preparing For the First Trip to the Driving Range or Golf Course

After getting the clubs home and possibly getting some practice in the backyard, it's time to plan for the first visit to the driving range or golf course. Some parents turn the teaching duties completely over to a PGA Pro, some take on all the teaching duties themselves, and some teach the basics before turning to a PGA Pro. There are also junior programs in the Spring and Summer that are a big hit with kids across the country. Your choice will be dependent on what's available locally and your personal preference. In any case, the more you are involved from the beginning, the more fun you will have on the course for years to come.

Driving Range Tips

If available, this is a great place to give your young golfer the chance to hit all of the clubs in the bag and get some very valuable practice. Here you can set your junior up with some *basic guidance* in grip, stance, alignment and the swing. It can be tricky for a parent to teach golf to their child. Depending on their age, there can be problems staying focused, anger at not hitting the ball well right away, or the "teenage syndrome" where they are sure they know more about it than you do. In spite of these situations, it's still possible to impart some basic club handling and swing concepts by staying supportive, adding humor wherever possible and not having a problem leaving and doing something else (like grabbing a cheeseburger at their favorite fast food place) if it just doesn't seem to be working on that particular day. Also, before arriving at the range, it's a great idea to call to inquire about slower times when it's easier to get a stall and keep distractions to a minimum. Another idea – take your child and one or two of their friends – you'll be an instant hero! Just make sure to brief them about keeping their voices down and only one person on the mat or tee area at a time.

- Grip – kids have been known to grip the club in a variety of ways. While there is no "wrong way" to grip the club, a little help in the early stages can really help kids make better ball/club contact right from the beginning. So watch them make a few swings and observe the grip. By far the most popular grip style is the "Vardon grip", named after Harry Vardon who was the first to come up with the idea. This type of grip is the most popular because it works well for the majority of golfers. This grip consists of placing the club in playing position in front of the golfer, gripping the club with the left hand, placing the left thumb on top of the shaft. Then place the middle of the right hand palm directly on top of the left thumb and wrap the fingers of the right hand around the shaft. Observe the "v's" formed by the index finger and thumb of each hand – they should both point at the golfer's right ear (for a right-handed golfer). This is a neutral grip, which is a great place to start. When both "v's" are aimed at the golfer's right shoulder it is a strong grip which can lead to hooks, and when they are both pointed at the center of the golfer's head it is a weak grip, which can lead to slices. Any variation is possible, and it's OK for a junior to experiment to find the most comfortable grip that results in consistent ball contact. Other types of grip styles include the "ten finger" grip (just like holding a baseball bat), the "interlock" grip (the little finger of the right hand interlocks with the index finger of the left hand), and the extremely

rare “reverse” grip (the hands are reversed, with the right hand higher on the grip than the left hand, not recommended but fun to try!). No matter the grip style, it is always important to not squeeze the grip too tightly, as this imparts tension and makes a good swing much more difficult to achieve. On a scale of 1 to 10, with 1 being the lightest grip possible and 10 the tightest grip possible, a 4 or 5 is recommended.

- Stance and Posture – kids will normally take a pretty good stance naturally. The feet should be about shoulder width apart, knees slightly bent, upper body bending forward at the waist with the hands hanging down naturally. In fact, a great way to check the stance and posture is to have the junior take a stance without the club, slightly bent over at the waist with the arms hanging straight down naturally. Then place a club in playing position so the bottom of the club is on the ground about in the middle of the stance. Place the grip between the hands and simply bring the hands together on the club – this teaches the golfer how the hands and arms should not stretch out to the club and sets them up for easier, more consistent contact.
- Swing – in the beginning each ball should be teed up to make it easier to make contact. Driver swings should be taken at a ball that is teed up with at least half of the ball above the top of the club, irons should be hit with the ball teed up about $\frac{1}{4}$ " to $\frac{1}{2}$ ". Start with half swings (halfway back and halfway through) making sure the wrists bend and the club is parallel to the target line at the end of the half backswing and the end of the half forward swing. These half swings build confidence by allowing the junior to make decent contact with the ball right away. When they are comfortable with this drill, let them swing away, but with the end of the swing in mind. Show them what they should look like when they finish the swing – all of the weight on the left foot, right foot on the toe, belt buckle facing the target and the club resting across the left shoulder. To check for proper weight transfer, have the junior tap their right toe on the ground at the end of the swing. If the ball is being hit all over the place, or not at all, try getting the golfer to slow down the swing until good contact can be achieved. This is a key lesson to learn early but one we usually forget later on – you do not have to swing hard to get the ball to go a long way!

Whether you are in the backyard or at the driving range, preparing your golfer for the course by checking out their stance, grip and swing before hitting the course or participating in lessons will lead to more fun for everybody!



Chapter 3: The Big Day – 15 Proven Strategies for Maximum Fun!

Golfing with your kids can be one of the best things you do together if you prepare ahead of time. Here are 15 things to consider on your first trip to the course.

1. Call ahead for the best times for juniors to play and special rates
2. Take a camera to record the fun - digital pictures make great screensavers or wallpaper on home PC's!
3. Set up junior's bag with balls, tees, ball markers and a water bottle
4. On the way to the course, let your junior know you will be teeing off from the tee box, then they will tee off from a closer "kid's tee" about 100 – 150 yards away from the green
5. Get yourself in the right frame of mind for what is about to occur. Your child is depending on you to have an infinite amount of patience and understanding. It will be difficult to show either if you are carrying concerns about other "less fun" aspects of your life. Make a conscious effort to HAVE FUN by considering yourself to be the luckiest person on earth to get the opportunity to teach a great sport to a great kid in a great place. Of all the things to do on earth and places to be, which could be better?
6. Try to rent a cart to make it like Disneyland – kids LOVE to ride in golf carts!
7. Before your first tee shot, teach your junior how to wait until the one farthest from the green hits first and to never hit if anyone is in front of you. Demonstrate by standing to the side then standing ahead of them, so they get a clear picture of what you mean
8. When you arrive at the "kid's tee" location, let them tee up a ball and hit. It's OK to give them two or three tries, remind them you are not keeping score and are just here to practice. Try to use "expendable" golf balls so if they go into the woods or lake it won't be of much concern
9. When you reach the green, let your junior know it is not OK to run on the greens. Also, remind them the "farthest away shoots first" rule still applies and to be still while other people are putting
10. One of the more difficult concepts for kids to learn is how to avoid walking on other player's putting lines, so don't be surprised if you have to remind them several times. It's best to show them how to draw invisible lines to each ball, and how easy it is to avoid walking on putting lines by walking around (behind) the other players.
11. Regardless of what they have seen on TV, it's not OK to throw clubs or balls. It can happen, but a reminder about how you don't like to play golf with people like that can go a long way.
12. Teach your junior how to consider those behind and that it's OK to pick up in order to keep up (their place on the course is behind the group in front). You will have to use your judgment when to pick up on any given hole, but if you pay attention to the group behind and pick up when you see them waiting, everything should go smoothly. If there is no one behind the group behind you, it's OK to step to the side of the fairway and wave them through.
13. When the ball goes into the water or into the woods, it's best to look for a short time, take the drop and hit right away. Trying to keep up with the group ahead while teaching a child to play golf is tough enough without adding time to look for lost golf balls!

14. It's OK to quit when attention fades or if things just aren't going well. If you get off the course before the child gets too whiny or upset, the chances are much higher they will look forward to coming back.
15. On the way home from the course, ask your child what they liked about golfing and what they didn't like. You may be surprised at their answers! Make plans to try to fix the things they didn't like and do more of what they did like next time. After a few trips, you will be absolutely amazed at how automatic the little things will become and how you can then devote complete attention to enjoying the great game of golf together!



Chapter 4: A Collection of Golf Fitness Articles for Juniors by Susan Hill

Susan Hill has earned national certifications as a fitness trainer with several organizations including the National Academy of Sports Medicine, the International Sports Science Association, and the American Council on Exercise. She currently trains golfers of all levels at the Sunriver Resort, a top U.S. golf destination resort in Sunriver, Oregon.

As a Chek certified Golf Biomechanic and Sports Performance Nutritionist, she is now among an elite group of golf fitness experts nationwide. Susan has worked with close to a thousand golfers ranging in skills from beginners just taking up the game of golf to collegiate, amateur and tour players looking for a more competitive edge.

She is a contributing writer to Golf Illustrated, a guest speaker at private and public golf clubs, and a published writer on topics of health, fitness and golf. Her work has been featured in Travel Golf, Resort Living, SELF magazine and on ESPN. She was chosen as one of the top three trainers as Trainer of the Year 2003, having been chosen among over 85,000 trainers across the country. We invite you to visit Susan and Fitness for Golf at <http://www.fitnessforgolf.com> to see how they help golfers of all ages (including juniors!) to get more out of the great game of golf through golf-related exercise programs, custom meal plans and more.

Top 7 Principles of Fitness for Junior Golfers

Juniors should not be using old out-dated body building routines for golf fitness. The face of fitness is changing and we need to keep pace with what's important and effective for your age, development and goals. Here's a few tips that will keep you leagues ahead of the competition.

- All physical training should begin with a detailed assessment of your movement patterns. Developing an understanding of how your body is built, physical strengths and weaknesses and postural considerations are key to developing a solid golf program.
- Body weight exercises should be mastered prior to using additional weight.
- Training is a process. Young golfers and those who train them should place emphasis on all stages of development including biological and psychological. Golfers are all developing at individual rates and should accept and enjoy the process without forcing a specific weight lifting agenda.
- Focus on the larger trunk muscles as a priority for postural development. Build a strong base of support and you'll see great results for a lifetime.
- Always make time for proper rest and recovery. The body needs to go through rest, recovery and regeneration in order to grow and develop properly.
- Alternate exercises for different parts of the body. Change exercises frequently to avoid accumulated fatigue on any specific area. You can alternate a lunge (lower body) with a push (upper body) with a balance exercise (whole body).
- Technique and form are never compromised. Your performance will suffer if you choose an exercise load which can not be managed properly. Part of weight lifting is learning how to load and unload your body.

Get More Width in Your Swing

The terms "width" and "extension" are both used to explain the distance between your hands and your torso during your backswing. Extending your arms away from your body is the way to achieve this. Think in terms of leverage! The farther away from the ball your hands are at the top, the greater the leverage. And what does greater leverage do for you? That's right...more clubhead speed! Where can the body break down and take some of this leverage away from you?

- Excessive bending at the left elbow
- Poor weight transfer
- Lack of good core strength
- Poor spinal rotation

The golfer with the longest "extension" and greatest coil at the top of the backswing is usually the biggest hitter, regardless of size. You want to see a good example of extraordinary "width" and "extension" in action...watch Michelle Wie! Can you see the difference? Remember to continue to work on your flexibility in addition to your core strength. This gives you the best advantage and opportunity to create more width in your swing.

Junior Golfers Build A Stronger Body

Strength training for juniors is supported by organizations such as the American College of Sports Medicine (ACSM), The American Academy of Pediatrics (AAP) and the National Strength and Conditioning Association (NSCA). Each of these organizations encourages children's participation in appropriately designed training programs as long as they are competently supervised.

The majority of research today confirms that juniors can benefit from strength training programs through the improvement of motor fitness skills, self esteem, overall strength and physical and emotional well being.

For those juniors who are anxious to get an early start with strength training as a perfect compliment to their golf game, let's take a look at the importance of form, function and good nutrition. These principles serve as the foundation for junior fitness and a lifetime of health and wellness for your young athlete.

Form. Each exercise we perform has a specific method of set up, instruction and properly executed form for each movement. There are muscles which stabilize while other muscles activate. Each plays a role in an exercise. When we compromise on technique or what is considered good form, injuries occur. When we place inappropriate loads on unsupported bodies, we no longer create an opportunity for growth, but rather continue to place unnecessary stress on our bodies. Take the time to learn proper form and lifting techniques. Once your junior learns the basics, make sure they are properly supervised as they learn about their bodies and their new found capabilities. Remember these principles will serve as the foundation for their future so take the time to help them understand the importance of safety and appropriate lifting techniques.

Function. Once you set safety and proper form as your priority, it's time to choose an appropriate exercise program. Many young players ask about the right number of sets

and reps for their age. Just remember that young players are not aspiring weightlifters or bodybuilders, but rather strength builders. Junior golfers should begin with body weight exercises that place an emphasis on many muscle groups and movement patterns which mimic real life movements such as pushups, pull-ups, and multi directional lunges. Weights can be used, but the focus should be light weights and higher repetitions. Simply choose 5 or 6 exercises and perform 15 to 20 reps while continuing your concentration on good form and technique. Never compromise on the quality of your movement in favor of increased repetitions. Begin with only a few repetitions until you master an exercise. Parents or instructors should provide clear instruction and close supervision.

Good Nutrition. As role models, parents have the responsibility to educate their children on the importance of proper nutrition. I'm sure, as adults, we've often wondered how different we would have viewed food if our parents had spent more time with us. Regardless of their age, it is not too late to teach them about fueling an athletic body and powerful mind. In the end, food fulfills three basic requirements. These are to provide fuel for our bodies, regulation of our metabolism and to support new tissue growth. Children who golf need an abundance of nutrients in the form of variety, balance and moderation. In the absence of proper nutrients, you sacrifice their growth as well as their future golf performance.



Chapter 5: A Collection of (Clean) Golf Jokes

Golfing with an older man

A young man who was also an avid golfer found himself with a few hours to spare one afternoon. He figured if he hurried and played very fast, he could get in nine holes before he had to head home. Just as he was about to tee off an old gentleman shuffled onto the tee and asked if he could accompany the young man as he was golfing alone. Not being able to say no, he allowed the old gent to join him.

To his surprise the old man played fairly quickly. He didn't hit the ball far, but plodded along consistently and didn't waste much time. Finally, they reached the 9th fairway and the young man found himself with a tough shot. There was a large pine tree right in front of his ball - and directly between his ball and the green.

After several minutes of debating how to hit the shot the old man finally said, "You know, when I was your age I'd hit the ball right over that tree."

With that challenge placed before him, the youngster swung hard, hit the ball up, right smack into the top of the tree trunk and it thudded back on the ground not a foot from where it had originally lay.

The old man offered one more comment, "Of course, when I was your age that pine tree was only three feet tall."

Charlie's Hole In One

Robert goes golfing every Saturday. One Saturday, he comes home three hours late. His wife asks him, "What took you so long?"

The guy says, "That was the worst game of golf I've ever had. We got up to the first tee, and Charlie hit a hole-in-one and immediately dropped dead of a heart attack."

The guy's wife says, "That's terrible!"

The guy says, "I know. Then, for the rest of the game, it was hit the ball, drag Charlie, hit the ball, drag Charlie, hit the ball, drag Charlie. . ."

Eight Iron

Off the seventh tee, Joe sliced his shot deep into a wooded ravine. He took his eight iron and clambered down the embankment in search of his lost ball.

After many long minutes of hacking at the underbrush, he spotted something glistening in the leaves. As he drew nearer, he discovered that it was an eight iron in hands of a skeleton!

Joe immediately called out to his friend, "Jack, I've got trouble down here!"

"What's the matter?" Jack asked from the edge of the ravine.

"Bring me my wedge," Joe shouted. "You can't get out of here with an eight iron!"

The Deaf Mute Golfer

A man was about to tee off on the golf course when he felt a tap on his shoulder and a man handed him a card that read, "I am a deaf mute. May I play through, please?" The first man angrily gave the card back, and communicated that "No, he may NOT play through, and that his handicap did not give him such a right." The first man whacked the ball onto the green and left to finish the hole. Just as he was about to put the ball into the hole he was hit in the head with a golf ball, laying him out cold. When he came to a few minutes later, he looked around and saw the deaf mute sternly looking at him, one hand on his hip, the other holding up 4 fingers.

The Laws Of Golfing

LAW 1: No matter how bad your last shot was, the worst is yet to come. This law does not expire on the 18th hole, since it has the supernatural tendency to extend over the course of a tournament, a summer and, eventually, a lifetime.

LAW 2: Your best round of golf will be followed almost immediately by your worst round ever. The probability of the latter increases with the number of people you tell about the former.

LAW 3: Brand new golf balls are water-magnetic. Though this cannot be proven in the lab, it is a known fact that the more expensive the golf ball, the greater its attraction to water.

LAW 4: Golf balls never bounce off of trees back into play. If one does, the tree is breaking a law of the universe and should be cut down.

LAW 5: No matter what causes a golfer to muff a shot, all his playing partners must solemnly chant "You looked up," or invoke the wrath of the universe.

LAW 6: The higher a golfer's handicap, the more qualified he deems himself as an instructor.

LAW 7: Every par-three hole in the world has a secret desire to humiliate golfers. The shorter the hole, the greater its desire.

LAW 8: Topping a 3-iron is the most painful torture known to man.

LAW 9: Palm trees eat golf balls.

LAW 10: Sand is alive. If it isn't, how do you explain the way it works against you?

LAW 11: Golf carts always run out of juice at the farthest point from the clubhouse.

LAW 12: A golfer hitting into your group will always be bigger than anyone in your group. Likewise, a group you accidentally hit into will consist of a football player, a professional wrestler, a convicted murderer and an IRS agent -- or some similar combination.

LAW 13: All 3-woods are demon-possessed.

LAW 14: Golf balls from the same "sleeve" tend to follow one another, particularly out of bounds or into the water (see Law three)

LAW 15: A severe slice is a thing of awesome power and beauty.

LAW 16: "Nice lag" can usually be translated to "lousy putt." Similarly, "tough break" can usually be translated "way to miss an easy one, sucker."

LAW 17: The person you would most hate to lose to will always be the one who beats you.

LAW 18: The last three holes of a round will automatically adjust your score to what it really should be.

LAW 19: Golf should be given up at least twice per month.

LAW 20: All vows taken on a golf course shall be valid only until the sunset of the same day.

Hack Golfer

A hack golfer spends a day at a plush country club, playing golf and enjoying the luxury of a complimentary caddy. Being a hack golfer, he plays poorly all day. Round about the 18th hole, he spots a lake off to the left of the fairway. He looks at the caddy and says, "I've played so poorly all day, I think I'm going to go drown myself in that lake." The caddy looks back at him and says, "I don't think you could keep your head down that long."

