

*Top stories in this newsletter*

## Todd Kolb- Director of Instruction

"The golf season has arrived! It is nice to see the smiles on all the faces as we have been able to get outside. Over the next few days and weeks, we will be sending out information on the summer schedule. This information will include coaching times, play dates, supervised practices, TKGA/Power workouts and much more. Be sure to keep an eye open for emails and updates on Twitter. There is no question it will be a busy, fun and very productive summer."



Fairways and Greens,  
Todd Kolb-Director of Instruction

## Tyler Prins- Instructor

March has been a very good month at the academy. We have been able to get outside and watch the ball fly which everyone is excited about including the coaches. This month we have been diving into our short game. We have specifically been talking about set up position when we are chipping and putting. As all of the students know this is an extremely important part of golf and we are working very hard.



Tyler Prins-Instructor

## Sam Vosler-Performance Coach

Into the third month of Performance Talks TKGA students were educated on how to better perform during peak performance moments with topics of 'Course Management- Outside Factors' and 'How to Practice-Game Like Training'.

The final two performance talks provided an opportunity for students to really grasp the importance of all the class content and how beneficial it will be going into the summer.

Students also reviewed Rule 15-3 Wrong Ball and Rule 20-7-Playing From Wrong Place.

While the Performance Talks come to a close for the winter-spring session, the opportunity and excitement arises for students to apply and demonstrate what they have learned in practice and competition moving forward. We can't wait to see progress and continue to develop on the different aspects in the game of golf.

Sam Vosler- Performance Coach

How to Practice-Game Like Training



Course Mgmt- Club Selection

Club	Parage	Avg Total	Avg Carry	Best Shot
Driver	220-240	225	209	237
5-wood	200-215	206	180	219
A-hybrid	170-190	171	165	189
6-iron	170-175	164	161	173
7-iron	160-170	167	165	172
8-iron	145-160	156	146	163
9-iron	120-135	135	127	145
PW	110-120	117	111	123
GW (50)	80-90	88	86	92
SW (54)	70-80	78	76	83
LB (58)	60-70	68	64	74

## Sanford POWER workouts

During our POWER sessions we are transitioning into a more consistent intensity for our workouts. I want the golfers to push themselves by increasing the weight they do each set. To accomplish this I am lowering the amount of times that they are required to perform the exercise.



As the weather is getting nicer and we are able to get onto the course more often, I am reminding the golfers to maintain proper nutrition and hydration as they get outside more. I am excited to get into the summer programming and push the kids more as we start to get stronger.



-Coach Paul Lundgren

## 'Student Spotlight'

**Name:** Jenna Sutcliffe

**Year:** Sophomore

**School:** O'Gorman High School (SD)

**Favorite Golfer:** Jason Day

**Favorite Course:** Prairie Green

**Favorite thing about TKGA:** My favorite aspect about TKGA is learning how to hit different shots and how the coaches always answer any kind of questions I have.

**Coach Comments:** Jenna is a great worker and always willing to work hard. She is someone that I can count on to lead the group during warm ups and is always willing to start and exercise without me having to tell her to do so. I like having her come in every day and see her work

- Coach Paul Lundgren



## Nutrition Tip of the Month

Eating a meal before a workout, practice, or a round of golf, can help players feel more energized and keep blood sugar steady. In general, athletes should aim to eat their last meal 3-4 hours before their workout or the start of the round. This meal should contain mostly carbohydrates, and moderate amounts of protein and fat.

- Grilled chicken with brown rice, pasta, or a sweet potato and roasted broccoli, green beans, or other vegetables with fruit and water
- Turkey sandwich with a yogurt and an apple and water
- Scrambled eggs with oatmeal topped with peanut butter and a banana and water
- Greek yogurt parfait with fruit and whole grain cereal/granola

If they have time, players can eat a carbohydrate-rich snack such as a banana with almonds, peanut butter and jelly sandwich, or trail mix, 30-60 minutes before a workout or tee time. Players should get in a routine of knowing which foods they're going to eat before a competition by experimenting with what foods they eat before workouts, and paying attention to which foods made them feel strong and energized.

Lizzie Kuckuk-Registered Dietician

Be sure to follow us on Twitter!

@TKGAGolf

<http://toddkolbgolf.com/>