



GOLF APPROCHE PUTT

À la découverte du golf !

Les instances nationales se mobilisent pour la Ryder Cup qui aura lieu dans un an pile au golf national de Saint-Quentin-en-Yvelines. Une compétition qui est un peu l'équivalent de l'America's Cup en Voile et qui oppose les douze meilleurs golfeurs américains aux douze meilleurs golfeurs européens. Un grand rendez-vous donc, dont la Fédération française de golf veut faire un événement majeur du calendrier sportif en 2018. Depuis un moment déjà, des tournois ou des compétitions sont organisés en ce sens à travers la France.

Une opération gratuite

Cette fois, la FFG lance l'opération One Year To Golf (un intitulé que l'on aurait pu choisir d'écrire en français...), qui consiste à permettre à tous de découvrir le golf gratuitement pendant un mois, du 1^{er} septembre au 1^{er} octobre. Dans la région, 26 golfs ont répondu à l'appel (en anglais) de la fédération (française), et plus



Des tout petits aux papys et mamies, tout le monde peut se mettre à l'essai au golf pendant un mois.

(Photos B.Q.)

particulièrement dix dans le Var. Ainsi, à Terre Blanche, au practice de Loustau à La Garde, à Dolce Frégate à Saint-Cyr, à Saint-Andréol à La Motte, au golf de Roquebrune, à ceux de l'Estérel et de Valescure à Saint-Raphaël, au golf de Sainte-Maxime, les néophytes sont attendus. Mieux, deux sites golifiques originaux s'ouvrent aussi à cette opération: le neuf trous synthétique Golf Up de Grimaud et le golf de Cap Estérel à Agay.

Et comme dans le Var on est à la pointe de l'innovation, le comité départemental organise une opération spéciale sur le site du centre commercial Avenue 83 à La Valette le 9 septembre prochain. Ce mois de découverte est ouvert aux débutants de tout âge, et les modalités pratiques sont à consulter auprès de chaque site répertorié. Une bonne occasion de tâter du club sur les greens, dans des lieux souvent très beaux, et sans déboursier un sou. La Ryder Cup est déjà une réussite!

B. Q.

SUR LES GREENS

Samedi 2 septembre

Trophée Soroptimist, au golf de Valescure, à Saint-Raphael (stableford).

Dimanche 3 septembre

Coupe Brncoman, au golf de l'Estérel, à Saint-Raphael (stableford).

As George Cup, au golf de Terre Blanche, à Tourrettes (stableford).

Compétition de classement, au golf de Valcros, à La Londe (stableford).

JHP Green, au golf de Valgarde, à La Garde (stableford).

Mardi 5 septembre

Seniors compétition quatre balles, au golf de Valescure, à Saint-Raphael.



Reprise pour les écoles de golf

C'est la rentrée aussi pour les écoles de golf. La première à reprendre, est celle de Roquebrune, avec un rendez-vous dès samedi prochain, 2 septembre, sur le superbe site du golf de Roquebrune. Nous consacrerons un dossier complet la semaine prochaine sur cette rentrée, les offres existant dans le département, le coût et comment inciter les tout petits à taper dans la balle. En attendant, révisions au programme!

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GOLF



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AUSRÜSTUNG

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der neue Stern
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REPORT

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Championship,
Porsche European Open

REISE

5 starke
Plätze in
Luxemburg

*les.
Mowies
Bitte beachten
Sie besonders
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60
JAHRE

BERNHARD LANGER WIRD 60 –
UND DIE GOLFWELT GRATULIERT!

TOURISMUSREGION BAYERN

Spiel ohne Grenzen!



Die 17. Bahn des Golfclub Iffeldorf, mitten im Alpenvorland in der Nähe von München, besticht durch ein traumhaftes Panorama.



Das Clubhaus des Golfclub Regensburg ist ein altes Jagdschloß.

Der Bayerische Golfverband (BGV) präsentiert sich mit neuer Homepage. Ziel ist es, Bayern als Tourismusregion bekannter zu machen. Denn Urlaub in der Heimat wird immer beliebter, und dabei steht Bayern in der Gunst der Gäste ganz oben. Die Homepage golf-in-bayern.de verzeichnet alle Golfanlagen des Bundeslandes mit einer umfangreichen Such- und Filterfunktion. „Die Vielseitigkeit Bayerns mit seinen acht Regierungsbezirken ist enorm. Jede Region hat ihren eigenen Charakter. Golf in Bayern soll inspirieren und Lust auf diese Vielseitigkeit machen“, betont BGV-Geschäftsführerin Heidrun Klump. Bayern lässt sich dabei in drei spannende Kategorien einteilen: Natur und Kultur, Tradition und Event sowie Genuss und Entspannung.

Neben der ausführlichen Darstellung der Regionen gibt es auch den Bereich „Geschichten“. Dabei handelt es sich um Erzählungen auf Bayerisch, die Lust auf eine Reise dorthin machen und inspirieren sollen, neben den Golfplätzen noch viele weitere Highlights kennenzulernen.

■ Mehr Infos: golf-in-bayern.de

SÜDFRANKREICH

Fünf Sterne, zwei Plätze und ein tolles Turnier

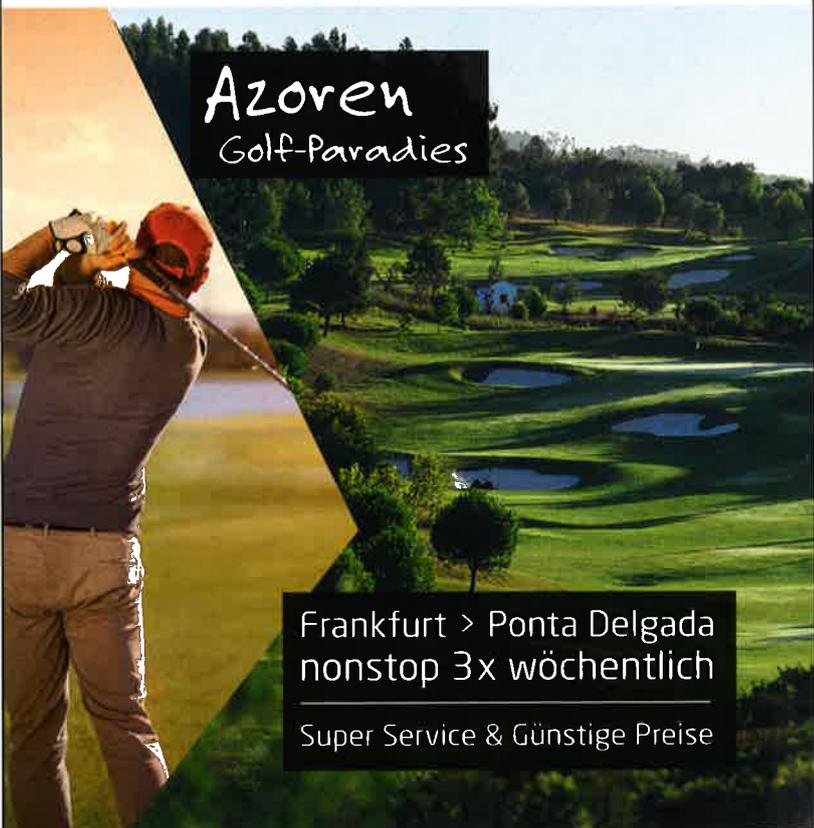
Bonjour! Terre Blanche, eine der besten Adressen im Süden unseres Nachbarlandes, ist ein Highlight für Golf-Liebhaber aus der ganzen Welt. Die beiden 18-Löcher-Championship-Plätze wurden von Dave Thomas angelegt, der sich von der Schönheit der natürlichen Umgebung inspirieren ließ. Dadurch wirken sie so harmonisch, als seien sie schon immer da gewesen. Sie bestechen durch eine atemberaubende Aussicht und topgepflegte Zustände. Vom 22. bis 24. September haben Sie die Chance, beim Terre Blanche Classic Amateur Turnier abzuschlagen. Das Arrangement für Spieler mit einem Handicap ab 24 für Männer und 35 für Frauen beinhaltet: Zwei Übernachtungen im 5-Sterne-Hotel des Resorts, die Turnergebühren, Zugang zur Driving Range und Spa, Lunchboxes für die Turniertage, das Gala-Dinner, Willkommensgeschenke und, sofern gewünscht, die Betreuung Ihrer Kinder. Das Package beginnt bei 810 Euro.

■ Mehr Infos: terre-blanche.com



Auf diesem Platz findet das Terre Blanche Classic Amateur statt.

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Features

Getting To Grips With Golf At Terre Blanche

Features Created: 18 August 2017



Kim Dowling at the Biomechanics Performance Centre At Terre Blanche

Our new guest column charts the fledgling moments of Kim Dowling's golfing career as she attempts to go from beginner to 18 handicap within a year.

"Pack your case kiddo, we are going to Nice," he said. "And we will be taking your golf clubs."

"Nice, as in the south of France?" I asked.

"Yup!"

"Nice? Hmmm, nice."

A few days later, the following:

"Kimmy, I didn't tell you the entire story. We are going to Nice, or at least we are flying to Nice. And then we are heading to Terre Blanche, where you will be working with Jean-Jacques Rivet. He is a biomechanist, and he works with the best golfers in the world, including Lyida Ko and, erm, me. The man is a genius. And Terre Blanche – well that is a five-star resort that you will adore."

So let me put you fully in the picture. When the announcement was made, I had only been hitting golf balls for about three months. I admit that I had hit thousands of golf balls under the guidance of Derek, my partner (henceforth referred to as Himself) who is a seven-handicap golfer. I had always wanted to learn to play golf and finally I was doing it.

But JJ Rivet? He would have to be a genius. After all, I had not set foot on a golf course. I knew the driving range at Dunston Hall, near Norwich, backwards and I had ventured onto the practice putting green and had even managed to hole a few putts. But surely I was nowhere near ready for this step.

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Lesson 1

It was only when we walked into JJ's practice bay that I became fully aware of my shortcomings. I didn't want to embarrass myself and I didn't want to waste JJ's time. He told me to warm up by hitting some seven-iron shots. It was excruciating. Standing before this man, I found that I could hardly hit the ball. There were air shots, there were shots that moved the ball a couple of inches, there were shots that went sideways.

All the while, JJ sat and watched, every so often turning round and looking at the monitor behind him which was recording everything I did. I could sense Himself willing me on, but the harder I tried, the worse it got.

Then JJ summoned me over to look at my results. There was good news – my foot grounding (more of which later) wasn't too bad. The bad news - pretty much everything else was in dire need of assistance.

The first thing he addressed was my grip. Himself had taught me to play using the Vardon grip, but I was advised to try the interlocking grip and to turn my left hand more to the right so that I could see a couple of knuckles when I looked down. But my biggest problem was that I wasn't releasing the club at impact. Instead of a straight right arm, my right elbow was bent and I was clearly trying to scoop the ball up into the air. I was also trying to hit the ball too hard – something you-know-who had been telling me to avoid.

JJ told me to hit some shots with my new grip. Straight away, it felt more comfortable. I have a touch of arthritis and after hitting 100 balls on the range my left hand had been hurting. Astonishingly, there was now no discomfort.



Jean-Jacques Rivet Explains The Wrist Hinge

Lesson 2

I was at the range raring to go at 9am the following morning. Before we go any further, let me tell you about foot grounding. If releasing the club properly at impact is the most important part of the golf swing, then correct foot grounding comes a very close second.

Essentially, the important thing is to keep your feet on the ground throughout the swing – even on the downswing, you should keep your right heel on the ground as long as possible. It helps to prevent you from swaying and it encourages a more powerful, more consistent move through the impact area. Thanks to my pre-Terre Blanche introduction to the game, I had already had this drummed into my head.

Of all the things I learned over the few days, the one that was most likely to work for me in the long-term was where I started my swing with my right heel in the air. It gives me the feeling of being in the right place at the top of the swing. And the following words will ring around in my head for ever:

"You are being too aggressive. You need to hear music in your head. Find the right music and you will find the right position."

I've Got The Golf Bug!

I left Terre Blanche knowing how lucky I had been to have had the opportunity to work with this man and when we got home I couldn't wait to head down to the driving range and hit more golf balls. And do you know what? When we got there and I started pounding my 100 balls I had a Eureka moment, the feeling where it all kind of clicked into place and made sense. I know that months of hard work lie ahead, but I also know that I really do have a chance of getting my handicap to 18 by this time next year.

And JJ? Himself was correct. He IS a genius.

[Train Your Brain To Play Better Golf. Read More](#)

