

Hello Golfers/Parents

I wanted to touch base with you about this summer's preparation for golf.

Tryouts are on August 16th and 17th at 7 am at Blue Ridge CC. There will be cuts each of those days. August 16th tee times begin at 10 am and on August 17th tee times begin at 7 am. We will be keeping 10 Varsity players for the Boys Team. Please pay attention to the following so we can make this happen. If you have questions, please email me at cldouty@cdschools.org.

Physicals will be held at CD on August 4th at 8 am and at CD East on July 28th at 8 am. Private physicals must be completed and returned to the trainer by August 8th.

Forms are found at

http://www.cdschools.org/5422_9051715938/lib/5422_9051715938/CDSD_Initial_Physical_Packet_Forms_6_3_11.pdf

Impact testing must be completed by incoming Freshman and again as Juniors. There are dates on August 1st and 11th when impact testing will be done. Please schedule these with our Athletic Trainer Mr. Kemmlein by emailing him at ckemmlein@cdschools.org or calling 717-703-5360 ext. 445.

Resistance training is important for all sports, especially golf. Attached to this letter is a weight program for players to use. If your golfer is currently using a lifting program, please continue. I would ask you to include core strength exercises. The upward and downward wood chop exercises are excellent and closely resemble the motion we use in golf. The athlete can use weights or resistance bands. The resistance bands can be bought on EBAY cheaply (\$10-\$25) and paired with some 100 pound ceiling hooks from the hardware store to make an effective gym. The following web pages have demonstrations of exercises for the weight program and resistance band workouts.

<http://www.myfit.ca/fitnessprograms/viewprogram.asp?title=Golf%20Workout%20/%20Exercise%20Program&programid=492>

<http://www.sport-fitness-advisor.com/resistance-band-exercises.html>

http://www.golffitness-magazine.com/public/articles/body/2007/10/strengthen_your_swing.html

Summer tournaments are important for the competitive nature of the game. We play in stroke play tournaments and these summer tournaments help lessen the stress and pressure that comes with the tournament game.

The best local deal is HAJGA (<http://hajga.org/>). This tour has 7 events for \$115. Best deal in the area. This would be fine for all levels.

The Philly Junior Tour (<http://www.phillyjuniortour.com/>) will provide a better level of play. The price for this is \$120 to join and \$50 (weekday) and \$60 (weekend) tournaments at top notch courses. This is a fraction of the IJGT and AJGA cost (each one is \$250ish to join and \$200 a tournament). There are daily tournaments with this Philly Junior Tour. The Philly Junior Tour will give your golfer play against a higher level of competition at a reasonable cost.

Please view the above websites to check out the summer possibilities for tournaments. Philly tour registrations begin 3 weeks prior to the event and some fill up quickly depending on the location.

The Big News: I would like to announce the 1st **CD Girls Classic at Blue Ridge** on Sept 10, 2011 at 1:00.

Our desire for this tournament is to be the best girl's tournament in the state. Mr. Vogle has sent out invitations to girls teams across the state in the hope of attracting the best players in the state. We have had confirmation from North Allegany, Great Valley (Bucks County) and at the state qualifier there was interest from Scranton Prep and CB East among other schools. State wide there are very few high school girl's tournaments. We saw this as an opportunity to set up a quality tournament for the girls. We are in this for the long haul and hope to grow this into a display of the best in Pennsylvania Girl's golf. This is a fundraiser for CD Golf and money will be used for our teams. We need your help to organize this event. If you are interested in helping to set up the inaugural event, email me or call me at 717-497-1827. I would like to set up a meeting after April 15th to begin the process.

CD Golf is not overlooking boy's golf. There are several boys' events in the area. (York, Hershey, State College). There are very few girls' tournaments locally and statewide. The girl's tournament has a chance to make an impact on girl's golf at CD and be profitable.

There will be more information later on physicals, starting time on August 15 etc.

If you have any questions on anything, please feel free to email me or call me at 717-497-1827.

Sincerely

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