

Stay Healthy and Have Fun!

Honesty • Integrity • Sportsmanship • Respect • Courtesy • Perseverance • Judgment • Confidence • Responsibility

Responsibility • Confidence • Judgment • Perseverance • Courtesy • Respect • Sportsmanship • Integrity • Honesty

2020 Championships

Given the chosen dates of our championships, we currently have not made any changes to the schedule.

- [CoBANK COLORADO WOMEN'S OPEN: June 3rd-5th](#)
- [CoBANK COLORADO OPEN: July 23rd-26th](#)
- [CoBANK COLORADO SENIOR OPEN: August 26th-28th](#)

For up-to-date information, please check our website.



DID YOU KNOW? Devoting just 15 minutes per day to an exercise routine at home can increase your distance and help you play better golf. Just because you're at home doesn't mean you can't workout, check out these at-home exercises to improve your golf game.

- **Stretch:** Flexibility is extremely important for your golf swing, tightness in the shoulders, back, hips and legs can restrict the extension of the club as you swing.
- **Split Squat:** This is a lower-body exercise that works on mobility, stability and strength.
- **Push-ups:** Push-ups can be really beneficial for your upper body strength and for your golf swing.
- **Front and Side Plank:** Planks help to activate your core muscles, which promote stability and strength in the abdomen.

Want to exercise like the pros? Check out this YouTube video where Dustin Johnson's trainer teaches an exercise that helps you improve distance:

<https://www.youtube.com/watch?v=xB9SILmrsY8>



COVID-19 Update

The Colorado Open Golf Foundation wants all of our players, participants, families, volunteers, coaches, spectators and staff to know that we care about YOU! Like many of you, we are following the rapidly changing developments with the Novel Coronavirus (COVID-19), including what trusted organizations like Centers for Disease Control, World Health Organization and local health administrators are saying. Please look to our website, www.firstteegreenvalleyranch.org, for up-to-date information about our Spring programming. Your safety, security and well-being is our priority.

Fun Golf Lessons at Home!

Check out these fun drills and lessons that will help you sharpen your game!

Drill 1: Putt to a card or sticky note

- **Instructions:** Grab a playing card or a sticky note and place it on the floor or carpet, 3 ft., 6 ft., 9 ft. or 12 ft. away from your start line. Now, putt the golf ball with enough speed and distance that it stops on top of the card or sticky note. If the ball touches it and goes past it, try again until it lands on your target.

Drill 2: Golf Putting Stance Practice

- **Instructions:** Set your putter next to the couch. During commercial breaks while your watching TV, stand up and work on the proper putting stance set up. Doing this for 15 minutes per day will build muscle memory creating good habit. You will subtly improve your putting stroke while watching TV.

Drill 3: Putting to a tee

- **Instructions:** Set up a golf tee so its upside down. Starting 3 ft. away, putt a ball to the tee trying to knock it over. Then move back to 4 ft., 5 ft., and so on. Try to work your way back to 20 ft. away and still be able to knock the tee over.



Golf Movies to Stream at Home:

We can all do our part to practice safe social distancing over the coming weeks, here are a few golf related movies and shows you can stream or rent at home to help pass the time.

Amazon Prime: Tiger Woods: Achieving Greatness, Seven Days in Utopia, Tommy's Honour, The Greatest Game Ever Played, The Legend of Bagger Vance.

Netflix: The Short Game, Tee Shot: Ariya Jutanugarn.

Disney ±: The Greatest Game Ever Played.

Notable mentions: The Founders, Loopers: The Caddie's Long Walk, Seve the Movie.

Tag us in your practice, trick shot, or exercise videos for a chance to be featured on our platforms! See links below.