



# JOY of YOU!

## INDIANAPOLIS

# Growth On The Green

## CONTINUED GROWTH GUIDE

*Ladies, we created this golf guide just for you! We know that getting started in golf can be daunting, but we're here to show you that it doesn't have to be. Our guide is packed with tips, tricks, and plenty of humor to help you navigate the course with confidence and style. We believe that golf is for everyone, and we want to be your partner in discovering the joys of the game. So, whether you're a total beginner or just looking to up your game, grab this guide and get ready to swing, laugh, and grow – both on and off the green!*

**- Alli Lindenschmidt**  
*Author, JOY of YOU! Member*



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# Overview

LEARN THE GRIP  
& THE SETUP



QUICK TIPS TO  
HIT THE BALL  
RIGHT AWAY



DRIVE FOR  
SHOW & PUT  
FOR DOUGH



COURSE  
ETIQUETTE



STAY IN  
THE GAME



# Learn the Grip & The Setup

## START WITH THE GRIP



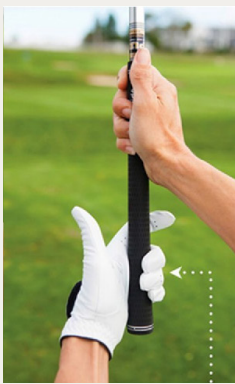
Start with your dominant hand, placing the club in your fingers, not your palm.



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### START WITH THE GRIP CONT'D



The grip should run diagonally from the base of your little finger to just above your index finger.



Close your hand around the club, making sure your thumbs are pointing straight down the shaft.



Place your other hand on the club just below your dominant hand, with your fingers wrapping around the grip.

Close your hand around the club, making sure your thumbs are pointing straight down the shaft.



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### START WITH THE GRIP CONT'D



Make sure there is no gap between your hands, and your palms are touching. The 'V' from your thumb and pointer finger should be pointing up to you.

The pressure of your grip should be firm but not too tight as if you were holding a small bird without crushing it.

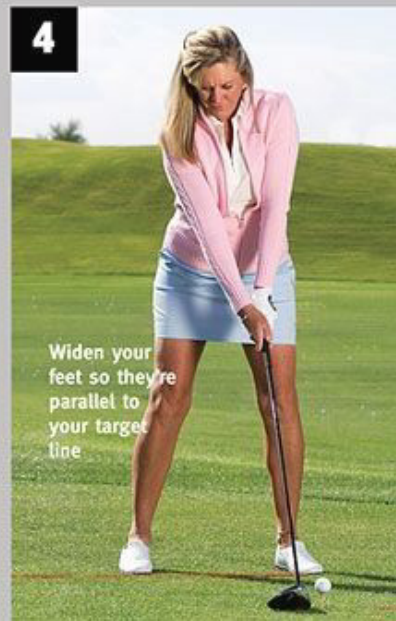
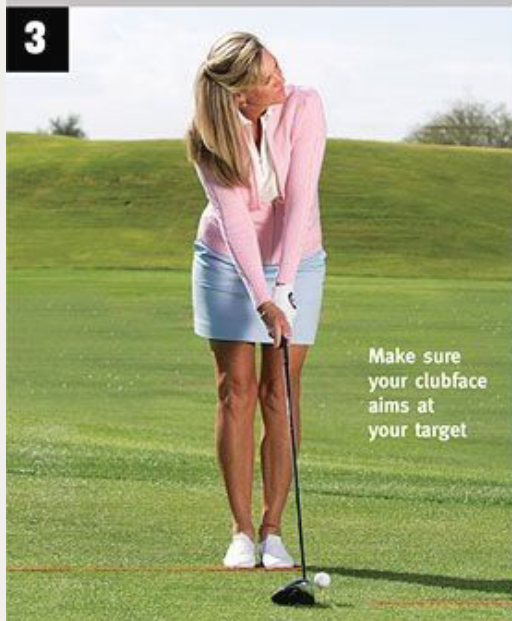
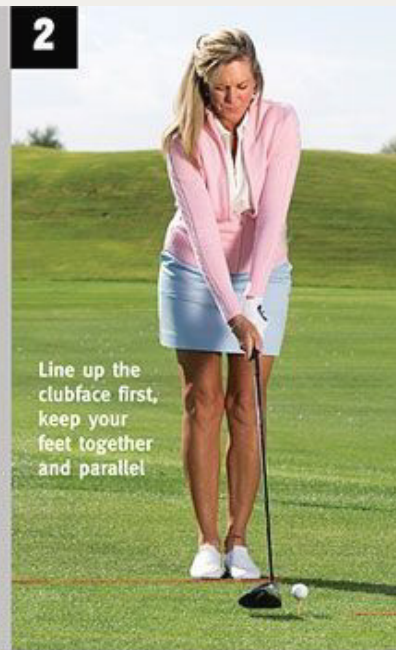
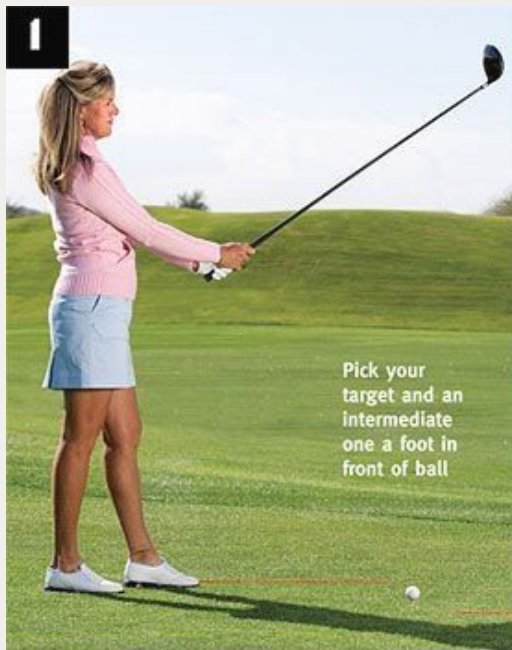
Check that your grip is neutral, with your palms facing each other and your knuckles creating a straight line.



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### Set Yourself Up For Success





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## Quick Tricks That Help You Hit The Ball Right Away

### AND NOW YOU CAN SWING AWAY

- 1. START WITH THE RIGHT STANCE:** Stand with your feet shoulder-width apart, knees slightly bent, and your weight evenly distributed. The ball should be positioned in the center of your stance for most clubs.
- 2. ALIGN YOUR BODY:** Ensure your feet, hips, and shoulders are all pointing towards your target. This will help you swing in the right direction.
- 3. BEGIN WITH A HALF SWING:** Start by practicing a half swing to get a feel for the motion. Focus on making a smooth, controlled swing rather than trying to hit the ball as hard as possible. *The key: Do not be afraid to hit the ground and chop the grass!!!*
- 4. KEEP YOUR HEAD STILL:** Try to keep your head steady throughout the swing. Your head should remain behind the ball until after you've made contact. Count to 2 before your head looks up to where the ball went.
- 5. ROTATE YOUR HIPS & SHOULDERS:** Your hips and shoulders should rotate together during the swing. This will help you generate power and maintain balance.
- 6. FOLLOW THROUGH:** After hitting the ball, continue your swing until your hands are above your shoulder on the opposite side. This follow-through helps ensure a smooth, complete swing. The majority of your weight should be shifted onto your left foot.





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## Drive For Show & Putt For Dough (\$)

**Brace yourself for this mind-blowing fact:** putts make up a whopping 43% of all shots taken during a round of golf! That's right, you'll spend nearly half your time on the course playing what seems like mini-golf, trying to coax that little white ball into the hole. It's like the golfing gods have a sense of humor, making the shortest shots the most important ones. So, if you want to master the game, you better start practicing your putting skills – because let's face it, you'll be spending more time on the green than the groundskeepers!

- 1. DEVELOP A CONSISTENT ROUTINE:** Create a pre-putt routine that includes assessing the green, lining up your putt, and executing your stroke. Stick to this routine for every putt to help build consistency and confidence.
- 2. READ THE GREEN:** When you look at the green imagine if there was water on the green.... wherever the water would flow, that is where your ball is going to go. Aim for the breaks accordingly and remember the speed of your putt will impact the amount of movement the ball will have
- 3. ALIGN YOUR PUTTER FACE:** Ensure that your putter face is square to your target line at impact. Use alignment aids on your putter or practice with a chalk line to improve your alignment.
- 4. KEEP YOUR EYES OVER THE BALL:** Position your eyes directly over the ball or slightly inside the target line. This will help you maintain proper alignment and improve your accuracy.
- 5. USE A LIGHT GRIP PRESSURE:** Hold the putter with a light grip pressure, as if you were holding a tube of toothpaste without squeezing it out. This will help prevent tension in your hands and arms, allowing for a smoother stroke.
- 6. MAKE A PENDULUM STROKE:** Imagine your arms and putter forming a pendulum, swinging back and forth from your shoulders. This will help create a smooth, consistent stroke.
- 7. ACCELERATE THROUGH THE BALL:** Focus on accelerating the putter head through the ball, rather than hitting it. This will help you maintain a smooth, consistent tempo and improve your distance control.



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# Drive For Show & Putt For Dough (\$)

## SWING GUIDE







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## Golf Etiquette



1. **DRESS APPROPRIATELY:** Wear proper golf attire, which typically includes collared shirts, slacks or golf shorts, and golf shoes.
2. **RESPECT THE COURSE:** Repair ball marks on the greens, replace divots, and rake bunkers after playing from them. Keep carts away from greens and tees.
3. **MAINTAIN PACE OF PLAY:** Keep up with the group ahead of you and avoid slow play. If your group is falling behind, allow faster groups to play through.
4. **BE AWARE OF SURROUNDINGS:** Avoid distracting other players during their shots, and be mindful of your shadows and movements.
5. **SILENCE IS GOLDEN:** Keep your voice down and avoid making noise when others are playing their shots, especially on the greens. But when people aren't swinging - have fun, laugh and be as loud as you want!
6. **SAFETY FIRST:** Make sure the group ahead is out of range before hitting your shot, and shout "fore" if your ball is heading towards other players.
7. **FOLLOW CART RULES:** Adhere to the course's cart path rules and park carts in designated areas.



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## Stay In The Game

LAST BUT NOT LEAST...LET'S HAVE SOME FUN

**It's time to ditch the idea that golf is just a stuffy, old boys' club and embrace the fact that this game is for everyone, especially women like you who are ready to take on a new challenge and have a blast doing it!**

Golf is more than just hitting a little white ball around a manicured lawn – it's a chance to uncover your hidden potential, both on and off the course.

Picture this: you, confidently striding down the fairway, nailing that perfect drive, and impressing your playing partners with your newfound skills. But the benefits don't stop there – as you master the game, you'll also be mastering valuable life lessons like patience, focus, and the art of the comeback (because let's face it, we all hit a few rough patches now and then). And let's not forget the social perks – golf is the ultimate networking tool, giving you the chance to connect with other ambitious, like-minded women who are ready to take on the world, one swing at a time. So, what are you waiting for? Grab your clubs, throw on your favorite golf outfit, and get ready to discover a whole new side of yourself on the green. Trust us, you've got this!



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**See You On The Green!**