



JANUARY 2021 EDITION



THE UP & DOWN

A Newsletter for Women in the Bay State Who Enjoy Golf

Developed and delivered by the Ladies of Mass Golf

@PlayMassGolf

HERE'S TO 2021. MAY IT BE FILLED WITH LOTS OF GOLF!

This year, be structured enough for success and achievement and flexible enough for creativity and fun.



LET'S TALK: GOLF RESOLUTIONS

Sally DeGan & Val Casella

WATCH: Looking for some ideas when it comes to establishing your 2021 Golf Resolutions? We caught up with our friends Sal and Val for some inspiration and lots of laughs.



THE LIST



READ: Bundle up and take note of a few of these great tips before you hit the links this winter.

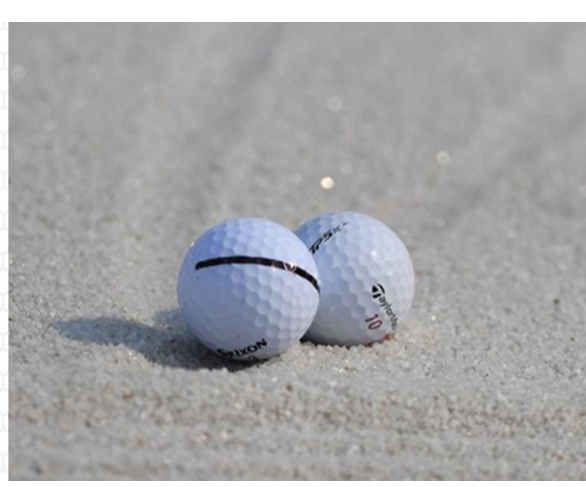


WATCH: Cheryl McGuire, Executive Director of Golf Fights Cancer, explains how the golf community is pitching in to combat cancer.

CLASS IS IN SESSION

It's time to get schooled on the Rules of Golf, Course Rating and Slope, World Handicap System and lots of other information you may need to retain.

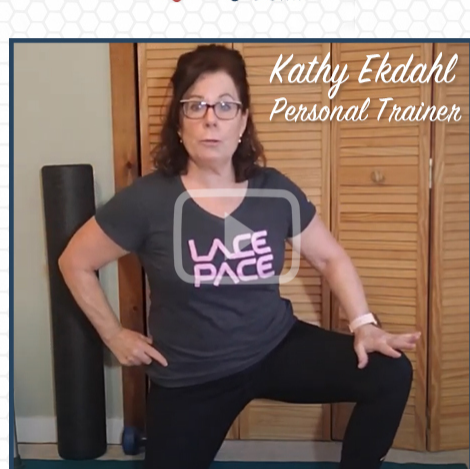
KNOW THE RULES INTERFERING VS HELPING



READ: Christine Veator, Rules Official and Board Member for Mass Golf, gets a little help from a friend in explaining Interfering vs Helping.

WORK ON YOUR BODY AND YOUR BRAIN

Make the time to work on your physical fitness and to feed your mind. You deserve it and there are plenty of studies that show that you need it.



WATCH: Kathy Ekdahl introduces a strength training circuit that will help you strengthen muscles that are important to the golf swing.



TURMERIC LATTE



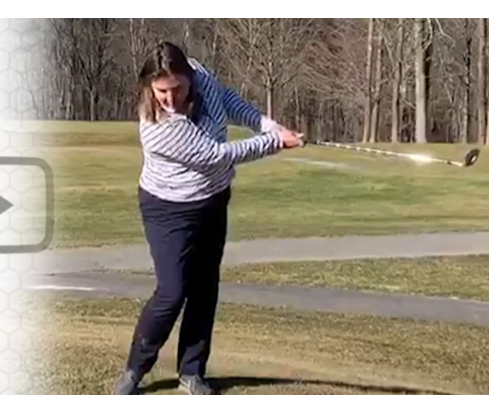
TRY: Spice things up a bit with this anti inflammatory alternative to your usual coffee or tea.

Start, Stay & Remain. Improve Your Short Game



Shawn Durocher

PGA PROFESSIONAL / Cyprian Keyes



WATCH: Shawn Durocher, the Head Golf Professional at Cyprian Keyes Golf Course in Boylston, teaches you her "Start, Stay & Remain" lesson to help remove excess body motion in your swing.



A QUICK 9 WITH Sarah Forbes



READ: Meet New Mass Golf Board Member, Sarah Forbes.

Naomi's Post of the Month

ARE YOU A
TRUE GOLFER?



READ: Check out Naomi's Post of the Month with topics ranging from goal setting to the female golf experience and so much more.

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Mass Golf

December 18, 2020 at 8:20 AM · 🌐

Recently, we sat down with Kristen LaCount to hear about her journey in becoming the first female General Manager at The Country Club. She also talks about course changes that have been made in preparation of the 2022 U.S. Open Championship.



@PLAYMASSGOLF: Follow us on social media and you'll never miss out on great interviews like this one with Kristen LaCount from The Country Club.

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