

GAME IMPROVEMENT TIPS FOR THE SEASONED GOLFER.

Age doesn't have to cost you strokes - it just means playing smarter. Here are five proven ways senior men golfers are keeping their scores low and their swings healthy this season.

- 1. Trade Power for Tempo** - As we age, flexibility and rotational speed naturally decline - but a smooth, unhurried tempo often outperforms a fast, forceful swing. Focus. On a 3:1 backswing-to-downswing ratio (count "one-two-three" back, "one" down). You'll find centre face contact more often, which means more distance than muscling it.
- 2. Shorten Your Backswing** - A three quarter backswing reduces strain on the shoulders and lower back while improving control. Many senior tour pros play with a shorter, more compact swing - it's not a compromise, it's a strategy.
- 3. Widen Your Stance for Stability** - A slightly wider stance improves balance throughout the swing, which is especially helpful if hip or knee mobility has changed. Better balance means more consistent ball - striking.
- 4. Choose Senior Flex Shafts** - Equipment matters more than pride. Senior or regular flex shafts help you generate proper club head speed without over-swinging.
- 5. Warm Up Like You Mean It** - A 10 minute dynamic warm up - arm circles, torso twists, and a few easy half swings - prepares your muscles and joints, reducing injury risk and improving your first tee shot dramatically.

All Members are invited to help contribute ideas and articles to our new club newsletter. Let us know what you would like to see, and the format to present it, paper, online, or email.

Do you want to see a club trade program? Let us know by emailing the starter at starter.scsmgc2026@gmail.com

