

Tips from Arrowhead's Illinois PGA Golf Professional, Billy Klemz

What to Do Over the Winter . . .

Keep Up Your Golf Game!

Take a lesson

We see it everyday. People hitting balls on the range, trying to figure out their swing or ball flight issues by themselves. Sometimes a friend tries to help. Inevitably, the issues return. Getting a golf lesson from a PGA Professional is one way to really know your issues and know the cure. When it slices do you know how to fix it? The ability to self-diagnose and cure the actual problem will make your practice and your play more enjoyable. Winter lessons are available at Arrowhead by calling the Pro Shop at 630-653-5800.

Join a gym and get a trainer

Winter is an interesting time in Chicago. Our normal weather means we're inside most of the time. Make the most of it, join a gym and immediately set up an appointment with a trainer. Here's why: the treadmill is great. The exercise bike is fun. You can even watch television while you do it. But most of us don't stay active with a gym membership. Ask yourself why. If you had seen results in strength, flexibility or weight loss would you have continued? Of course! So take a couple of training sessions, try something you haven't done before and watch the results motivate you. If you come out of winter stronger and more flexible, you may be able to hit the golf ball farther. Parks Plus Fitness at the Community Center offers training packages and memberships. The Community Center number is 630-690-4880

Domes

You can still hit balls in the winter months. There are a number of domes in the area where you can go and hit balls. They usually keep the temperatures in the upper 50's, so dress appropriately. Domes tend to be about 75 yards long, so they give you an idea of where your ball is going, which is nice. You'd be surprised what a couple of visits a month to a local dome will do to keep your golf muscles loose.

Putting and seven iron chipping in the house

When I was a young man, we kept a putter, a seven iron and a few golf balls in a carpeted room of the house. If it's right in front of you, there's a chance you'll pick it up and practice. It's amazing how much confidence you can develop in the off-season. Most people spend their practice time on the driving range and neglect their scoring shots. In the off-season, scoring shots--simple chips and putts--can be practiced indoors on a carpeted floor for big scoring results in the Spring.