

PREFERRED LIES JANUARY 2024



Here we go again, it's that time of year when we all sit down, take stock of our game, and set our golf goals for the year ahead. Whether you're still squeezing in a few rounds between rain showers or stuck indoors dreaming about your next round, your 2024 golf goals will not be far from your mind.

Whether you think you're a seasoned pro or just getting into the swing of things, 2024 offers an opportunity to focus on making sure you perfect your swing. Here are 10 resolutions to help you achieve a smoother, more powerful, and accurate swing for a more rewarding year on the golf course.

- 1. Commit to Consistent Practice Sessions:** Make 2024 the year of consistent practice. Dedicate regular time to work on your swing, whether it's at a driving range or on the short course at the club. Regular practice builds muscle memory, leading to a more reliable swing when it counts.
- 2. Master the Basics:** Focus on the fundamentals. Check your grip, stance, posture, and alignment regularly. A solid foundation is crucial for a consistent and effective golf swing.
- 3. Video Analysis:** Get someone to record your swings and analyse them. There are various smartphone apps and tools available that can help you break down your swing, allowing you to identify areas for improvement that might not be apparent during the swing.
- 4. Seek Professional Guidance:** Consider investing in lessons from our golf professional. A fresh pair of eyes can provide valuable insights, and personalised feedback can make a significant difference in your swing.
- 5. Flexibility and Strength Training:** Improve your golf swing by enhancing your overall fitness. Work on your flexibility and strength, focusing on core muscles. A more robust and flexible body can lead to a more controlled and powerful swing.

6. Mindfulness and Mental Focus: Train your mind as much as your body. Develop mental routines to stay focused and calm during your swing. Visualisation and mindfulness techniques can help you maintain concentration under pressure.

7. Experiment with Your Grip: Don't be afraid to experiment with your grip. Sometimes a minor adjustment can lead to a major improvement. Consult with a professional or try different grips to find what works best for you.

8. Diversify Your Shots: Work on a variety of shots, from fades to draws, and experiment with different clubs. Being versatile on the course not only improves your overall game but can also enhance the dynamics of your swing.

9. Understand Your Swing Speed: Knowing your swing speed is crucial for choosing the right equipment. Visit a professional fitter to ensure your clubs are tailored to your swing speed and style, allowing for optimal performance.

10. Play More Rounds: Lastly, nothing beats real-game experience. Make it a goal to play more rounds in 2024. Apply what you've practiced on the range to actual gameplay, and don't forget to enjoy the process.

Club Repairs

Some golf clubs are loved and cherished; others live more colourful lives. Close encounters with trees, run over by golf carts, you know the thing. A secure hold of the golf club is vital for shot accuracy. If you play 3 or 4 times a month, it is recommended that you get your clubs re-gripped each year.

Fortunately, Lewis Baker (Director of Golf) offers club repair facilities and regripping. Please just pop into the golf shop or email him on: Lewis.Baker@hawkstone.co.uk



GLENMUIR
1891

HPGC clothing

Top quality clothing is available at competitive prices to Club members from Glenmuir, a highly reputable manufacturer based in Scotland. It includes standard items such as Polo Shirts and Sweaters in a wide selection of colours and styles in Lambswool, Merino and a new Cotton option.

Whilst all items are shown in detail on the Glenmuir web site at www.glenmuir.com a limited number of full colour brochures are also available for your perusal via the Secretary. Any items from the Glenmuir & Sunderland ranges can be ordered. If they are not on the standard HPGC list please ask for a price.

The "Hawkstone Park Golf Club" Crest is kindly loaned to us by agreement with the Hill family, it has unique colours and the design is protected by copyright. Please note, to comply with our agreement, all items that include the Club Crest must be ordered via the Golf Club Secretary.



World Handicap System™ Revisions Announced for 2024

The first update to the World Handicap System™ (WHS™) as part of an ongoing review of the Rules of Handicapping™ and Course Rating System™.

www.randa.org



What is Course Rating minus Par?

This new way of calculating our handicaps will come into effect in GB&I from April 2024. What is Course Rating minus par and how does it work?

www.nationalclubgolfer.com

Some informative videos:

<https://www.randa.org/videos/the-2023-rules-explained>

England Golf

Why not check out their website, which gives information about all England Golf championships and tournaments this coming year: <https://www.Englandgolf.org/2024-england-golf-events>

Have you activated your My England Golf membership? Check out the many benefits of being a member ([Become a member - England Golf](#))

COMPETITION FACT SHEET – 2024

- Trophy competitions for 2024 will be played with a maximum playing handicap of 36 for ladies, and 24 for men. Competitors with a higher handicap are able to enter with the stroke received allocation above.
- The introduction of divisions to stroke play trophies as per monthly medals and stablefords, with the intention to give a more distribution of winners across handicap bands.
- To discontinue the “alternate day” rule for mens Sunday competitions.
- Currently to be eligible to win any competition you must have a minimum of 3 qualifying competition scores in the previous 12 months. For 2025 this will increase to 5 qualifying competition score cards.
- In competitions where there are no players who entered and scored a 2, the 2’s prize fund will be donated to support and encourage the HP Juniors during the year.
- Competition prizes are funded by entries. As a general rule, a minimum of 80% of entry fees are paid to the winners, with 20% being retained by the club to pay for the computer systems, club v1 software licensing and engraving of trophies.

A reminder that blocks of competition times on brs are strictly for competitions and not for the playing of casual rounds.

QUALIFYING SCORES

AUTUMN/WINTER SHORT COURSES –Non qualifying for handicap purposes

Given the current set up for both courses at Hawkstone which include preferred lies in the general area, multiple temporary greens combined with forward tee markers; acceptable scores cannot be submitted as a player or as a marker as a qualifying score in either a casual round or a competition round until further notice.

Looking After the Course

To help maintain the course in good condition during the winter and for your own safety:

- Try to keep to the paths where possible and avoid walking through muddy areas. Please keep trollies and buggies away from steep slopes and wet areas.
- Do not take trollies and buggies within **3 metres** of a putting green. This generally means taking buggies and trolleys on the outside of bunkers rather than between the bunker and the green.
- Consider if you can use a carry-bag rather than a trolley or buggy.

Dates for your diary

Annual General Meeting – Thursday 1st February Waterloo Suite – 7.30pm

Captains Drive In Competition – Sunday 4th February

Captains Charity Competition – Sunday 14th April

Lady Captains Day – Monday 17th June

Presidents Day – Sunday 23rd June

Captains Day – Sunday 13th July

Senior Captains Away Day – Thursday 29th August

Lady Captains Away Stay – Sunday/Monday 22/23rd September

Annual Dinner & Prize Presentation – Saturday 30th November

9 Hole Socials (Fridays) 12th April, 10th May, 14th June, 12th July, 9th August, 13th September

Check out the website for dates of all HPGC Open Competitions for 2024 – invite a few friends for a great day out golfing!

Note: We are currently in the process of updating our current website; this could mean that information will not always be up-to-date. We apologise for this in advance, but any information is always available via email to the Secretary (secretary@hpgcgolf.com)



FOMO?

**Are you following us on Facebook? [Facebook.com/hpgcgolf](https://www.facebook.com/hpgcgolf)
Make sure you are kept updated with all the golf club news and events!**

