

## Brennan Looks Forward To 2021 Season



Golf Scholarships in Ireland



Shannon's Junior Success



Golfing Road Trip



# Next Generation



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## Looking Forward

Here in County Clare, early spring is seldom a reasonable time of the year for playing golf. Now with the courses closed under the current Covid restriction, we can do nothing about this situation except follow the authorities' advice and take all the precautions necessary to stay safe and hope that the experts can find a solution sooner rather than later.

To keep us connected and looking forward to golf's resumption, we have professional golf beamed into our living rooms from fabulous courses in sunny parts of the world. Watch how these players put on show their ability to control a golf ball in a way, well, to be honest, most dream of and few do. In the coming weeks, golf channel commentators will start to tell us how many days there are until the first major of the year, the Masters and how much they are looking forward to travelling there to beam back into our living rooms, the wonderful images of the fairways and greens at Augusta .

These ads have now become the annual signal for the club golfers to check where their clubs have been hibernating, dust them down and check the grips, then at the first and every opportunity, head to the range to ensure the golf swing is in peak condition for the start of the new club season. Monthly medals, Matchplay championships, All Ireland interclub competitions, and of course the holy grail for all club golfers, the Annual Captains prizes. We look forward to these events every year, and this year will hopefully be the same.

Stay Home

Stay Safe



## Irish Golf Break 2021



This year again will prove very challenging for the golf and hospitality industry in Ireland. With COVID 19 continuing to move around the world at a frightening pace and entry restriction on arrival at airports increased, it seems that the overseas golfers may again not make it to Ireland in 2021. The industry's response

last year to fill this void left on golf club timesheets by the absent overseas golfer was to price their product for the local market. This strategy worked very well and saw a marked increase in Irish golfers taking part in well-priced golf (Open Singles) in Ireland. As I have always enjoyed playing Open Singles

at courses other than my home club and inter-county travel being allowed during August, I took the opportunity to travel and play three competitions outside county Clare. Here is my verdict on the courses and value for money presented.

### **Portumna. Parkland course. Fee €25**

**Singles Competition. Monday White Tees. Wednesday Yellow Tees. Friday Blue tees.**

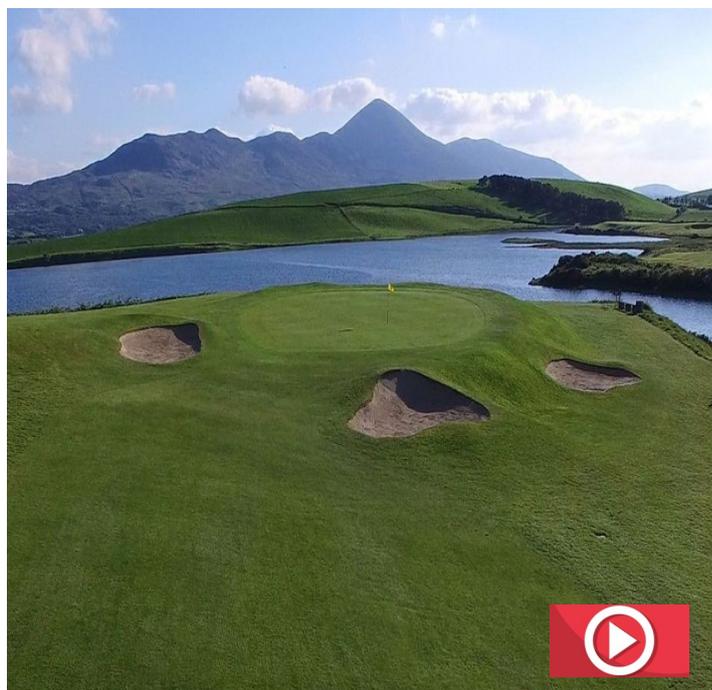
The presentation of this course has never disappointed me. From tee to green, the par fives, 6th, 8th, 12th and 17th are excellent. If you choose wisely the tees to play from, this course will present you with a fair challenge. Just over a one hour drive from Ennis 72Km, it is great value for the fee.



## Westport. Parkland course. Fee €30

### Singles Competition. Wednesday and Friday White & Red Tees.

Less than a two hour drive from Ennis, Westport golf club commands fantastic views of Croagh Patrick and the surrounding area from its elevated position above Clew Bay. This well-maintained course with slick greens opened up with five reasonably easy holes. From then on, this course will challenge all aspects of your game. The par-five 15th is the signature hole with a magnificent backdrop. Do put this on your list of courses to play. It will not disappoint.



## Enniscrone. Links Course. Fee €45

### Singles Competition. Thursday White Tees

I first played Enniscrone in 1998; I have returned there every year since. The sensitive and sensible way the architect Donald Steel has introduced the six new holes to this Eddie Hackett designed course has earned it the reputation of one of Ireland's best. When you stand on the seventeen tee box and look back at the course you have played, you too will be compelled to return and play here again. The

clubhouse is a warm and welcoming place with a well-stocked golfshop, and a great restaurant. Other facilities include an excellent driving range and a short game area: great value and worth the drive (two hours 170Km)

I played these courses during a five-day holiday, Monday to Friday. Other activities I did during my trip were to Climb Croagh Patrick, visit Westport. House, Clew Bay cruise, Seaweed baths in Enniscrone, and cycling on the wild Atlantic way. The temperatures each day were in the high teen's early twenties, and yes, the sun did shine.



## Make Sport work for You.

Nearly all children in Ireland today are being introduced to one if not many sporting activities, hurling football, soccer rugby, and so many more. It is now widely accepted that taking part in sport at a young age is hugely beneficial for a young person's social and physical development and well-being. A young person's continuing participation and presence in one or more of the sports they have been introduced to will now depend on one, if not all, of the following. Their level of ability, their

guardian's encouragement and support, their coach's knowledge and ability, and most importantly a good sense of community within the club they join. These things are essential for most young people in sport. Still, there is an elite minority who have discovered a passion for their favourite sport. They dream that they can one day compete at the same level as those they watch on the TV. A sportsperson's journey to reach this level within their

sport is often long. This journey requires a high level of self-discipline and many hours of training in preparing for upcoming competitions where they hope to enjoy the feeling of success at finishing as a winner. Or more importantly, learning to deal with the disappointment of finishing second, knowing that they did their best. Having been so disciplined and hardworking many of these young elites now wish to move to the next level, becoming a professional.

Here they hope to spend many years competing with the world's best. But what will happen when their time as a professional ends either through injury or the passing of time? How prepared for life after sport will they or can they be. Many universities have sports scholarships to offer to young elite sportspeople around the world and here in Ireland. These scholarships will provide them with a twin-track approach to the sport through education. Two Irish universities at present offer scholarships with an excellent dedicated golf program included.

Maynooth University and Ulster University. Scholarships at these two universities are competitively sought after among the elite golfers here in Ireland. If an application to either of these universities is unsuccessful do not despair, the R&A offer a Foundation Scholarship programme that supports in the region of 170 individuals, each year. Individual applicants for Foundation scholarships must be in full-time tertiary education. Male applicants must hold a handicap of +1 or better, while female applicants must be playing to two or below. Applica-

tions will also be considered from players who have been selected for a national team or squad, even if they do not meet the handicap requirements.

To all parents and guardians of enthusiastic young golfers who are down at their club playing in the final round of the Masters against their pals, I hope that one day their dream does come true and that their pathway to it, is golf through Education.



## Junior To Adult Membership



An individual's golf journey should begin at their Home Club. Wherever life's journey may take them at home or abroad, to remain connected to their Home Club, most want to maintain.

The home Club has made a considerable investment of time and resources in recruiting its members: junior programs, New to golf Programs, reduced entry fees, and advertising costs. Lifelong retention of these members can only add value to any club.

Over time some individual members (mostly juniors) will find themselves living far from their Home Club. Usually, this results in their Club memberships' lapsing. The cost of joining a club in a new location at this time of their life can prove unattainable, so they revert to green fee golf with friends or work colleagues. With so much invested in the recruitment and development of these young members. Can the Home Clubs, instead of losing them now, find an

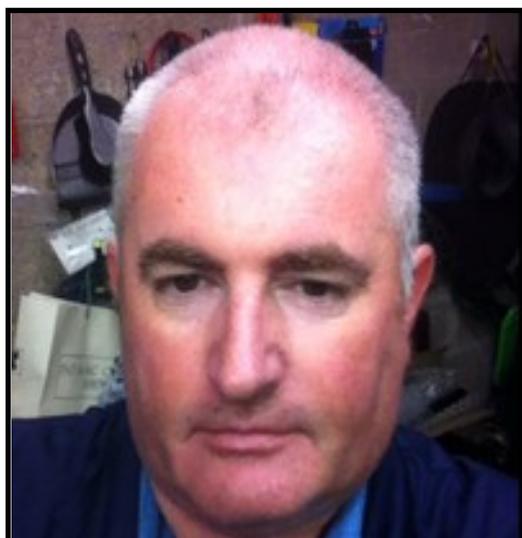
affordable membership that will keep them connected? The ability to find this answer has now been made easier with the introduction of the World handicap system. No matter where you find yourself in the country or world, you can now play golf and return your score to one central handicap system, a system that processes and maintains the individual's handicap, but you must be a member of a club. Remember, Membership retention,

difficult as it may be, is critical to a Golf Club's long-term success. It costs 7-10 times more on average to win a new member than to hold on to an existing one. Over the last fifteen years, I have witnessed and participated in junior golf growth on our Island. Yet, the number of junior golfers who have

transferred to full members of their Home Clubs has been disappointing. These are boys and girls who know how to play the game but choose not to be members of their Home Club or any Club. Let us reconnect with these missing members and listen to their voices. Them becoming the future members of our Club

we should not take for granted. The atlas below shows locations around the world where Clare juniors now reside and play golf while not having any club membership. The question for clubs is how do we keep them connected to their Home Club.





Hello Frank Keane here, owner of FK Golf Trolley Repairs I hold the service agencies for Motocaddy, Powakaddy and Golf Glider trolley here in the Mid-West. I also service and repair other brands..

In writing this piece, I was asked to advise readers on the common issues that I come across with trolleys and their owners. So, I'm going to attempt to dispel some of the myths that "someone said" and give you all some solid advice on keeping your machine running well.



### Myth 1:

**You should run your battery flat now and again**

Absolute rubbish. This

approach is compounded further when people decide to sit the trolley up on blocks in their shed (I feel some of your embarrassment already) and turn it on until it stops going and the battery is flat.

This is a really bad and potentially dangerous practice. First of all, your trolley runs typically for less than three minutes before it's rested.

Of course, it could be a little longer for the big hitters. They are not designed to run continuously, and you can have issues with the battery and motor overheating in these circumstances. You don't ever need to run your battery flat, and in fact, the newer lithium batteries won't allow you to run them flat. They just cut out at a pre-set voltage.

Thankfully some of the newer trolleys will also cut out at 350 yards as they just don't believe

you've hit the ball that far and they're assuming that the trolley is running away.



### Myth 2:

**You should only charge your lithium battery for four hours**

Again, this approach can be problematic. Doing this will work fine for approximately two years, but then your battery can start to degrade. In my experience, lithium batteries need twelve hours to charge fully (remember the light going from red to green indicates only that the heavy part of the charging cycle is complete).



**Myth 3:**  
**Use a plug-in timer to turn your charger off after four or six hours**

This approach is disastrous. If you decide to take your battery off charge, the most important connection to disconnect is the connection between the battery and the charger. So the timer switching off or you turning the socket switch off or pulling the plug out of the wall all have the same effect if you don't disconnect the battery from the charger. To explain this simply, a charger is a box with two coils that will send power from the high voltage side to the low voltage side. You plug it into 220 volts at the wall, and the battery requires anything from 12 volts (the older lead-acid batteries) up to 30 volts (some of the newer lithium batteries). The power flows from the 220v side to the 12v side. However, if you take power away from the charger without disconnecting the

battery, you now have zero volts on one side, but you still have 12 volts on the other. The power will then flow from your battery back into the charger, and your battery will gradually be discharged.



**Myth 4:**  
**Oil everything!**

Your golf trolley does not need copious amounts of oil, and it certainly never needs a cutting oil applied to it. Using cutting oil (we all know the main brand of this product) will cause problems if it seeps into the gearbox as it will dissolve the grease in the gearbox. Then, you've got a problem that will most likely require a new gearbox.



**Myth 5:**  
**Power washers are great to clean golf trolleys**

Stop! Golf trolleys are not waterproof, and you may well

do severe damage with a power washer. Power washers can cause water to compromise the integrity of the gasket between the motor and the gearbox in your trolley, and if damaged that's an expensive repair. If you wish to clean your golf trolley, do so with some sudsy water and a damp (not a dripping wet) sponge.

In this unprecedented era of COVID 19 and golf course closures, people regularly ask how to deal with charging batteries under these circumstances. The truth is, nobody knows. The best I can suggest, following discussions with the supply companies, is to charge your battery for 12 hours immediately after your last round of golf. Take it off charge and charge for a further 12 hours every two to three weeks.

I hope you've found the advice helpful, and I'm contactable at [fkgtrolleyrepairs@gmail.com](mailto:fkgtrolleyrepairs@gmail.com) for any queries I can help you with. Happy golfing when we can get back to it.



## Vision In Golf.

Shannon's successful tradition of junior golf stretches back over forty years. During that time, many of its junior boys and girls were chosen to play both junior and adult Inter-club competitions. This brought them to the GUI and the ILGU's attention. They then selected them to play for Munster and Ireland, an honour for them, their family, and the club. This vital investment of time and coaching in the club's junior sections over those years was led by a strong team consisting of such people as Eugene Logan, Sean Cleary, Des McDonald. club profes-

sional Artie Pyke, and current club captain Keith Buckley. This has seen a seamless transfer of many juniors into the club's youth section and eventually full members. During those years, five kids, four boys, and a girl went on to fulfil their dream and become PGA professionals,

Heather Nolan University Golf Coach in the USA. Danny Brennan Touring Professional on the Europro Tour, Paul O'Neill Teaching and Playing professional Dave foley, director of golf at Machrie golf resort Scotland, Shane O'Sullivan Regional sales Director for Golf Manufacture Callaway. This is something unique

that does not happen at many clubs and is undoubtedly a credit to junior golf's vision and development at the club level.

Shannon has worked hard to become the top club in County Clare when developing junior golfers who remain amateurs or advance to become professionals.

The club's investment in its junior section has created a strong connection to the local community, who are incredibly proud of the club where past juniors now occupy leadership positions ensuring their club and its junior program grows stronger every year.

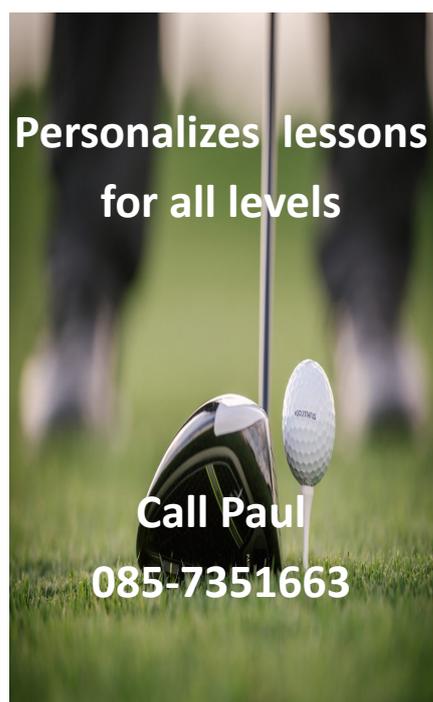


## Paul O'Neill

At six years of age, a close friend of his family and one of Shannon's great amateur golfers, 2020 president Christy Moylan gave Paul an eight iron and a putter. So his journey in golf had begun. At thirteen he joined Shannon and took part in an introduction to golf program for juniors. Paul enjoyed the game from the very start. When he achieved a handicap of four In 2008, he decided to enter the Irish boy's Championships been held at Portumna. At the end of this event, Paul was encouraged to travel to Muskerry Golf Club to

participate in the Jimmy Bruen Memorial. It would be the last time he would play in an Irish under eighteen golf tournament. Paul won this event, attended by all the top underage players in Munster, and earned himself a place on the Munster Boys interprovincial team that year. After completing school, he went to work in the golf section of Gleeson sports Scene in Limerick, and in 2015 with a golf handicap of Scratch he signed as the assistant pro to Artie Pyke at Shannon Golf Club. He successfully completed his PGA exams in March 2020 and graduated

as a full PGA professional and is now looking forward to coaching at the club level and playing on the Irish PGA circuit.





## Shane O'Sullivan.

Shane's start in golf was as a ten-year-old caddying for his father on summer evenings and playing the last few holes during each of those rounds. On his twelfth birthday he became a junior member. That year, he started secondary school at St Patrick's in Shannon. There he meets two other junior club members Peter Hennessy and Mark Butler; they played golf most days during the school holidays and weekends. In Shane's last year as a junior, he was very grateful when offered the opportunity to become the club's junior captain. This very positive experience still stands for him to this day. On completion of his leaving cert and still undecided as to which college or course to pursue Shane was offered a

job by Shannon club professional Artie Pyke. He started in 2007 and in 2008 travelled to St Margaret's in Dublin to attend the PGA level one coaching course. In 2013 he graduated as a PGA professional. Having spent eight great years at Shannon golf club, he travelled to New York on a two-year working visa to take up a coaching position at Randel's Island Golf Centre. After twelve months, Shane was promoted to general manager. During this time in New York, he realized that not all professional golfers can make their living playing the game. But can continue to work and make a good living in other ways within the golf industry, for example, hospitality, Media, Equipment sales, software development, coaching,

course management, and the list goes on. Golf is no longer just a game. It is a worldwide industry with many opportunities for young PGA professionals willing to expand their skills base and work hard. This was what Shane did during his time in America.

On his return to Ireland with a strong skills base in Business management and customer relations, Shane applied for a job as the regional sales manager for Callaway golf. He remains there at this time. When I asked him has golf been good to him so far? His reply is instant. Oh yes, I go to work each day as a PGA professional for a world leading brand. And I still play golf with my Dad.



### Danny Brennan.

Danny was ten when he joined Shannon Golf Club, where his father was a member. He and all the other intakes that year undertook the newly introduced junior golf training program called the Young Masters. The structure in place at Shannon and his family connection with Shane O'Sullivan and friendship with Paul O'Neill and others made golf the perfect fit for this kid who loved all sports. At Fifteen, Danny was very keen to bring his golf game to a new level. This desire led him to the Darren Clarke golf school of golf at Greenmount College in Northern Ireland. He spent the next two years on a structured program of education and golf. The golf instruction modules of the

program were delivered by PGA coaches Johnny Foster and Seamus Duffy. During the summer holidays, he competed on the Irish Boys national tour series. He played Fed Daly, junior and senior cup for his club. Upon completing this two-year program, he travelled to the US to continue his education and play university division one golf. During his time there, he played twenty inter-college tournaments. He won four and finished as the number one player on his college team. Upon completing his university degree, he returned to Ireland as a top amateur golfer with a +2 handicap. He started to prepare for his transition to professional golf and the pathway he would follow once he left the amateur ranks. The path he

chose was a playing professional, and in 2019 he joined the Euro-Pro Tour and played seven events. Due to COVID 19 restrictions and an ACL injury, he was unable to play any events in 2020 and, at present, is preparing for the 2021 season.

PGA EUROPRO TOUR 2021 SEASON	
Luton Hoo Hotel, Golf & Spa	12 - 14 May
Harleyford Golf Club	26 - 28 May
Donnington Grove	9 - 11 Jun
Cumberwell Park	16 - 18 Jun
Montrose Golf Links	23 - 25 Jun
The Vale Golf & Country Club	30 Jun - 2 Jul
Clevedon Golf Club	14 - 16 Jul
The Park Wood Golf Club	21 - 23 Jul
East Sussex National	28 - 30 Jul
Mannings Heath Golf & Wine Estate	4 - 6 Aug
Castletown Golf Links	11 - 13 Aug
Clandeboyne Golf Club	18 - 20 Aug
Studley Wood Golf Club	1 - 3 Sep
Leven Links	8 - 10 Sep
+	



**Reshaping of the 14th Tee Box,**

## Exciting Future

Over the last ten years, East Clare, along with all other golf clubs in Ireland and world-wide, has been exposed to the financial challenges of running and maintaining our golf courses amid the decline in club membership and walk-in green fees.

This challenge became even more significant in March 2020 when the country went into lockdown to push back against Covid 19. Early in this lockdown, East Clare Golf Club members quickly recognised an opportunity to assist the club.

A volunteer group was established to improve the course and run the day to day

operation of the club, The well-organized workforce of club volunteers undertook an agreed work program that included fairway shaping, bunker maintenance, tree thinning, and path renewals. The aim was to present the course to a challenging and enjoyable standard for all players. The feedback from the members indicated that this was achieved. When the lockdown ended on the 18th May, 2020, the club saw a welcome return of the membership. In addition many new members joined through its different membership categories and new to golf programs. Now with the new season nearly upon us, we are

looking forward to welcoming back all our members and many more new members to East Clare's fairways.

For further information on annual membership rates and Green fees please use the link below.



**2021**  
**East Clare**  
**Membership**  
**Offers**

# Follow the Rules

## R&A Rules Week

### To Inspire and engage

The R&A is launching a new video series which has been created for junior golfers to learn about the Rules of Golf and improve their enjoyment of the sport by understanding how to apply them on the course

The Rules Skool Open features ten episodes and each instalment follows the progress of featured player George Harper Jnr as he gets to grips with the Rules of Golf when faced with a number of different situations during the championship.

Claire Hargan of The R&A's Rules team joins the commentary to explain how the Rules are applied in each situation while her colleague Conor Finlay becomes 'Conor on Course' to provide

practical demonstrations for young golfers to build their knowledge and understanding of the Rules.

It has been premiered on The R&A you tube channel and is now also available to watch then available to watch via [www.randa.org](http://www.randa.org) and also updated Rules of Golf App. Grant Moir, Director – Rules at The R&A, said, "We have created an entertaining and light-hearted video series that introduces the Rules of Golf to a younger audience in a new and fun way which will help junior golfers learn the key Rules and how they are applied on the golf course.

"We know from research that most young people prefer to learn from watching videos and this series will

support junior golfers in developing their understanding of the Rules, making them more confident out on the golf course and adding to their enjoyment of the sport."

Viewers can test their knowledge of the Rules by answering quiz questions that accompany the videos via [www.randa.org](http://www.randa.org) and the Rules of Golf app.

The organisation is also collaborating with its affiliated national federations and other golf bodies to encourage junior golfers to watch the series and learn about the Rules of Golf. A digital pack which includes practical advice and resources for junior golf organisers is also provided via [www.randa.org](http://www.randa.org)



## HOW TO IMPROVE YOUR GOLF SWING TEMPO AND BALANCE

### New To Golf Fundamentals Swing Tempo

Beginners to golf nearly always struggle with finding the proper tempo because they think they need to swing the much faster than they actually do in order to generate power and distance. But even some golf professionals find that they must slow down their tempo when they fall into the habit of rushing their swings.

#### Step 1

Relax when you address the ball. Tension is a major cause of a hurried swing tempo. Be deliberate with all the actions you take prior to taking your stance and setting the club behind the ball. Walk up to your ball slowly. Take relaxed, easy practice swings.

#### Step 2

Check your grip for signs of tension. In his book "Golf My Way" Jack Nicklaus recommends holding the club lightly at address, then firming the grip slightly before you begin the swing. The goal is to find the amount of grip pressure you need to maintain control of the club without tensing your hands and forearms, which can cause you to jerk the club back rather than starting smoothly.

#### Step 3

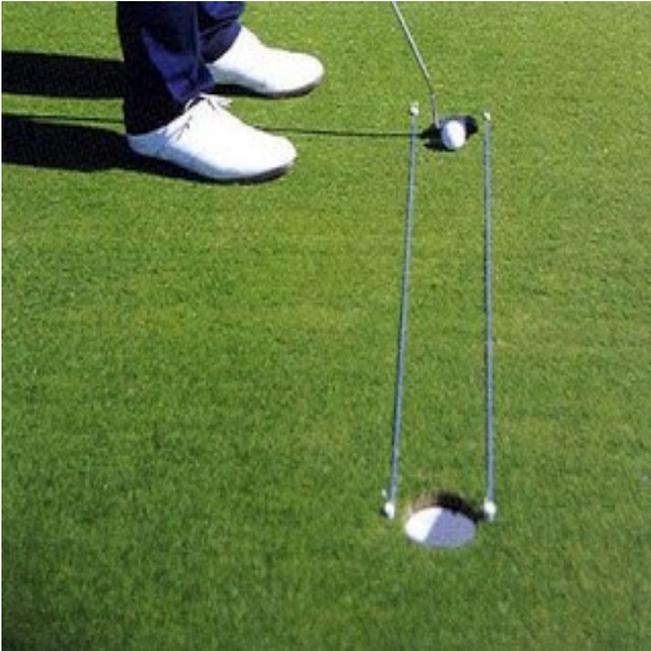
Use a slow, smooth takeaway to set up the proper tempo for the entire swing. On the practice range, experiment with starting your swing much more slowly than you normally do and see if that improves your overall tempo.

#### Step 4

Complete your backswing. An indicator of a hurried swing tempo is not taking the club back as far as you can while still maintaining balance. Not only do you lose potential power by shortening your swing arc, you're also likely to rush the club down from the top, robbing your swing of both power and accuracy. Have a playing partner watch you to see if you're fully finishing the backswing.

#### Step 5

Start the transition to the downswing deliberately. You don't need to stop at the top of your swing, just make sure you don't pull the club down quickly with your hands. Let your left shoulder and hip start your down swing.



**“A good player who is a great putter is a match for any golfer. A great hitter who cannot putt is a match for no one.” – Ben Sayers**

## Beginner Golf Putting Drill

### The Gate Drill.

Claregolf was excited to see such a strong take up in the numbers participating in The New To Golf programs run by clubs in our county last year, and we look forward to your return this year.

To help you prepare for your return here are two putting drills which over time will hone in on your putting stroke swing path to ensure you build a straight stroke that makes solid contact with the golf ball and starts it out on the intended line.

To set up the gate drill, you will need two books or two golf clubs. Lay the club head ends down on each side of the hole forming what we call rail road tracks that will ensure the golf ball goes into the hole. Make sure to space the clubs wide enough apart for your putter to make a stroke. Use the two clubs as guide rails attempting to swing the putter straight back and straight forward. If you don't you will end up bumping into the club shafts indicating your stroke wasn't straight.

This beginner putting drill will help you keep the club face square at impact.

Now that you are starting to see the benefits of this putting drill for beginners you should introduce the task of sinking twenty putts from a distance of two feet then twenty putts from three feet. If you are disciplined enough to do this three times a week you will build both consistency and confidence and then you should advance to the book drill method, employing two books in much the same way as two clubs method, only from a greater distance of four feet. Practice is a desire to improve and improve you will.

## Visit Zambia



If you have had the pleasure of visiting the Christy O'Connor junior designed Glasson Golf Club over the last twenty years. In that case you will have had some dealings with Gareth Jones, originally Director of sales. Married to Aine the eldest daughter of Tom & Breda Reid, the original owners and the vision behind what was to become one of Irish golf's most loved properties. Gareth has worked tirelessly over the years to ensure as many groups and couples got the opportunity to visit Glasson as possible. In 2019 Glasson Golf and Country Club became part of the Press Entertainment group, and the

golf club was luckily enough to avail of Lynn McCool's services as director of Golf, formerly of Lough Erne and the K Club. Under Lynn's stewardship, the local and regional memberships have grown dramatically, she has played a significant role in managing what has been a substantial financial commitment the condition and layout of the course at Glasson. While still retaining Consultancy role within the property Gareth has taken a step back to focus on his role as the Director of Sales & Marketing at Chikunto Safaris. Having spent time living in Nigeria, Uganda, Malawi,

Tanzania and Zimbabwe in his past. Gareth has always had an affinity for the Southern Africa, its people, its wildlife and the opportunity to provide for a new perspective and the opportunity it offers for people to reconnect with themselves, their families and nature in general. The whole concept of a once in a lifetime holiday is taken to a new level on an African Safari. While the current Covid-19 situation is a barrier to immediate travel, at present, Chikunto Safaris are now seeing a high level of interest for International Travel from many in the second half of 2021 and

With a total of 5 luxury Guest Suites ('Tents' does not seem to do them justice!), including one Honeymoon Suite and one Two Bedroom Family Suite, Chikunto Safaris will always retain its sense of intimacy and exclusivity, with a limited number of dates available for 'Exclusive Use' bookings. There is also an amazing salt water counter-current Swimming Pool...

The south Luangwa National Park in Zambia is one of southern Africa's premier National Parks. It is renowned as having one of

the highest densities of Leopard. Our Safaris also provide the option of having Game Night Drives, providing an ideal opportunity to spot the primarily nocturnal leopards by spotlight. One of the very few parks where this is an option.

For those of you that might to play a round or two of Golf, special arrangements have been put in place at Bonanza Golf Resort, Zambia's premier Golf Course. We will provide more details on request.

Zambia is also home to one

of the '7 Natural Wonders of the World', the Victoria Falls. Livingstone and the area around Victoria Falls has been described as the Adventure Capital of Africa, providing opportunities for white water rafting Bungee jumping over the Zambezi and much more.

Consider making your next overseas holiday a life-changing experience that you will never forget...

Check out the brief video link below and see Gareth's contact details. Do get in touch if any questions.



**Gareth Jones**

**E-Mail. [gareth@chikunto.com](mailto:gareth@chikunto.com)**

**Website. [www.chikunto.com](http://www.chikunto.com)**



**YouTube**



## Brennan Prepares for 2021 PGA Europro Tour.

My current preparations for the 2021 season have been ongoing since November 2020. I am following a strict but balanced program of Fitness. Strength and conditioning, diet, wellbeing, and range practice. The one alteration I have made is the on-course practice, which due to the current COVID restrictions, can not take place.

### **Exercises. Strength and conditioning.**

My gym session starts with a warm-up routine and deep stretches. I then concentrate

on core strengthen exercises. Added to this is the targeting of the muscle groups specific to the golf swing. When seeking to achieve and maintain a clubhead speed of 113mph and higher, the correct muscle group's strength and conditioning are vital. I also include a 5km run twice a week.

### **Diet**

The best nutritional advice I can give is. Eat a healthy, well-balanced diet, low in fat. The breakfast roll on the way to the golf course is not the most

nutritious. The answer is in the planning. Eat a good breakfast so that the body is ready for activity. Also, prepare healthy food at home, and take it with you when you go to play. It would be best if you also stayed away from caffeine before and during play, as both can adversely affect your game. Stay hydrated, and your concentration levels will remain high. Food is the fuel that drives your body's engine. It is also essential that you enjoy it.

## Meditation

When I was competing as a top amateur in the US, I quickly realised I must improve upon my on-course concentration levels and also my ability to learn from my mistakes. This realization prompted research that pointed to the practice of meditation. I also enjoy breath work, and I use a few different methods, the oxygen advantage, and the Wim Hof Method. I find it fascinating to play with these techniques on their own and during golf practice. These techniques have taught me to accept my feelings and sensations when competing or in contention at golf tournaments.

## Practice.

At present, a lot of my practice time is spent on the driving

range only. I'm doing two and three hours each day, six days per week there. I also do one hour at home, working on the various technique drills that I maintain throughout the year so that my time at the practice range isn't sabotaged by obsessing with technique.

When at the Driving range, the two essential things I always work on are Distance control and ball flight drawing and fading the ball. I also like to be creative, trying to think of new shots, creating shots that I can hit under pressure, etc., such as a low drive that will carry about 250-260 yards. Being creative with shot-making is one of the biggest draws to golf for me. My short game practice is non-existent except for wedge distance control, which I can do on a driving range.

Like all my fellow professionals, I am eager to get back out there and compete. As for the last sixteen months, They have been strange. First, my ACL injury, operation, and rehab, then Covid arrived, which forced the cancelation of the 2020 tour events. I viewed this as an opportunity to push the pause button for a while and review different things. Like how I spent my time practicing or why I even played the game in the first place. So the central parts of my preparations for the 2021 season are my physical practice and gym work. But more importantly, is the shift in perspective granted by the lucky event of tearing my ACL. So it's just about trying to continue to notice how fortunate I am to be in this position and to enjoy it.

## TJMB Consulting



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