

EXHIBITIONS & RETAIL OFFERING

Pro Shop: pop into the Pro Shop for the latest golf equipment, a custom shoe fitting by Footjoy as well as a range of golf accessories to search out those special bargains.

Golf Clothing: browse through a selection of ladies golf wear provided by Surprize Golf / golf2golf.

BCLGA Stand: talk to one of our Execs to find out how we can better support you and your club; learn about our regular competitions, leagues and knock-outs and how we develop golf at pre-handicap, junior, adult and senior level.

Dogs for Good Stand & Raffle Table: come and talk to volunteers and learn more how this wonderful charity supports people with disabilities, dementia and children with autism through their specially trained service dogs. Purchase a raffle ticket to have a chance to win a gift hamper, 4-ball golf vouchers or Coaching Session with Tony Bowers, BCLGA County Coach.

PLUS REFRESHMENTS & Lunch: Your entry ticket will entitle you to refreshments and a buffet lunch available from 12 – 4pm to give you the energy to make the most of your visit!

BCLGA Centenary Exhibition: browse through 100 years of golfing history, our achievements and most honourable players and officers.

BUCKINGHAMSHIRE COUNTY
LADIES GOLF ASSOCIATION

CENTENARY YEAR
1923 - 2023



Celebrating **100 years** of supporting
Women and Girls Golf in Buckinghamshire

WOMEN AND GIRLS GOLF GALA DAY Harleyford Golf Club, Tuesday 18th July 2023



BCLGA invites all Women or Girls who are members of a Bucks golf club to our GOLF GALA DAY

Registration from 10.15am

Activities from 11am to 7pm, so come when you can

- » Coaching & practice sessions and challenges
- » Practical Rules sessions: brush up on the new rules of golf
- » Exhibitions
- » Retail Therapy opportunities
- » Refreshments included

Tickets are essential, just £25 per person

Application forms are on our website www.bclga.org.uk

Look at "What's On - Special Events 2023".

Early bookers can pre-register for the up to 3 sessions on the day. Group bookings and car sharing is encouraged!

DON'T FORGET to bring your own clubs and shoes.

All coaching, fitness and exhibition costs met by BCLGA; you only need cash/card on the day for personal purchases.



OUR PROGRAMME OF ACTIVITIES

GOLF TUITION

*(all activities marked with * will be located at the main practice facility which is a 2 min walk away from the Club House – Marshalls will guide you to all our venues)*

At least 9 PGA Professionals will be available to help you improve every aspect of your game. You will be able to book coaching at specific timed slots, either on a pairs or small group basis as follows:

Swing Studio*: benefit from personalised swing analysis and coaching by Jon Jones, the Head Professional at Harleyford. Establish your Driving distances and identify strengths and weaknesses using cutting edge technology such as Trackman and video analysis. (2 people per 30 minute session).

Long Game Clinic*: refine your long game in our four driving bays under the guidance and coaching of PGA qualified Professionals (4 people per session)

Pitching Practice*: practice your 50-90 yard shots on our four driving bays. (4 people per session)

Chipping Clinic*: improve your chipping from around the green under PGA Professional guidance (4 people per session)

Bunker Practice*: overcome your fear of bunkers and learn to love the sand with our Professional expert (4 people per session)

Practical Rules Session: Expertly led by Janet Beal, our county Rules Advisor, learn about the new Rules of golf 2023 and practice some vital rules in a fear free and friendly environment on the lawn to the right of the Clubhouse.

OUR PROGRAMME OF ACTIVITIES

PUTTING CHALLENGES & TUITION

(These activities will be located on the Putting Green by the Club House)

Putting Clinic & Challenge: improve your putting skills with BCLGA County Coach, Tony Bowers, (up to 12 people per session). Try out your improved skills on our putting challenge and win instant prizes if you achieve a good score. The overall winner of the putting challenge will win a special prize.

INDOOR ACTIVITIES

(These activities and events will be located in the Clubhouse)

Pilates Fitness for Golf: Susan Noble will explain how Pilates movement training can improve not only your golf swing but quality of movement off the golf course. The objective is to improve flexibility and strength with Pilates exercises, and introduce techniques to improve movement patterns.

Massage for golfers: relax with Belinda Archer, Holistic Therapist, and let her treat those areas most affected by your golf swing. Book a short, 10 minute massage session and choose whether to focus on back, neck or shoulder, head or feet (reflexology) or other selected weak spots.

Retail Therapy: browse through a vast range of golf clothing and accessories in our retail section and in the Pro Shop. Benefit from custom fitting provided by Footjoy or find that perfect outfit for the hot summer months!

Dogs for Good Stand: meet the volunteers from our County Captain's charity, buy raffle tickets and learn about the valuable service provided by expertly trained dogs.

Activities from 11am to 7pm

Don't forget to book, tickets essential!