

## EXHIBITIONS & RETAIL OFFERING

**Pro Shop:** pop into the Pro Shop for the latest golf equipment and accessories and search out those special bargains.

**Golf Clothing:** browse through a selection of ladies golf wear provided by Justine Blunsdon.

**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. Brush up on the new golf rules and upcoming changes to the handicap system.

**England Golf Stand:** find out about the range of competitions organised by England Golf that you can enjoy and what support they provide to golf clubs (to be confirmed)

**Workaid Stand:** come and talk to volunteers and/or bring your unused tools so they can be refurbished and sent on to vocational training projects in Africa and the UK.

**Thames Valley Air Ambulance:** engage with the crew representatives; learn valuable skills such as resuscitation and/or how to use a defibrillator (to be confirmed)

**Your Golf Travel:** browse through a catalogue of over 3,500 golf destinations or talk to a representative about their group holidays, tailored packages and ladies golf tournaments.

**Raffle Table:** purchase a raffle ticket to get the chance to win a luxurious Gift Hamper, 4-ball golf vouchers or Coaching Session from Tony Bowers, BCLGA County Coach.

**PLUS REFRESHMENTS** - Your entry ticket will entitle you to refreshments available throughout the day to give you the energy to make the most of your visit!

**More activities may be added! Details will be available at reception.**

## WOMEN AND GIRLS GOLF GALA DAY Gerrards Cross Golf Club, Friday 26th July 2019

**The Buckinghamshire County Ladies Golf Association invites all Women or Girl Juniors who are members of a Buckinghamshire 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
- » Mental and physical fitness sessions
- » Exhibitions
- » Retail Therapy opportunities
- » Refreshments included

Tickets are essential, just £10 per person

Application forms are on our website [www.bclga.org.uk](http://www.bclga.org.uk)  
Look at "What's On - Special Events 2019".



Early bookers can pre-register for the first sessions of the day. Book in groups if possible and car share where possible.

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 4 min car drive away from the Club House - Marshalls will guide you to the upper car park)

At least 7 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 Lewis Atkinson, the Head Professional at GXGC. Establish your Driving distances and identify strengths and weaknesses using cutting edge technology such as Trackman and video analysis. (2 people per 20 minute session).

**FlightScope®\***: improve your approach play with Alex Nelson, Professional at GXGC, as he instructs you how to maximise your wedges to full advantage, measuring your distances with full, ½ and ¾ swings.

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

**Pitching Practice\***: practice your 50-90 yard shots on our Dri- Range. Beat the Pro and win instant prizes! (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)

## OUR PROGRAMME OF ACTIVITIES

### PUTTING CHALLENGES & TUITION

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

**Putting Clinic**: improve your putting skills with BCLGA County Coach, Tony Bowers, (up to 8 people per session).

**Putting Challenges**: 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**: Linda Segerstam, Founder and Director of 'The Intelligent Core', 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.

**Mental Fitness**: Sam Jarman, PGA Professional, author, coach and former player on the Euro Pro Tour will explore the mental side of the game of golf. Find answers to 'why you get nervous on the first tee', why is it so hard to play your best golf when you really want to, or why you struggle more with easy shots than with the difficult ones. Learn how to play with more freedom and enjoyment.

**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.

Activities from 11am to 7pm

Don't forget to book, tickets essential!