

Dear all

Merry Christmas to you all and Happy New Year for 2019

2018 started, as it is finishing, WET! So all one can say is come up to Bovey for a chat with Foxy have cup of coffee or tea hit some balls maybe have a lesson or two and get you ready for the spring.

Golf is very much like life, it has its ups and downs, we get angry, we get happy, we get upset, we get enjoyment, we get sad, we are joyful, we get surprised, we fall in love, we hate it, but we all still come back for more! That one shot, that moment we all strive for. Hold these emotions and channel it. Remember how you feel when things aren't going well, remember the feelings when things go well and find the balance. Ask yourself the question; "did I mean to do that?" (that is for both good and bad shots), when its good, yes of course, when its bad no you didn't, that's why we have handicaps, your entitled to hits bad shots but if your handicap is lower then these bad shots need to be less, that's the game.

Choose your favorite saying:

"The most important shot in golf is the next one."

— BEN HOGAN

@GOLFDIGEST

"A perfectly straight shot with a big club is a fluke."

— JACK NICKLAUS

@GOLFDIGEST

"Hit the shot you know you can hit, not the one you think you should."

— DR. BOB ROTELLA

@GOLFDIGEST

"A man who can putt is a match for anyone."

— WILLIE PARK

"Always make a total effort, even when the odds are against you."

— ARNOLD PALMER

@GOLFDIGEST

"Forget your opponents; always play against par."

— SAM SNEAD

@GOLFDIGEST

"Nobody ever remembers who finished second at anything."

— JACK NICKLAUS

@GOLFDIGEST

"The mind messes up more shots than the body."

— TOMMY BOLT

"I never rooted against an opponent, but I never rooted for him either."

— ARNOLD PALMER

@GOLFDIGEST

"Golf is about how well you accept, respond to, and score with your misses much more so than it is a game of your perfect shots."

— DR. BOB ROTELLA

@GOLFDIGEST

"A golfer has to train his swing on the practice tee, then trust it on the course."

— DR. BOB ROTELLA

@GOLFDIGEST

"You don't know what pressure is until you play for five bucks with only two bucks in your pocket."

— LEE TREVINO

@GOLFDIGEST

“Don't play too much golf. Two rounds a day are plenty.”

—HARRY VARDON

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“I never learned anything from a match that I won.”

—BOBBY JONES

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“Golf is a game that's played on a five-inch course—the distance between your ears.”

—BOBBY JONES

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“The most important shot in golf is the next one.”

—BEN HOGAN

“I never played a round when I didn't learn something new about the game.”

—BEN HOGAN

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“Of all the hazards, fear is the worst.”

—SAM SNEAD

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“Concentration comes out of a combination of confidence and hunger.”

—ARNOLD PALMER

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“This is a game of misses. The guy who misses the best is going to win.”

—BEN HOGAN

Winter 2018 - Wet not much Golf Played  
Spring 2018 - Snow and wet a little golf played  
Summer 2018 - bosh hot hot hot  
Autumn 2018 - wet windy and mild

How ever Winter gives you an opportunity to practice, but please if you don't want lessons ask me questions and ill try and point you in the right direction, but practice constructively. Understand what you need to do, don't just look at the you tube videos; seek advice on what you need to look for. We are all built different so therefore what these video's are watching are not necessary what you need to look for, it'll only compound the fault, not cure! These are brilliant if it the right cure!

For those that or would like lessons come and see me book in and we can either provide a simple programme to freshen things up, or we can make a full on session and make for the future, I can work with your swing or start again from the beginning with the basics. The choice is yours.....

So with he above we can get you ready for spring.

Start of the season is all about the MASTERS, <https://www.golfeetimeservice.co.uk/overseas/the-masters.html> once this has happened the season is on its way! You feel the flow of anticipation and excitement of seeing these top players hitting great tee shots, going into Rays Creek, holing a massive 80 ft putt, the adrenaline filled game, you think, “I can do this”, yes if you have prepared your self correctly! Winter practice.....

So leading into the summer, you've now got the golfing bug back and the golfing blood is flowing as is the diary of all these awaited events. You've prepared yourself over the winter, DON'T forget to have a check up, even if going well (the best time for a check up as you have a good feeling). Not just with the golf swing be prepared with the correct equipment, accessories, etc.

1. are your grips ok (due to hard winter practice)
2. spikes or cleats
3. glove
4. use of the correct ball
5. caps or visors
6. sun cream/block
7. glasses
8. electric trollies
9. pull trollies
10. carry bags
11. socks
12. shirts
13. trousers
14. trolley bag
15. irons
16. drivers
17. fairway wood
18. rescue
19. wedges
20. putters
21. waterproofs
22. tees
23. ball markers
24. pitch mark repairer
25. wind tops
26. shorts

But to name a few!

Remember we are here to help, send me an email/phone me on advice, its ok! I can Guide you, reassure you, I see so many people spend hundreds of pounds purchasing the wrong stuff from ebay or other sites, fake equipment, wrong flex, too heavy, wrong lying angle clubs, too little loft on a driver, the lists goes on!

Autumn is now arriving, time to reflect on the year, a few events won or lost the BUT IF moment, watching the majors, winning a bet or two and blaming Sergio for missing the 4 footer that could have got you £25 on the sweep stake! THE SUMMER BALL, PROS DAY AND THE CLUB CHAMPIONSHIPS FOR THE MENS, LADIES AND JUNIORS. Now presentation night, we all celebrate the year and congratulating all winners! Followed by Christmas festivities, and it all starts again!

Now during a year golfing trips are arranged, so heads up I am working closely with Brittany Ferries and Golf Tee Time Service. I am arranging a trip in March for a few Days so please follow the link on the web page and this new letter, but also for more holidays whether it's for tuition breaks or for you with your golfing buddies! Again ask me and see if we can get you what you need! [www.golftetimeservice.co.uk](http://www.golftetimeservice.co.uk). Also the biggy in 2020 the MASTERS at Augusta, fancy it? Let's get you booked in for a trip of a life time, 8 days 8 nights, 4 rounds of golf, 2 days at Augusta. I'll be there to guide you and provide the golfing tuition if required, one trip you wont regret! <https://www.golftetimeservice.co.uk/overseas/the-masters.html>

One thing this year I have managed to do is have my 1<sup>st</sup> ever Professionals day, and a day that couldn't have gone better. A full house of a 100 people, 150 people for the night's entertainment, the weather was unreal and the fluid flowed.

Sadly in some way shape or form we have all be part of someone that has had or passed from cancer. So with the funds raised after expenses from the Pros day I decided to pass the monies onto cancer research, <https://www.cancerresearchuk.org/> this is now close to my heart as my farther was diagnosed with Pancreatic Cancer 2 years ago, and I have to says he's been amazing throughout the whole treatment, however, Cancer has now got the better of him, and whilst I'm writing this new letter he is still hanging in there, god bless him! I'm very proud to be his son and love him dearly. I would like to take this opportunity to thank, No1, My Mother, she has been an amazing, wife, mother and matron over the past 2 years, and now the Hospice nurses, you are truly the bestest people out there, so from the bottom of my heart I thank you.

Also I had a little run with 4 other runners back in September, 177.1 miles which also raised monies for cancer research, one other charity I raised for once I reached my target for cancer research was Autism in children, both my children are on the spectrum and one of my friends, his child was sadly killed a few years ago in the USA, Sandyhook Primary school shooting, which also has Autism <https://www.dylanswingsofchange.org/>  
The total raised for cancer research was £2160 and dylans wings of change £440.

A massive thank you to you all.

Merry Christmas and a Happy New Year

Andy Fox