

Tee's

Magazine

December, 2008



CHRISTMAS WISH LIST

Great Christmas gifts
for the golfer in mind

**WINTER
TUNE UP:**
*Off Season
Strategies for
Better Golf*

Winter Leagues 2009

League Wrap-up

***Sticky Toffee Pudding With
Bailey's Carmel Sauce***

Tee's Golf Trivia Contest

Tips From The Pros

Set the Stage for Success

Importance of a Proper Pre-shot Routine

Win a Chance to go to the Masters!





Christmas is here.....

There is a lot to talk about in this issue so lets get started! The response has been so great that we have expanded the issue with some more great articles and a new trivia section! Keep track of your answers and submit them for a chance to win some great prizes and a grand prize TBA.

The leagues are almost at the halfway mark, which is gearing up to be an exciting finish to the end. We are proud to announce we have some great new sponsors who have donated amazing prizes to the winners. Our new sponsors are "Atlas", who donated an amazing car detailing package and "Pin High Performance", who donated a golf training assessment package. The 2009 winter leagues are starting to fill up so don't miss out on the fun. We are also looking for groups of people to combine some leagues together. Please see page 3 for

available times.

With Christmas right around the corner there is lots going on. At Tee's we have great gift ideas for the golfer in mind i.e. Lessons, Golf Packages and Leagues. Please refer to our Christmas Wish List on page 4 for some gift ideas. We have a special promotion on lessons for the New Year.

If you have never been to Tee's or would like something to do in between shopping, we are having an **OPEN HOUSE** for an entire month! Every Saturday starting November 29th between 10am & 4pm come to Tee's where you can get your swing analyzed and get a **FREE** Putting analysis on the SAM PuttLab. We are also hosting a "**Closest to the Pin Contest**" for everyone who stops by with a chance to win a prize.

Tee's is also excited to announce the single and team match play competition. The winner for the 2 man scramble will win 2 tickets to the Master's Practice Round! This will be an exciting event. We are also introducing a single match play competition for the season, which the winner will receive 10 Hours of Golf at Tee's. These prizes are worth over \$950! The winter season is upon us, grab your teammate, test your skills and have fun this season at Tee's. See details on page 3.

This time of the year is always busy and hectic. Please remember the spirit of the season and have a safe and wonderful holiday.

From my family to yours and the entire staff at Tee's Merry Christmas.

Tina Clahane
President

OPEN HOUSE

For an Entire Month!

Every Saturday

Starting Nov. 29th until Dec. 20th

Between 10am and 4pm



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Putting Analysis

Closest to the

Pin Contest

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Winter Leagues 2009



Join a League starting in January

- 12 Week league
- 9 holes should take around 2 hours to complete
- You play a different course every week
- Prizes will be awarded to the winners
- Players will be assigned a handicap, which means it doesn't matter what level of golfer you are, everyone will be on an equal footing.
- If you can't make it one week, you can come in before or after the date you are missing and what we like to call "Golf Off" at no extra charge!

Are you a team builder? Create your own team and make a league!

Price per person \$300 per season

Available times

Monday	January 12th	9:30 pm
Tuesday	January 12th	1:00 pm
Tuesday	January 13th	6:00 pm
Tuesday	January 13th	8:30 pm
Wednesday	January 14th	8:30 pm
Thursday	January 15th	9:30 pm
Thursday	January 15th	1:00 pm

Tee's Indoor Golf 1st Annual Team Championship
2 Man Team Scramble Competition **Win Tickets to the Masters!**

Tee's Indoor Golf will be hosting its first ever team championship. Find a friend and come on down for some great golf, food and drinks.



FORMAT: 16 Two Person Teams. Both men and woman allowed.

- Summer Handicaps will apply to determine an "A" & "B" Player
 A - player 1 - 16
 B - Player 17 - 36
- Each match is a 2-man scramble 18 holes stroke play competition.
- Winners of each match will move on to face off in the next round. Course's will be decided ahead of time by the staff at Tee's Indoor Golf.
- Winning team receives a Pair of Tickets to the 2009 Practice Round of the Masters.

Cost is \$30 a person to enter. Discounted rate of \$34 an hour for matches.

For more information contact the Staff at Tee's.

Christmas Wish List

Each one of these items makes an excellent Christmas gift for any golfer



Starting Dec 1st

Golf Lessons

SALE

With the wide range of experiences and golf shots available on our simulators, your instruction will be enhanced and you can count on getting predictable and consistent results in your golf game.

- Video Analysis
- On course situation experience (course management)
- Packages can be customized to work on aspects of your game

Private Lessons - One Person

- Series of 3 - 60 min. sessions ~~\$ 210~~ **\$ 195**
- Series of 5 - 60 min. sessions ~~\$ 325~~ **\$ 299**

Semi Private - Two People

- Series of 3 - 75 min. sessions (\$167.50 each) ~~\$ 335~~ **\$ 314**
- Series of 5 - 75 min. sessions (\$265 each) ~~\$ 530~~ **\$ 499**

Play & Range Using AboutGolf system

- Package of 10 simulator hours **\$ 340**

Play an exciting game of golf at a facility that recreates the challenge of playing many famous golf courses around the world. The high performance graphics will let you move in real-time around the golf course...just as if you were in the outdoors playing.

Putting Lessons Using SAM Putt Lab



- 50 Minutes Lesson **\$ 99**
- Package 1 Lesson + 3 Practice sessions **\$ 175**

The SAM PuttLab analysis and training system is a unique teaching tool that will measure and improve your putting stroke.



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Winter Tune up: Off Season Strategies for Better Golf

The golf courses are closed for the season and the weather is getting colder. It is finally time to take the clubs out of your trunk and bring them inside. The winter months provide the ideal time to hone your skills that will allow you to play your best in the spring. Just follow these simple steps.

Take Care of Nagging Injuries

After a long season, injuries are very common. Give yourself some down time to recover. After 2 -3 weeks, if your injuries are still not resolved or you have chronic pain, it is best to get properly diagnosed. Doctors, Osteopaths, Chiropractors and Athletic Therapist (specializing in golf-if possible) are always a good place to start. Being injury free will go along way to helping you play better.

Work with a Golf Teaching Professional

If you have worked with an instructor, have them clarify the areas that they would like you to improve upon. This will help give you direction on where to focus your efforts. If you have not had the opportunity to work with a teaching pro, you really could be missing out. A good instructor will be able to identify and correct many issues in your swing. Taking some lessons periodically will keep you sharp over the winter and allow you to maintain your skill set.

Get your Current Fitness Level Assessed

Getting a proper assessment by a qualified/certified fitness professional (specializing in golf) is essential. This will establish a baseline of data which can be retested to monitor ongoing progress.

Flexibility, Stability, Core, Cardio Vascular conditioning, Strength and Power should all be considered in a full assessment.

program will yield superior results. Just remember, a workout does not necessarily mean going to the gym. Pilates, Yoga and other forms of exercise can be equally effective for some people. Your fitness instructor will advise you on what is best suited to you.

Try these tips out and I am sure that come spring time, you won't be disappointed!

Happy Holidays from Pin High Performance!



Get Results with Fitness

Have a golf specific workout designed by a certified golf fitness instructor to maximize your results when you hit the links in the spring. An individually tailored

About the Author:



Dan Sammit

Co-Founder, Pin High Performance, Certified Golf Biomechanic

Dan earned his diploma from George Brown College's Fitness and Lifestyle Management Program. He has had the opportunity to work in several area of fitness including sports injury and rehabilitation, fitness studios, and one of Toronto's elite private clubs. Currently, Dan is working with a number of golfers in and around the Greater Toronto Area. His passion and dedication to the sport have enabled his clients to continually see improvements. Dan is a C.H.E.K Certified Golf Biomechanic and Holistic Lifestyle Consultant.

Website: <http://www.pinhighperformance.com>
Email: dan@pinhighperformance.com
Telephone: (905) 339.8815



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Set the Stage for Success



Tina Clahane
Head Teaching
Professional
Tee's Indoor Golf

After reading the previous two articles you now know how to grip a club and stand over the ball with correct posture. Lets talk about the takeaway. The more I teach the more I realize the takeaway can set the stage for great success or failure! Whether you are a low or a high handicapped player, the takeaway can have very subtle mistakes or big ones.

Below are some pictures of some typical takeaways. Only one of them is the proper technique.



How to complete the proper take away. (For a Right Handed Player)

A one-piece movement starts the takeaway. To achieve this, sweep the club back low and slow as “The Triangle” (your 2 arms and chest as seen in picture “A”), your left knee, hip, and shoulder turn to the right. Shift your weight slightly onto the right foot. (see picture “B”)

Extend the club so your left arm and the club line up in a straight line over your right toe. (see picture “1”)

A slight wrist hinge up is done once the club reaches waist high. Your two main swing thoughts are rotate and extend all in one motion.



The takeaway should be a simple process but so many small mistakes can make it difficult. Here are some mistakes that could happen.

In picture 2, the takeaway was done with just the shoulders. When just the shoulders are used to take the club away, the club will be taken off plain (inside). This makes it difficult to get the club back on plain at the top of your swing.

In picture 3, the takeaway was done with the arms. When there is no shoulder turn and the club is taken back with all arms, your body gets stuck and it's very hard to complete a full rotation.

The key to the takeaway is to maintain the triangle throughout the swing. To correct the mistakes above, make sure there is extension with the arms while a rotation is done with the shoulders, then do a slight wrist hinge up, as seen in picture “C”.

You can now **set the stage for a great golf swing!** The answer to the above question is ... 1. For some more fun, see our trivia page and test your skills!

Importance of a Proper Pre-shot Routine



by Brad Lawrence
CPGA
Assistant Golf Professional

What does everybody on the PGA Tour have in common? They all have a consistent pre-shot routine. Whether it is the 18th hole at the Masters or the 1st hole at the Canadian Open, it always is the same.

A proper pre-shot routine helps to put you in the right frame of mind for your shot. It also can help calm your nerves when a situation arises where there is a lot of pressure. Below are the key points of a pre-shot routine and how it can help your game.

Part 1 – Picking an Intermediate Target

What do you think is easier to do: Aim at a target that is 150 yards away or aim at a target that is 6 inches away? Aiming at a target 6 inches away is an easier way to aim your body properly. Now how do you do that? Its simple, follow the instructions below and with a little practice you will be a pro at it. (All instructions are for a right handed golfer, reverse for lefty)

Standing behind the ball hold your club at chest height in your left hand. Then, point the club to make a line going through the ball to your target. Next slowly lower the club straight down. You will see a small spot 6-8 inches in front of your ball now. It may be a discoloured piece of grass or perhaps a broken tee.

With that you have your new target to aim your body parallel to.

Lastly is to take your grip and step into the ball with your feet together, and align your body parallel to that spot. Now you are ready for the last key point, ball position.

Part 2 – Proper Ball Position

Now that you are properly aligned with your feet together it's time to create the proper ball position. A consistent ball position will help you hit the ball more solid. After you take your grip, step beside the ball. Align the ball in between your two feet and move your right foot away from the target keeping your left foot the same position. Repeat the same steps for all your clubs.

The key to success is to remember to always do this before every shot. Work on this and you will start to see a turnaround in your game.



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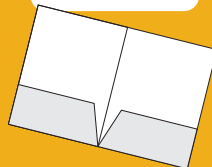
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Tee's Golf Trivia Contest

Welcome to the first edition of **Tee's Golf Trivia!** In every issue, we will test your knowledge in the golf world from golf tour trivia, to instruction, fitness, and rules. Every person that submits the correct answers will be put into a draw for some great prizes. Keep your answers for a grand prize to be announced later! Below are the prizes for this issue.

Trivia Prizes

To be announced on Dec 20th, 2008



1st Prize

Golf Lesson + Assessment and Training Package

\$ 360 Value: 1 Golf Lesson (40 min) + assessment and training package (mini assessment + 1 session - 1 hr each)

2nd Prize

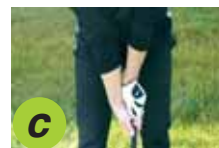
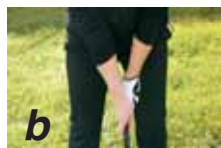
50 Minute Putting Lesson with SAM PuttLab

The SAM PuttLab analysis and training system is a unique teaching tool that uses ultrasound measurements to give students "real time" feedback on all the critical parameters of their putting stroke.



Trivia Questions

1. What 2 forms of alternate exercise (non gym) are mentioned for golfers in the article?
2. Why is it important to have your fitness level assessed?
3. What is the oldest golf club in North America?
4. What club did Tiger Woods use to hit the 18th green at Glen Abbey on the final hole of the competition?
5. Who invented the sandwedge?
6. Which photo is the correct Golf grip?



Please submit answers to info@teesindoorgolf.com Good Luck!



Check Out what is going on at Tee's!

OPEN HOUSE November 29th, Dec. 6th, Dec 13th and Dec 20th. Details Page 2

JOIN US FOR OUR FIRST "SWEETHEART SWING"

SATURDAY, FEBRUARY 14th, 2008 @ 5:00pm

MENU

Appetizer plate

Penne with a Rosé Sauce

Surf 'n Turf* featuring
Sautéed Butterfly Jumbo Shrimp
with Prime Rib Roast Beef au Jus

Mixed vegetables and Potatoes

Chocolate Bliss Cake

**a meat only option is available*



\$60 per person (includes golf) + Taxes

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by Andy Cadigan

Greetings Golf Fans: It is my pleasure to write about the Golf Standings at Tee's Indoor Golf. From the description I received of the Leagues, I can only surmise that this is a group of Rowdies, Rogues and Rebels. I will send an e-mail to Mississauga Mayor, Hurricane Hazel McCallion, that a few more police officers need to be hired to deal with this spirited group.

The Thursday Ladies Group

This is a weekly group that gather for dancing, singing, wine drinking and sometimes golf, although the golfing part is more of an afterthought than a priority. One of the ladies that adds a lot of flavor to the evenings is "Dancing Donna", she floats like a butterfly and stings like a bee, always in contention and keenly aware of the scores of those playing against her. Her intense competitiveness does not give the opposition a chance to relax, you must always be on top of your game.

The next player that adds great atmosphere to the night is Marlene, the combination Dancer + Air Guitar

Solo extraordinaire. The word on the street is when Chuck Berry saw her rendition of Johnny B. Good, he relinquished the song to her as he felt he didn't do the song justice. Now all the royalty cheques for that song are funneled directly to Marlene via an offshore bank account.

Our Molson First Star Selection for the Millennium goes to none other than Jeanie! Her meteoric rise in the golf world was capped off by a personal best of 42 over 9 holes. When asked about this feat it was the first time that Johnny Miller was ever at a loss for words, he was speechless.

What started as a fun dance routine has blossomed into an invitation to Dancing with the Stars. According to a foremost authority on dancing, nobody spans the planks like Deb, Donna, Marlene, Marilyn and Sue when doing the Boot Scoot n' Boogie. Ladies, I, Andy the Man Cadigan, 1996 Jitterbug Champion of Quebec, would be greatly honored if you ask me to be your dance partner on the show.

The Monday Night Ladies League is coming along swimmingly. Courses that at first were a little tough are starting to see scores drop lower and lower as the weeks go on. The most

spectacular shot ever, (I see it every evening on the Sports Highlight Reel) was **Lisa Hulet's Hole in One!** It is only the second Hole in One ever seen at Tee's and was no doubt the TSN turning point, giving Lisa unstoppable momentum.

The Wednesday's Men's League

I understand that 4 of the 12 golfers are left handed (25%), such a high ratio, there ought to be a law prohibiting that many in one group. A very reassuring statistic was that amongst that group of 12, are 2 doctors. So no doubt you are in very good hands always. There is a crowd at the top of the Leader Board as of last Wednesday. Grant Gilmour is the leader with 57 points for 5 games. He has a 2 point lead over Chris Canning, and 4 over Rob Dietz. No doubt this will go down to the wire making for a great finish.

When I first heard about the Golf Leagues, I was smiling ear to ear knowing what a fun group you all are. If I can find it in the budget I will ask Golf Digest to fly me down there personally on assignment so that I can write about all the fun that goes on. Best Regards,

Andy the Man

Thanks to our sponsors

Fall Leagues (Monday L.O.T.T. Ladies, Thursday Party Girls, Wednesday Men's League)

The winners plus a raffle draw will receive the following prizes per league:



\$ 500 Assessment and training package
(full assessment+3 sessions-1hr each)



\$ 200 ATLAS SUPER SERVICE complete car detailing package including interior/exterior cleaning, engine/carpet shampoo, and exterior wax treatment.



\$99 Sam PuttLab Lesson The SAM PuttLab analysis and training system is a unique teaching tool that will measure and improve your putting stroke.



Gett'en in your Kitchen *Sticky Toffee Pudding With Bailey's Carmel Sauce*

If you've ever attended one of Tee's Nine and Dines, you've probably enjoyed this festive dessert! A popular choice among our ladies league, this dessert is definitely a show stopper!

PUDDING

- 1/2 (375 g) pkg pitted dates about 1
- 1/4 cups (300 ml), coarsely chopped
- 3/4 cup (175 ml) water
- 2 tsp (10 ml) baking soda
- 1 cup (250 ml) all-purpose flour
- 1 1/2 tsp (7 ml) baking powder
- 1/4 tsp (1 ml) ground ginger
- 3 tbsp (45 ml) unsalted butter, at room temperature
- 2/3 cup (150 ml) granulated sugar
- 2 eggs

BAILEY'S CARAMEL SAUCE

- 1/2 cup (125 ml) unsalted butter
- 1 cup (250 ml) lightly packed brown sugar
- 1/2 cup (125 ml) whipping cream
- 1/4 cup (50 ml) Bailey's Caramel or regular Irish Cream Liquor

1. Preheat oven to 350F (180C). Place dates and water in a medium saucepan. Cover and bring to a boil, stirring occasionally, over medium-high heat. Remove lid. Boil gently for 3 min., stirring often. Remove from heat. Stir in baking soda. Let stand 20 minutes.

2. Meanwhile, lightly butter 12 cups of a muffin tin. For water bath, set aside a roasting pan large enough to hold muffin tin. Bring a kettle of water to a boil, unplug and set aside.

3. In a medium bowl, using a fork, stir flour with baking powder and ginger. In another medium bowl, using an electric mixer, beat butter with sugar until evenly mixed. Add eggs, one at a time, beating well after each addition and scraping down side as needed. Gradually beat in flour mixture. Stir in date mixture. Spoon batter into prepared muffin tin and fill to just below the rim.

4. Place muffin tin in roasting pan. Place pan on centre oven rack. Pour enough boiling water into roasting pan to come about halfway up sides of muffin tin. Bake for 20 minutes. Then reduce heat to 325F (160C) and continue to bake until a cake tester inserted in centre of puddings comes out almost clean, about 20 more minutes. Remove muffin tin from water. Cool on a wire rack, 10 minutes then run a knife along inside edges and gently turn out.

5. While puddings are baking, prepare sauce. Melt butter in a small saucepan set over medium heat. Stir in brown sugar until dissolved. Add cream and liqueur. Increase heat to medium-high and boil gently, uncovered and stirring occasionally, until slightly thickened, about 3 minutes. Serve hot puddings with warm sauce. Add a dollop of whipped cream if you like.

Happy Holidays!



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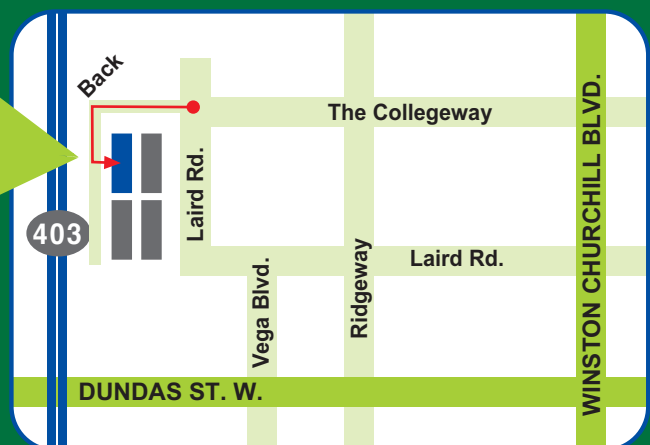
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