

If you find that your day on the course is either awesome or awful, here are a few tips to help level out your golf experience.

- 1. Think Green To Tee. Start each hole by deciding where you want to be with your shot into the green. This will help you decide what to hit off the tee.
- 2. Manage Expectations. Keep your focus on each shot as opposed to the overall score. You can't have the best or worst round of your life after only four holes, so relax and play each hole as it happens.
- 3. Watch Approach Shots and Putts. Learn from the shots of others in your group to help give you an edge about what you should do. Around the green, watch where they land the ball and see how much it releases (rolls) and use it as a guide for your shot.
- 4. Stay Positive. Tell that voice in your head that tends to point out your flaws that you need it to be your caddy and focus on encouragement. You will feel better and have more energy the more positive you can be on the course.
- 5. Stay Hydrated. One of the key causes of stress is dehydration. Keep yourself loose and relaxed by drinking enough water while you're on the course. Even if you're not thirsty, it's a good idea to have some water with you.

Enjoy the 2014 season!

By: Jennifer Layman Golf Professional

EGANVILLE Whitetail Golf Club

7113 Highway 60, Eganville

613-628-3774 | 800-280-2179 www.whitetailgolfclub.ca
Award-winning 18-hole golf club. Range, practice area, clubhouse and restaurant, golf carts, pro shop and more. Specials include: Mondays \$40 with cart or \$53 all day. Tuesday Seniors \$40 with cart. League nights open to the public (Ladies on Wednesday, Men on Thursday and Mixed on Friday. Game packs available as well as "stay and play" packages

PEMBROKE Island Brae Golf Club

from \$22/round with cart.

Route 148 West, Morrison's Island 613-732-9022 | www.islandbraegolf.com
Take advantage of this easy to walk par-33 golf course. Nine holes with different back nine tee decks takes you along the Ottawa River..
Always in excellent condition. Excellent practice facility includes range, two putting greens and bunker. Easy access to the tee.
Specials for junior golfers. Clubhouse with home-cooked meals. Pro shop. Power cart and club rentals available. Lessons by CPGA professionals also available. Ask us about packages with the Pembroke Golf Club.

PEMBROKE Pembroke Golf Club

253 Golf Course Road, Pembroke
613-732-1665 | www.pembrokegolfclub.ca
18 holes along the beautiful Ottawa River.
Pembroke's well-conditioned course features
a challenging layout with fast greens that
require a good test of your golf ability. Driving
range and practice area on site plus full pro
shop. CPGA professionals on staff. Clubhouse
restaurant. Specials include: Mondays \$35
includes cart; Wednesdays \$20; Twilight after
2pm \$25. Juniors play free after Noon or with
paid adult. 9-hole rates available. Walk or ride.

PETAWAWA

Roanoke Golf Course

610 Biesenthal Road, Petawawa 613-735-4444 | www.roanokegolf.ca roanokepetawawa@gmail.com 18 hole golf course where you don't need a tee time. Just come out and play! Power cart rentals available. Junior-friendly golf course. Practice putting greens, clubhouse with quick serve menu and on-course beverage cart. Frequent Player Card and 10-Pack Pass. Weekdays (\$24), Weekends/Holidays (\$28). Twilight (\$35 includes cart). Tuesday Seniors (\$18). Juniors (\$16). Age 8 and under (\$5). Rates and twilight for 9 holes too.



