

*We held our first County Coaching session today (7<sup>th</sup> January) at Penrith Golf Hub meeting at 9.30am for hot drinks and pain au raisins and pain au chocolat. The pain au chocolat proving to be the most popular! The coaching started at 10am and covered putting with Nick, skills test/assessment with Andrew and target golf and driving in the bays. Then at 12noon, a session with Russ (Bodyfix Golf), which was really interesting, a bit of fun and certainly gave a strong message about the need to be body fit for golf. The next session is on Saturday 18<sup>th</sup> February. Jenny CC*



