

2021 - June

Golf Channel Academy with Kelley Brooke



# GOLF ACADEMY

with KELLEY BROOKE

## In This Issue:

---

- News From Director 02
- Meet the Team & Golfers and Dehydration 03
- Golf Tip Of The Month 05
- Junior Section 06
- Spine Care Technologies 08
- Our Partners 08

**GI**  
THE GOLF INSTITUTE  
MAGAZINE



Hello Golfers!

What a spring we are having! The weather has been great and the golf has been even better! Business at Bethpage is booming. The new internet store ([www.bethpageblackshop.com](http://www.bethpageblackshop.com)) has made it easier for Bethpage Black fans to buy their favorite branded merchandise!

The Junior Program is busier than ever. Our Junior Performance Program (Tuesdays, Thursdays and Saturdays) has over 50 kids now. Each week the kids receive guided practice, instruction, on course play and golf specific work outs.

On Saturdays we teach over 250 kids in our Girls and Boys Golf Programs. Our PGA Junior League has over 50 families (Wednesdays and Saturdays)!!

Women's golf at Bethpage has been surprisingly busy. Between Private lessons, our Ladies 101, 201 and Specialty clinics over 100 ladies are being taught per month. In fact in celebration of Woman in Golf Day on June 1st in collaboration with the MGA, Bethpage hosted an additional 50 women for a series of golf clinics. Welcome Ladies!!

As if Saturdays aren't busy enough, we developed and host 5 radio shows live from Bethpage each Saturday morning. Each week the coaches from The Golf Institute discuss the pillars of player development; Instruction, Coaching, Physical Conditioning, Equipment and Mental Training.

Tune into 540AM, 96.7FM and the Radio Zindagi App each Saturday to listen or If you miss a show live visit [www.thegolfinstituteradio.com](http://www.thegolfinstituteradio.com) and catch up on past shows. We'd also love to hear from you! Call into any of the shows with a comment or question at 631- 955-5400

Show Line Up

6:30: On the Move with Dr. Jeff Poplarski, A golf fitness show

7:00: The Ladies Tee with Megan Younkman, A ladies golf show

7:30: Little Sticks with Justin Koff and Dan Frankel, A junior golf show

8:00: On Par with Anthony Scordia, A general golf talk show

8:30: Faults to Fixes with Kelley Brooke, A golf instructional show

Looking forward to seeing you on the range!

Kelley Brooke, Director of Golf at Bethpage Black





Kelley Brooke  
Director, LPGA



Megan Younkman  
Director of Instruction



Kara Cook  
Lead Girls Coach



Justin Koff  
Head Golf Professional



Dr. Jeff Poplarski  
Director of Golf  
Performance



John Jordan  
Assistant Golf  
Professional

## Golfers and Dehydration

### Dr. Jeff Poplarski

Golf is a very unique game. Unlike other sports that can be played in an hour or two, golf is played in 4-5 hours. Especially in hot weather, being exposed to the sun, heat, and humidity, can have a dramatic effect on how your body burns calories, your energy level, and how the brain functions.

Dehydration can have a devastating effect on your physical well-being, and your golf game as well. Once you become dehydrated you lose energy, mental focus and coordination. In the US alone, hundreds of people die every year because of heat related illnesses. All golfers need to understand the causes of dehydration and how to avoid this potentially dangerous condition.

Here are some practical rules and techniques to follow for proper hydration. Adhere to these rules to avoid potentially life threatening conditions, and keep your body, and mind, firing on all cylinders through the last putt on the 18th hole:

1. Drink plenty of water before, during, and after the round. In fact, you should consume your body weight in ounces of water daily. Example: if you weigh 200 lbs., drink 100 ounces of water a day.
2. Post shot routine should include going back to your golf bag or cart and drinking a sip of water for every stroke you play. So if you take 80 strokes during the round, consume around 80 ounces of water a round.
3. It's best to drink water, despite the popularity of many specialized sports drinks. These drinks often contain lots of sugar and salt, which actually slows absorption in the stomach.
4. Keeping minerals in your blood during the round also includes eating 2-3 fruits and/or vegetables. Both are a great source for mineral intake while you play.
5. Try to eat all the colors of the rainbow relating to fruits and vegetables on a daily basis. For example, red, blue, yellow and green fruits include blackberries, blueberries, raspberries, watermelon, and mango just to name a few.
6. Salt tablets should virtually never be used. Salt can be very dangerous for people with high blood pressure. In addition, sweat contains a relatively low quantity of salt. When you sweat you lose a lot more water than salt.
7. Do not drink alcohol or coffee. Before, or during, your round. Alcohol and coffee act as a diuretic and simply rob your body of water. If nothing else, your game may be interrupted by frequent trips to the toilet and this may actually hurt your mental state and concentration. Save the beers for the 19th hole!
8. Wear loose fitting clothing. In hot weather, it's important to avoid body-hugging clothes. Loose clothing allows air to circulate through the material. Lighter colors will also help keep you cooler on a very hot, sunny day.

Dehydration can be a serious problem for all golfers, but knowing how to prevent dehydration is actually pretty easy to follow. Understanding the causes of dehydration, and adopting a plan to stay hydrated while playing golf, will give you the competitive edge to perform better. If properly hydrated, you will improve your stamina, your brain function, manage stress better, and all this should help lower your scores.



## Golf Tip

Megan Younkman

Par is the scoring goal for a hole if you are a skilled player. 95% of recreational golfers do not shoot “par golf”. To be the best player you can be, you should approach scoring with realistic goals for your skill level. The term “Par” on the scorecard can place an unrealistic goal in front of you (before you even tee off!)- which does not feed a positive mental game approach. Golf courses have the following: Par 3’s (shortest-length holes), Par 4’s (middle-length holes) and Par 5’s (longest-length holes). All golfers shoot better scores and improve faster when playing with more realistic scoring goals that represent their current level of play. I would suggest creating a line on your scorecard called “Personal Par”. Personal Par is very important for your development as a player. In the sample below; If you are a player who often shoots three over par per hole, your Personal Par should look like John. Once you achieve a scoring average of one over par per hole, adjust your Personal Par to look like Sara. See Personal Par Sample Scorecard below:



### PERSONAL PAR SAMPLE SCORECARD

HOLE	1	2	3	4	5	6	7	8	9	OUT
<b>BLUE</b>	378	365	177	516	343	360	460	169	351	3120
<b>WHITE</b>	360	347	165	500	330	348	445	161	337	2993
<b>RED</b>	319	307	141	439	301	339	387	145	303	2736
<i>John's Score</i>										
<i>Personal Par</i>	7	7	6	8	7	7	8	6	7	54
<b>PAR</b>	4	4	3	5	4	4	5	3	4	36
<i>Sara's Score</i>										
<i>Personal Par</i>	5	5	4	6	5	5	6	4	5	45
<b>HOLE HANDICAP</b>	17	7	1	13	5	11	9	15	3	

If you want to see yourself improve faster, shoot to your Personal Par and make adjustments as you improve. Save PAR for the pro’s and you’ll feel better about your game...it just makes SENSE!

**Members of the Month:** Caylin & Jaxon Wong

**Upcoming Events:**

Met PGA	Future Series @ Eisenhower White	Jun 5-6
Met PGA	Future Series @ Bethpage Red	Jun 19-20
Met PGA	Bethpage Yellow	Jun 25
Met PGA	Junior Championship @ Hampshire CC	Jun 28-29
Met PGA	Montauk Downs State Park GC	Jun 29
Met PGA	Blue Hill GC	Jun 30
Met PGA	Christopher Morley Park GC	Jun 30

**You can find info on all these events at [hjgt.com](http://hjgt.com), [uskidsgolf.com](http://uskidsgolf.com) and [metpgajuniorgolf.com](http://metpgajuniorgolf.com)**

**Tournament Results:**

Met PGA	T-14	Bethpage Red	Matthew DiFiore
Met PGA	T-63	Bethpage Red	Vincent Tipaldo
Met PGA	15th	Bethpage Red	Caylin Wong
Met PGA	23rd	Bethpage Red	Madison Rizzo
Met PGA	T-54	Eisenhower White	Vincent Tipaldo
Met PGA	T-54	Eisenhower White	Spencer Cohen
Met PGA	58th	Eisenhower White	Gavin Fazal
Met PGA	64th	Eisenhower White	Aakash Agarwal
Met PGA	T-11	Eisenhower White	Madison Rizzo
Met PGA	20th	Eisenhower White	Julia Bearden
Met PGA	T-21	Eisenhower White	Caylin Wong
HJGT	3rd	Mountain View Golf Course	Caylin Wong
HJGT	1st	Mountain View Golf Course	Jaxon Wong
HJGT	13th	The Woods at Cherry Creek	Gavin Fazal
HJGT	8th	The Woods at Cherry Creek	Aakash Agarwal
US Kids	8th	The Meadows at Middlesex Golf Course	Zach Hirsch
US Kids	6th	High Bridge Hills Golf Club	Emerson Stumpf

**\*\*SPECIAL CONGRATULATIONS – Julia Bearden (Top 25 Girls in Nassau County)**

Congratulations to all our players for continuing a strong spring season!  
We look forward to sharing more tournament results next month.

## Member Highlights

Justin Koff



### How old were you when you first started playing golf and when was your first tournament?

- Caylin - I started playing when I was 6 and I played my first tournament when I was 10.
- Jaxon - I started playing when I was 4 and my first tournament when I was 8.

### Who's your favorite professional golfer and why?

- Caylin - My favorite professional golfer is Tiger Woods because I enjoy watching how he can scramble and make pars.
- Jaxon - My favorite professional golfer is Tiger Woods because he broke world records and I really like his Tiger head cover. I have a similar one on my driver.

### What is your most memorable golf moment?

- Caylin - My most memorable golf moment is when I accomplished three personal bests in the same round: I shot my lowest round ever (72), I made an eagle in that round and I shot 1 under par on nine holes.
- Jaxon - My most memorable golf moment happened last summer when I made a birdie from 150 yards during a tournament.

### How do you see a golf playing a role in your future?

- Caylin - Currently I play golf for my high school team, but I see myself as a college golfer and hopefully one day turn pro and play all around the world.
- Jaxon - I haven't really thought too much about my future but I want to play golf in high school and possibly in college, but for now I just want to have fun on the course.

### What is your favorite part of golf and why do you choose to continue playing golf?

- Caylin - My favorite part of golf is that not every shot has to be perfect. Every shot can be imperfect. I choose to continue playing golf because I can gain so many experiences and see the joy of golf. Golf is one sport that can never bore you because of the different outcomes.
- Jaxon - My favorite part of golf is that golf is game of patience. One shot at a time is what I always think in my head. I choose to play golf is because I had so many experiences of winning and losing. Golf gives me the opportunity to meet many people that I like to talk to on the course and I will never forget.

## Member Highlights

### Justin Koff



Matthew competed this weekend in the Richter Park Open at Danbury Ct. He shot even the first day in tough conditions (rain and cold). He had a 5 stroke lead and maintained his lead the following day shooting a plus 4 with a total finish of plus 4 for the tournament. He won his age division as well as coming in first for boys 14-18 in a field of 53.



Julia Bearden 2020 - Met PGA Jr. Tour Player of the Year (Girls 12-18 (18 holes) | 3 place 2,862.50 points

Future Series, Eisenhower White - Sep 26 (6 Place | 85-81=166)

Future Series, Eisenhower White - Sep 12 (8 Place | 75-89=164)

Girls 12-18, Bethpage Yellow - Sep 3 (T3 place | 81)

Girls 12-18, Timberpoint - Aug 26 (1 Place | 75)

Girls 12-18 Bethpage Yellow - Aug 21 (T5 Place | 86)

Girls 12-18 The Vineyards - Aug 20 (1 Place | 81)

Girls 12-18 Bergen Point - July 29 (3 Place | 84)

## Spine Care Technologies

### Dr. Jeff

Due to Spine Care Technologies involvement in Professional Golf and other Sports Activities globally, Kelley Brooke and Dr. Jeff Poplarski asked Roland Kiser, President & CEO to provide complementary demo treatments (dynamic stretching sessions) on Extentrac® Elite at the Bethpage Golf Course.

A total of 146 sessions were performed between May 15 until May 27, 2021, which represents on average over 18 sessions per day. A dynamic stretching session takes about 20 minutes of time and includes a preliminary assessment about the individual's back issues involved.



The overall response of the participants who received treatments was very positive – with many of them requesting multiple treatments. Given the Kelley Brooke Golf Academy’s focus related to the “five pillars of player development” – Extentrac Elite is a good fit for the “physical conditioning” and wellness aspects of that program. Spine Care Technologies is the official title sponsor of the Golf Institute Radio Shows.

### Back Pain is a Major Problem

- Musculoskeletal pain, led by spinal disorders, costs the U.S. health care system \$874 billion per year and is the most common cause of severe long-term pain and disability.
- About 80% of Americans suffer from at least one episode of lower back pain in their lifetime – and the re-occurrence rate is high.
- Alternative options include corrective spinal surgery with a relatively high failure rate and high costs involved, even for the insured.
- Pain management challenges associated with the spine require integrated approaches to clinical care that cross traditional medical specialties.
- Current pain management applications offering a “quick fix” and not addressing the root cause of pain.
- The US Healthcare system lacks a comprehensive pain management strategy that addresses current deficiencies.
- Opioid Crisis is a huge problem: Lower-back pain is a very common reason for an opioid prescription. Opioids may mask pain in the short term, but they do not treat the underlying problem.

The sports industry in the US alone has a \$14.3 billion impact on the economy annually. The profitability of professional sports teams is dependent of the health of its athletes and their ability to perform. Up to 20% of all injuries that occur in sports (athletes or general population) involve a lower back or neck injury.



## Sports Rehabilitation Strategy

Designed to help improve athletic health, dramatically reduce back pain and support optimal performance. Intervention with Extentrac Elite benefits the professional athlete by effectively treating and help preventing sports injuries and reducing the need for invasive surgery with our state-of-the-art spinal rehabilitation technology.

Benefits of the Extentrac® Elite Sport Rehabilitation:

1. Detects and Positions the Spine: Detects the presence or absence of lateral shift deviation and muscular imbalance through its 3D capabilities, and places the spine in a pain-relieving position that enables a dynamic stretching-distractive technique.
2. Effectively Targets & Stretches Muscles: Provides comprehensive relief by reaching both the superficial and deep muscle fibers through its three-dimensional programming.
3. Improves Range of Motion and Flexibility: Used to activate, soothe, and loosen muscles through flexion, extension, axial & lateral flexion through static, active and dynamic stretching in weight-bearing and non-weight bearing postures to effectively facilitate lengthening of shortened muscles and tendons, while improving joint flexibility and range-of-motion.
4. Enhance Body Posture & Muscular Balance: Provides both weight-bearing and nonweight bearing re-education of the neuromuscular system through stimulation of muscle and joint proprioceptors in the vertical and horizontal treatment positions.

Spine Care Technologies is a next generation medical and commercial fitness device company. Their flagship product, the Extentrac® Elite, is world-renowned among pain management center, sports medicine experts, physical therapists, and chiropractors. Spine Care Technologies is dedicated to improving sports performance by relieving acute, chronic back pain and its disabling effects. Their flagship product, the Extentrac® Elite, is FDAcleared, non-surgical, drug-free, and has been praised by health professionals around the world for its excellent clinical results in treating low back pain. For more information please visit: [www.spinecaretechnologies.com](http://www.spinecaretechnologies.com)





FAULTS

to  
FIXES  
with Kelley Brooke



GI

THE GOLF INSTITUTE

MAGAZINE



the ladies tee

with Megan Younkman

ON THE MOVE

RADIO SHOW AM 540

with Dr. Jeff Poplarski

little  
STICKS



RADIO SHOW

with Dan Frankel & Justin Koff

GI

THE GOLF INSTITUTE

RADIO

 GOLF  
ACADEMY

with KELLEY BROOKE