

A graphic featuring a large black circle with several black lines radiating outwards, resembling a sun or a target. Overlaid on this circle are two golf clubs: a wooden driver on the left and a golf club with a white headcover on the right. The text "Rinks to Fairways" is written in a stylized, bubbly font. "Rinks to" is in pink with a white outline, and "Fairways" is in olive green with a white outline.

# Rinks to Fairways

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## Try Golf for FREE

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**THURSDAY, MAY 8<sup>TH</sup>**

**4:30PM - 6:00PM**

**MAYFAIR LAKES GOLF ACADEMY**

**GOLF EQUIPMENT AVAILABLE**

**GIRLS AGES 6YRS +**

**EMAIL COACH KERI MOFFAT TO SIGN UP [KMOFFAT@GOLFBC.COM](mailto:kmoффat@golfbc.com)**



## *Seasonal Balance: Winter & Summer Sports*

Hockey dominates the winter months, keeping players engaged in a fast-paced, physically demanding sport.

Golf provides a perfect offseason sport in the summer, allowing hockey players to stay active while shifting focus to a different skill set.

This natural seasonal transition helps athletes avoid burnout and develop a well-rounded approach to training.

## *Similar Movement Patterns & Skills*

**Rotational Power:** Both sports rely on strong core rotation for generating power. A slap shot in hockey and a golf swing both use hip rotation, pressure transfer, and explosive movement.

**Lower Body Stability & Balance:** Hockey players and golfers need a strong core and balance to execute precise movements, whether it's taking a shot on the ice or maintaining posture in a golf swing.

**Hand-Eye Coordination:** Both require control of a stick or club to strike a moving or stationary object with accuracy.

**Grip & Stick Handling:** The grip in hockey is similar to how golfers hold a club—both require finesse, control, and the ability to generate power.

## *Training Crossover & Athletic Benefits*

Golf can serve as a low-impact recovery sport, keeping hockey players active while reducing stress on joints.

Hockey players often have an advantage in golf because of their developed wrist strength, core stability, and rotational power.