

# WELCOME PACKET



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PRESENTED BY:



SUPPORTED BY:





**PGA**  
Southern Ohio Section



Dear PGA HOPE Participant,

First, thank you for your service to our country and welcome to our PGA HOPE family! PGA HOPE – *Helping Our Patriots Everywhere* is a free program provided by the Southern Ohio PGA Section and Community Golf Club and is designed to provide you, a local Veteran, with an opportunity to learn the game of golf in a fun and healthy environment.

PGA REACH is the 501(c)(3) Foundation of the PGA of America. The mission of PGA REACH is to positively impact the lives of youth, military, and diverse populations by enabling access to PGA Professionals, PGA Sections and the game of golf.

PGA HOPE is the flagship military program for PGA REACH. PGA HOPE is pursued in partnership with the U.S. Department of Veterans Affairs, and is the only golf instruction program taught by PGA Professional as a therapeutic program to aid in the rehabilitation process for Veterans. PGA HOPE is open to all military Veterans with an emphasis on serving those with physical and emotional disabilities who would benefit the most from such an initiative.

We look forward to you joining us each week of the program as we build upon the skills you learn. Upon completion of the program we will provide you with further resources to continuing playing the game of golf.

If you have any questions along the way please do not hesitate to reach out to your instructors or our staff.

Thank you again for your participation. We hope you enjoy learning the game of golf!

The Southern Ohio Section PGA Staff

## FREQUENTLY ASKED QUESTIONS

### What is PGA HOPE?

- PGA HOPE is the flagship military program for the Southern Ohio PGA, designed to introduce golf to Veterans with disabilities in order to enhance their physical, mental, social and emotional well-being. As many Veterans struggle with the transition back into civilian life, the game of golf delivers a new level of enjoyment and opportunity to be active in their local community.
- PGA HOPE is a 6 to 8 week program that provides military Veterans with free golf experiences taught by PGA Professionals. Upon completion of the program, Veterans are considered “graduates” and receive a PGA HOPE Card and additional benefits such as league play, discounts on green fees, and equipment.
- There are currently over 60 PGA HOPE programs across the United States.

### How does PGA HOPE help Veterans?

- Learning and playing the game of golf is a proven activity that has positively impacted thousands of wounded Veterans nationwide. PGA HOPE is a program that is truly making a difference, as golf has become a therapeutic part of the rehabilitation process for many Veterans with physical, mental, or emotional disabilities.

### How is the program funded?

- All PGA HOPE programming is fully funded by the Southern Ohio PGA and PGA REACH. It is offered at *NO COST* for military Veterans.

### Who participates in PGA HOPE?

- PGA HOPE is geared towards Veterans with disabilities however is offered to all servicemen, servicewomen, and Veterans.
- Participants include military Veterans living with physical or cognitive challenges such as:
  - Traumatic Brain Injury (TBI), Post-Traumatic Stress Disorder (PTSD) or the loss of limbs, among other challenges.
- PGA HOPE programming is closely aligned with local VA hospitals, as both strive to best meet the needs of all military Veterans.

### Who teaches the program?

- PGA Professionals provide expert golf instruction, and are sometimes assisted by volunteers.
- All PGA Professionals teaching PGA HOPE sessions are trained in adaptive golf methods to ensure they are comfortable instructing military Veterans with disabilities.

*For more information about PGA HOPE programming,  
please visit [thesouthernohiopga.com](http://thesouthernohiopga.com) or [pgareach.org](http://pgareach.org)*

## Common Golf Terminology

Address - The act of setting the body and club up to the ball when preparing to hit a shot.

Backswing - The motion that involves the club and every element of the body in taking the club away from the ball and setting it in position at the top of the backswing from which the club can be delivered to the ball at impact.

Balance - The proper distribution of weight, both at address and throughout the swing.

Divot - The turf displaced when the club strikes the ball on a descending path.

Downswing - The swing forward from the top of the backswing.

Draw - A shot flies slightly from right to left for right-handed players; or left to right for left handed players.

Fade - A shot that flies slightly from left to right for right handed players; or right to left for left handed players.

Grip - The placing and positioning of the hands on the club. The various types include the Vardon or overlapping, the interlocking and the 10-finger or baseball grip.

Hook - A shot that curves sharply from right to left for right-handed players, or vice versa for left handed players.

Lie - As it relates to the ball, the position of the ball when it has come to rest.

Loft - The degree of the angle on the clubface, with the least loft on a putter and the most on sand wedge.

Pivot - The rotation of the body around a relatively fixed point, usually the spine.

Release - The act of freely returning the club head squarely to the ball at impact, producing a powerful shot.

Setup - The process of addressing the ball, so that the club and body are properly aimed and aligned.

Short Game - Those shots played on and around the green, including putting, chipping and pitching, and bunker shots.

Slice - A ball that curves dramatically from left to right for right handed players or right to left for left handed player.

Square - A term frequently used in golf. It can be used to describe a stance (his feet, hips and shoulders were all square to the target line) or the clubface.

Stance - The position of the feet at address.

Sweet Spot - The point on the clubface where, if it is struck with an object, the clubface will not torque or twist to either side.

Takeaway - The movement of the club at the start of the backswing.

Touch - A player's sense of feel, generally around the greens.

# Basic Golf Etiquette

Etiquette is a word that's often heard in relation to golf, more so than with any other sport. But it's not just about manners. The guidelines for good golf etiquette exist for several very important reasons. They relate to the safety of golfers, to pace of play (which helps keep the game enjoyable), and to maintaining the quality of the golf course. In other words, golf etiquette is an essential part of the game. And it's something that newcomers to the game often learn as they go - on the course, when playing with more experienced golfers.

## Keep It Safe

- Do not swing your club until you know that others in your group are at a safe distance. Likewise, keep your distance when others are swinging.
- When practicing your swing, never swing in the direction of another player. There may be pebbles or twigs or other matter in the grass that could fly up and injure a playing partner.
- Do not hit the ball until you are certain that the group ahead of you is out of range.
- If your ball appears headed toward another player or another group, give them a warning by yelling out, "Fore!" (an internationally recognized alert)
- Observe the safety suggestions posted in golf carts and drive carefully. Golf etiquette requires keeping your cart off the grass as much as possible.
- Never throw clubs in anger. In addition to being rude it could also be dangerous.

## Maintain a Good Pace of Play

- Play ready golf by being prepared to hit your shot when it is your turn. You probably don't like waiting on other groups - don't make other groups wait on you.
- The player who is furthest away from the hole hits first in a group. However, in friendly matches, this rule can be ignored in favor of "ready golf" - players hit as they are ready. All players should agree to "ready golf" before it is put into effect.
- Do not spend too much time looking for a lost ball, particularly if there is a group behind you ready to play. If you insist on taking the full five minutes allotted in the rulebook to look for lost balls, golf etiquette says wave up the group behind to allow them to play through.
- Always try to keep pace with the group ahead of you. If space opens in front of you, allow a faster group to play through.
- When two players in a cart hit to opposite sides of a hole, if both players agree; drive to the first ball and drop off that player with his club, then drive to the second ball. After both players hit, meet up farther down the hole.
- When walking from your cart to your ball, take a couple clubs with you. Taking only one club, then having to return to the cart to retrieve a different club, can slow play.
- Always leave the putting green as soon as your group has finished putting.

## SECTION & PGA HOPE CONTACT INFORMATION

66 South Central Ave  
Fairborn, OH 45324  
937-754-4263  
[SOHIO@PGAHQ.COM](mailto:SOHIO@PGAHQ.COM)

Nicole Asbun, Secion Lead – [nasbun@pgahq.com](mailto:nasbun@pgahq.com)

Jana N. Dalton, PGA – HOPE Lead Instructor – [community@golf-dayton.com](mailto:community@golf-dayton.com)

Communitiy Golf Club – 937-293-2341

### **PGA REACH**

Twitter: @PGAREACH

Instgram: @PGAREACH

Facebook: [www.facebook.com/PGAREACH](http://www.facebook.com/PGAREACH)

Website: [www.pgareach.org](http://www.pgareach.org)

### **PGA HOPE**

Instagram: @PGAHOPE

Facebook: [www.facebook.com/PGAHOPE](http://www.facebook.com/PGAHOPE)

Website: [www.pgahope.org](http://www.pgahope.org)

## **2019 PGA HOPE Program Schedule**

**Tuesdays July 16-Aug 20**

**11am to 1pm**

**Community Golf Club**

**2917 Berkley St. Dayton, OH 45409**

**937-293-2341**

**[Community@golf-dayton.com](mailto:Community@golf-dayton.com)**



PARTICIPANT WAIVER

In connection with my participation in the PGA HOPE program (the "Program") to be held at \_\_\_\_\_ (the "Host") this \_\_\_\_\_. I agree and understand my presence and participation therein may expose me to known, unknown, anticipated and unanticipated risks of harm or injury.

- 1. I understand that the Released Parties (as defined below) will not maintain insurance which will cover me for either personal injury, property damage or medical expenses, and I accept full responsibility for the costs of treatment for any injury or damages suffered as a result of the conduct released herein while participating as a participant in connection with the Program.
2. In consideration of and as a prerequisite to my participation, I acknowledge that such risks exist and I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, Hereby Assume All Such Risks, and Release And Discharge Host, PGA Foundation, Inc. d/b/a PGA REACH, the Professional Golfers' Association of America and each of their respective officers, directors, agents, volunteers, members and employees (collectively, the "Released Parties") from any and all liability, claims, demands or causes of action, including personal injury, disability, death or loss to person or property damage, whether or not occurring on the premises of Host or arising out of any condition of any premises owned by Host or used for the Program or the conduct of any person in connection with the preparation for, supervision of or conduct of the Program or any practice round or activity connected or related to it, whether caused by no fault or the active or inactive negligence of the Released Parties, but excluding gross negligence or intentional, willful or wanton acts.
3. I grant full permission to each of the Released Parties, with no obligation to compensate me, to (i) use each of my name, voice, statements, image, likeness, and/or actions, in addition to any photographs, videotapes, motion pictures, recordings, and/or other records of performances(s) in the Program in perpetuity worldwide in any manner (as determined by the Released Parties) and in any and all media, whether now known or unknown or hereafter devised (the "Materials") without any obligation to review or seek approval of a particular use and (ii) record on film, videotape, audio tape, electronically transmit or otherwise, my name, likeness, and performance in connection with PGA REACH. I represent that I have the right to grant such permissions.
4. The Released Parties are held expressly harmless by me, my heirs, successors, and assigns for any liability, legal or financial incurred as a result of said usage. I waive all rights to inspect or approve the product for its use.

[ ] By checking this box, I expressly represent my desire to remove paragraphs 3 and 4 from this Release.

This release is being executed by Participant for good and valuable consideration exchanged between the parties, the sufficiency of which is hereby agreed to by the parties.

Participant Name (Printed)

Branch of Service

Participant Signature

Years of Service

Address

Golf Shirt Size

[ ] RIGHTY [ ] LEFTY

City, State, Zip

[ ] Please check this box if you would be interested in learning about part time/full time employment opportunities in the golf industry in the area.

Phone

E-mail