

SECOND ANNUAL BRITISH COMMUNITY GOLF OPEN TOURNAMENT

The Dirab Golf Club has kindly allowed us to reserve it's fine facilities again this year for the British Community Open Golf Tournament.

Please diary Wednesday 10th & Thursday 11th October 2001 now. We will be informing all paid up members of the sign up details nearer the time.

Once again this year we will be dedicating all of our fund raising exploits to the local charity The Disabled Children's Association under the patronage of His Royal Highness Prince Sultan bin Salman bin Abdulaziz Al - Saud.

The format will be an 18 hole Texas Scramble with a shotgun start at 0800 hours for members of the British Community on either the Wednesday or the Thursday morning. On the evening of Thursday 11th October there will be a social prize giving ceremony at Venue 1. The Inter Continental Hotel has been engaged to provide the dining arrangements for what promises to be a great night. We have also asked His Royal Highness Prince Sultan bin Salman bin Abdulaziz Al - Saud to be present at some stage during the social evening and I am sure everyone will be delighted if

he accepts our offer to award the prizes to the winning teams. Fingers Crossed !

Efforts are well under way to obtaining sponsorship support from all the major organisations in Riyadh and a working group has been set up to put together the whole plan for the two days. As most of you will probably be able to imagine this sort of event is only brought about by the hard endeavours of a few and normally enjoyed by the rest. It doesn't happen with smoke and mirrors. On that note we would like to hear from anyone who can spare some of their time in helping out , there is a lot to do and a great charity to benefit at the end of it all. Please be aware of the working group and do make contact with one of them if you can spare some time, you never know, you could also be a sponsor - every little helps !

The Working Group is as follows

Mick Brown	Chair & HRH liaison
Martin Shaw	Sponsorship
David Howarth	Evening Entertainment
Mal Brown	Prize Giving & Raffle
Andrew Wilkie	Tournament Rules & Sign up
Alessandro Redaelli	Dining
Mike Nithavrianakis	Venue liaison



TIPS FROM THE PRO

IN COMPLETE BODY TURN

The powerful turning/winding action of the body is a common factor in any good swing.

The trouble is, not everyone is comfortable with such a liberal use of the body in the swing. Many players, particularly those who have been lectured on the perils of "swaying", and keeping the head still, are actually afraid of the motion that is involved in making a full turn.

A good swing, by definition, involves the use of the whole body. If your hips and shoulders fail to play there part in the swing your arms are forced to take over the responsibility of getting the club to the top of the backswing. The result? You end up in a very weak, arms orientated backswing position – one with little or no coil, and thus no energy stored to accelerate the clubhead through the ball.

FEEL THE BENEFIT OF A FULL TURN

Here is how you feel the turn. In front of a mirror, take your address position, and then place your hand on your hips and turn to the right, as if you were talking to some one directly behind you. You back should face the target – your shoulders having turned through at least 90 degrees, your hips about half that amount.

When you are familiar with the sensation involved, try hitting some shots. You'll be amazed at the difference in your ball-strike once you learn to trust your new turn.

