

## **Strokestown Junior Golf Club in Conjunction with Sliabh Ban Power, Coillte and Board na Mona hope to encourage junior participation**

### **What are you up to this summer? Here's why you should give golf a go.**

**Enjoy the outdoors:** Golf gives you an opportunity to spend a few hours in fresh air, experiencing nature.

**Develop lifelong friendships:** You never know who you will meet on a golf course.

**Practice personal responsibility:** Sometimes the ball doesn't always bounce your way, but regardless of the outcome, there is no blaming your teammates for what happens.

**Learn to manage your emotions:** Golf closely parallels real life as one experiences the highs and lows of the game. The range of experience, from birdies to triple bogeys, rewards a your ability to keep each shot in perspective, manage your emotions, maintain a positive outlook and focus on the shot at hand.

**Appreciate diversity:** Golf is a game that can be played for a lifetime by anyone.

**Learn etiquette:** You should play golf because it is based on positive characteristics. Golf places an emphasis on etiquette. In golf there is no judge or referee; instead, you govern yourself and fellow competitors.

**Develop healthy habits for life:** Golf is a sport that helps you get off the couch. When you playing you will burn 350 calories and walks more than 10,000 steps.

### **Strokestown Golf Club are inviting juniors to join our club.**

Membership for under 12's cost just €25.

If you are over 12 but under 18 then membership is €55.

Your membership includes:

- Unlimited access to the course. You can play all day every day.
- 1 free private lesson with a PGA Professional
- Club will pay half the cost of each subsequent private lesson

