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ABOUT US

Breaking Silence is a free and anonymous textline open 24/7. Text us to receive support for the questions you have about your relationship. We are here to help everyone understand what makes a relationship healthy, unhealthy, or abusive.

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Photo by Sophie Fernandes.
Photo illustration by Kevin Mobley.

THINGS TO KNOW ABOUT GOLF

BY HEAD GOLF COACH BRIAN ASH
AS TOLD TO CAEDMON CHURCHWELL

TEERING OFF

You have 18 holes. You have your par 3, par 4 and par 5. Par means you're expected to get it in the hole (by a certain number of shots). An average golfer shoots 100, so if you go to par 3 and if you get (the ball in the hole) in three shots, you get a par. (Par for the course) is up usually to 72 (shots).

PRACTICE MAKES PERFECT

If you are just starting, you don't need to be hitting with big drivers. The best club to hit is a five iron or some sort of club with some loft on it, has bounce and gets the ball in the air. Once you start hitting more balls and getting your swing more refined. You've got to know what you're doing or have a decent swing, or else you're never going to get it off the ground. When I first started playing, if you caught it you could hit it 250 yards. That's a long way, but with that same swing now with the clubs, they make you can hit a ball 350 yards.

BEYOND THE BASICS

Competitive golf now is insane. For junior golf, there is a mini-tour just like there is a Professional Golfers Association (PGA) tour that goes around the country. Now if you want to be good and you want to go to Division I, you (have) to go play in all those tournaments. You don't have to go all the way out to California, you look out for the tournaments that are around you. If you win that or place in the top three, you will start getting offers like crazy. That's why you have to go outside of high school. You've got to have a portfolio that's bigger than high school matches. You've got to win the big stuff.

IT'S ALL ABOUT THE MONEY

If you want to go play golf nowadays you are going to drop 50 bucks easily. The equipment has changed and the balls have changed, but it's still very expensive. You're looking at 500 bucks to get a nice set of clubs--driver through putter--so you are looking at 500 bucks for clubs and \$50 a round. It's an expensive sport, that's why a lot of people don't play it. That's why people aren't playing it as much as they used to.

MIND GAMES

(Golf) is all between your ears, it's in your head. There are so many little things to think about, but it demands that you don't think about them. Once you start getting your swing down, it's all muscle memory and the rest is up here (in your head). You have to forget about the last shot you hit. Say you scale it up in the woods, hit a tree and you're like, "Man." How you deal with that? You kind of pretend like you hit it on the fairway. It's really good to have a bad memory in golf. You have to stay really focused, and that's why I kind of washed out because I couldn't really handle it. It's a roller coaster ride with the emotions.

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