

Women's Golfing



Wendy Fehr, Dee Taylor, Lyn Stephens, and Pat McKiernan celebrate a successful putt



Janet Myers and Rose Zarvos



in Katy

A Beginner's Guide to this Fast-Growing Sport

by Kelly Isenberger photos by Lisa Mangos



Westside Ladies Golf League

Women are the fastest growing segment of golfers in the nation, and Katy golf courses are attracting women to their greens, making it easier for you to get in the game. Bonnie Assad, an avid Katy golfer, says, "It's challenging, and I like that you can never really master it." If you've ever thought of picking up the clubs and giving it a shot but felt a little intimidated by all the gear, inadequate for the country clubs, and undereducated in green etiquette, then there is help for you. With a little coaching and mentoring, you can become a golf enthusiast, too.

Buy the Right Equipment

As in any sport, the first step is purchasing the required equipment. Golf clubs can be pricey, but there are options to consider. David Goldblum, the director of instruction at the Golf Club at Cinco Ranch, advises, "Spend as much on equipment as your budget allows. Quality equipment will be better for all calibers of players. A full set of equipment will be a huge plus when taking up the game." Think of it as an investment into your golfing future. If purchasing a new set of full clubs is too much for your budget, then consider purchasing a short set, which includes a wood, four irons, and a putter. Other options include purchasing a second-hand set or even borrowing from a friend. Keep in mind however, that used clubs can come with problems and that no one set of clubs fits all players. If you continue to excel, you'll eventually want to upgrade to your own fitted set. Other optional items are a golf glove, golfing attire, which will need to include collared shirts for most golf courses, and golfing shoes.

Take Private Lessons

You have all the right equipment now, but before you tee off, consider taking lessons first. There are two options in lessons, private and group. Private lessons are a great way to begin. The instructor can tailor the class to your personal level and needs. Many golf pros will even video your swing and personalize your instruction. Asking your best friend to teach you can lead to the passing on of bad habits, and once a habit is formed, it can take a lot more work to undo the damage. Most public golf courses in Katy have pros that will give private lessons. You'll need to give the course a call, and they'll set you up with the pro. They generally vary between \$45-\$60 for a half-hour lesson. Just a few lessons can build your confidence and get you started out on the course.



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Find a Golf Clinic

After you've taken a few private lessons, the next step is to go to a few golf clinics. Most Katy area golf courses offer them. A golf clinic is a small group lesson where the curriculum is already prepared. You'll join a handful of golfers who will learn what the instructor has planned for the day. Some golf courses even have clinics for women only. They'll cover a wide variety of topics and will help make you a well-rounded golfer. You'll also get more time out on the range learning how to choose the best club for each shot.

Play in a Women's League

While asking about golf clinics, be sure to also ask about their women's leagues. Most of the Katy area golf courses have a women's league that plays every week on a particular day. This is a great way to meet other women golfers and begin to work on your game. Assad plays in a women's league and she says, "It gives me a little break. I get to think about something else other than work." Most leagues meet during the week in the morning, but there are a few that meet at night. The Executive Women's Golf Association is a national organization for professional women. They meet at various courses around Houston and golf in the evenings. Golf is a social sport and pairing up with other ladies can boost your confidence as you encourage one another and share tips. You can also meet other golfers who have more experience and can begin to mentor you to improve your game.

Fall in Love with the Game

Golf can be an intimidating game at first, but with a little help and practice, you can become a great golfer. Assad advises, "Have patience. Don't give up." Though you may not ever become a pro, with time you're sure to grow to love the game. The beauty of the landscape, the peacefulness of the course, and the social opportunities are sure to win you over. So, why not give it a try? Call a Katy golf course today! **KM**

KELLY ISENBERGER is a Katy resident and mom of two. She enjoys playing golf in Katy with her husband, Chris.

KATYGOLF COURSES AND LOCAL WOMEN'S LEAGUES

Public Courses

Bear Creek Golf World

281-855-2447

bearcreekgolfworld.com

Bear Creek Women's Golf League

The Golf Club at Cinco Ranch

281-395-7863

golfclubatcincoranch.com

Westside Ladies Golf League

Green Meadows Golf Club

greenmeadowsgolfkaty.com

281-391-3670

Semi-Private Courses

Meadowbrook Farms Golf Club

281-712-1708

meadowbrookfarmsgolfclub.com,

Ladies Sharks League

Private Courses

Willow Fork Country Club*

willowforkclub.com

281-579-6262

The Club at Falcon Point*

falconpoint.com

281-392-8635

Pineforest Country Club

pfcc.com

281-463-1234

Other Groups

Executive Women's Golf Association

ewga.com.org

Professional Women Golf in various
locations around Houston

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