

Extreme Indoor Golf



EDITION 10

NEWSLETTER

December

The Off-Season Swing Rebuild

Kevin Walton

Winter isn't a pause—it's your chance to rebuild from the ground up. While others store their clubs, smart players use indoor tech to deconstruct and reconstruct their swings with intention.

The off-season is the only time you can truly strip your motion down without the pressure of weekend scores. Indoors, you can isolate grip changes, work on a new takeaway, or rebuild your transition—one component at a time. The simulator provides immediate, objective feedback on every tweak, so you're not guessing; you're engineering.

Start by identifying one foundational flaw that haunted your season. Was it early extension? A weak trail arm? An inconsistent low point?



Use video combined with launch monitor data to see the issue clearly, then build a drill progression around it. The key is patience: commit to the process, not the outcome. Repetition in a controlled environment ingrains feel faster than any range session.

By spring, you won't just have "shaken off rust"—you'll have installed a more efficient, repeatable motion. The players who treat winter as a construction zone emerge with a swing that's not just refreshed, but redesigned.

Indoor work strips away the noise. No wind, no uneven lies, no excuses. Just you, your swing, and the numbers. The simulator shows where you're really making contact, how your face angle behaves, and whether your path matches your intent. Many players assume solid contact is a matter of timing. It's actually about awareness—and repetition.

The real magic of training indoors is the instant feedback. Each swing tells a story. You see what went right, what slipped, and what changed the result. Add in tools like the Spin Analyzer, and you're not just hitting shots—you're building knowledge.

The Rise of The Data-Driven Golfer

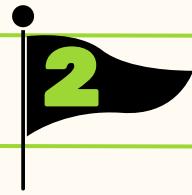
Ryan McTavish

Golf's new edge isn't found on the range—it's in the data. Indoor simulators turn guesswork into graphics, showing you exactly why your ball does what it does. No more blaming the wind or the lie. The numbers tell the true story.

This changes everything. Now you can target a single metric—launch angle, spin rate, club path—and see immediate feedback. Adjust your grip, shallow your swing, change your ball position. The screen shows you instantly if it worked.

That feedback loop builds something powerful: a personal blueprint. You learn your real distances, your exact dispersion, and how pressure affects your numbers. When you return to the course, you play with verified knowledge, not just hope. That's the data-driven advantage, forged indoors.

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The Winter Equipment Audit You Can't Skip

Gordon L. Kier

Your clubs might be costing you strokes, and winter is the perfect time to find out. An indoor fitting session with a launch monitor provides undeniable data on what your gear is really doing.

Are your wedges creating enough spin? Is your driver's loft optimized for your swing? Do your irons have consistent gapping? The simulator delivers clear answers, removing any guesswork.

This isn't about buying the newest model—it's about optimizing what you have. Small adjustments like lie angle, shaft length, or grip size can correct a persistent miss. Use the controlled environment to test changes with real feedback, ensuring every club in your bag has a purpose. Walk into spring with equipment that complements your game, not complicates it.

Scotty's Golf Comes to Extreme Indoor Golf

Ryan McTavish

For expert club repair, custom fittings, and premium gear, see Scott Bailey at Scotty's Golf inside Extreme Indoor Golf. He handles regripping, reshafting, and offers quality new and used equipment from top brands like TaylorMade, Callaway, and Titleist.

Scott also provides specialized golf lessons, with a focus on helping senior players improve and enjoy the game longer.

Elevate your equipment and your game. Call Scotty's Golf at (519) 601-6625 for service, sales, or lessons.



Strategy Is the Silent Simulator Skill

Howie Bernt

Everyone focuses on swing speed and ball striking, but the real advantage being developed indoors is something quieter—decision making. Players are finally treating strategy like it's part of the score. Indoors, you can play the same hole ten times in a row until the smart play becomes automatic. The simulator doesn't judge your choices. Aim at the flag and find water? That's feedback. Lay up smart and make par? That's learning. The screen shows you the result of every decision without the ego getting in the way. No playing partners watching, no pressure to look bold.

The repetition changes everything. Play Pebble's 18th five times and you start seeing lines you missed before. Notice where trouble hides. Learn which risks actually pay off. That's the beauty of unlimited replays—bad decisions get exposed fast.

Coaches are leaning into it too. More lessons now include scenario-based practice instead of just full swings. Indoors, you can test strategies without losing balls or slowing down play. It's pure course IQ development. This is the hidden edge. Power gets you distance, but smart play gets you wins—and the simulator is where strategy is getting sharpened.

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The Short Game Revolution Starts Indoors

Jamie Lee

For decades, the long game has stolen the spotlight. Now, a quiet revolution is underway, and it's happening on indoor putting greens and chipping mats. Savvy players are discovering that the simulator is the ultimate short game academy, offering a level of repetition and feedback impossible to find outdoors.

Why the shift? Because indoors, you can hit 50 identical 15-yard chip shots in 20 minutes. You can work on varying trajectory and spin with wedges, seeing exactly how each adjustment affects rollout. You can practice six-foot putts from the same spot until your start line is perfect every time. This is deliberate practice at its purest.

The technology is a game-changer. High-speed cameras and infrared sensors measure putter face angle and path with millimeter precision. For chipping, you get real data on launch angle, spin rate, and carry distance—all critical for controlling the “second bounce” that decides up-and-downs.



HOW INDOOR GOLF IS REDEFINING COURSE STRATEGY

Kevin Walton

Modern simulators allow players to digitally play the world's toughest courses—Augusta, St. Andrews, Pebble Beach—shot by shot, from their local bay. This isn't just entertainment; it's advanced strategic rehearsal. Golfers are now arriving at real tournaments having already “played” the layout dozens of times, knowing where to miss and which hazards to avoid.

This virtual course knowledge changes decision-making under pressure. Instead of guessing on blind shots or unfamiliar winds, players have a mental library of approach angles and landing zones. They practice specific shots they'll need: a low stinger under simulated pine branches at Augusta, or a precise wedge over the Swilcan Burn at St. Andrews.

The result is a new breed of prepared golfer. They've already faced the pressure of Amen Corner on a screen, so stepping onto the real tee feels familiar, not foreign. Indoor simulation has become the ultimate strategic tool, turning virtual rounds into tangible confidence for the real course.

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This winter, flip your practice ratio. Dedicate 60% of your indoor time to shots inside 100 yards. Build a library of feels for different chips, pitches, and putts. When you return to the course, you'll possess not just technique, but a deep, reliable repertoire of short-game shots. In a game often decided by inches, that's the ultimate edge.

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Beyond the Score: Building Resilience Through Simulation

Dr. Evan Holt

We sat down with performance psychologist Dr. Evan Holt to explore how indoor golf builds mental toughness that translates far beyond the screen.

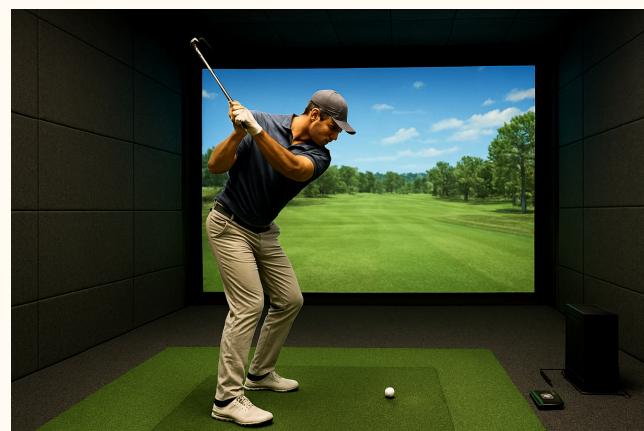
“Simulation golf is a unique crucible for resilience,” Holt begins. “The environment is controlled, but the psychological pressure is very real. You’re confronted with immediate, undeniable feedback after every shot. There’s no blaming the wind or a bad bounce. That accountability is powerful.”

Holt emphasizes that this setting is perfect for training what he calls “process focus.”

“Outdoors, it’s easy to get lost in outcomes—the score, the result. Indoors, we can design exercises that force attention onto routine, breathing, and pre-shot thought. Did you commit to your target? Did you execute your rehearsal?”

“It’s about learning to regulate your heart rate, quiet your mind, and perform under simulated duress. That neural pathway—linking calmness to clutch moments—is what wins tournaments outside.”

The ultimate benefit, Holt concludes, is transferable confidence. “When you’ve faced down the simulator’s truth and improved not just your swing, but your response to failure, you carry an unshakeable calm onto the first tee. That’s the real victory.”



Virtual Rounds, Real Confidence

T. Lopez

Modern simulators let golfers play championship courses like Augusta or St. Andrews shot-by-shot from home. This virtual experience builds genuine course knowledge—knowing where to miss, how to approach each hole, and how shots react to different winds and lies. Players are arriving at real tournaments with a strategic blueprint already in mind. They’ve rehearsed the pressure of Amen Corner or the precise wedge needed at Pebble Beach digitally, turning unknown challenges into familiar decisions. Indoor golf is no longer just practice; it’s detailed course preparation, building a quiet, proven confidence that transfers directly to the first tee.

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The score becomes secondary; the quality of your process becomes primary.”

He also highlights the value of repetitive exposure to pressure.

“Setting up a must-make three-footer on the simulator ten times in a row isn’t about putting mechanics.