



Make October the Month You Finally Fix Your Swing

Howie Bernt

October is the perfect time to stop guessing and start diagnosing. If your swing has been inconsistent all season, now's the time to figure out why—and fix it before bad habits settle in for winter. Cooler weather forces slower tempo, which means flaws get exposed fast. That snap hook you ignored in July? It's front and center now.

Indoor training gives you the edge. With real-time data and no distractions, you can finally see what your hands, hips, and clubface are doing at impact. Most players think they're square at contact. They're not. The simulator doesn't lie.

Start with your takeaway. If you're getting steep early, you're setting yourself up for a slice. If your backswing is too flat, you're losing power.

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October is about finding the middle ground—clean, repeatable mechanics that hold up under pressure.

The best part of indoor work is the feedback loop. You swing, you see, you adjust. No waiting, no wondering. And with the Speed Gauge Meter now tracking swing efficiency, you can measure improvement in real numbers. That's how progress happens. Don't wait for January to make resolutions. October is your window to rebuild, refine, and reset.

The season may be winding down, but your swing is just getting started.



Fall Golf Feels Like a Secret You're In On

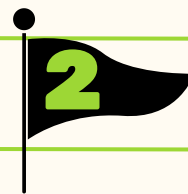
Ryan McTavish

Fall golf has a rhythm all its own. The crowds disappear, the air turns crisp, and every round feels like a quiet celebration. You're not just playing—you're soaking it in. The fairways glow under golden light, and the sound of leaves crunching underfoot makes every step feel intentional.

Your swing slows down, your focus sharpens, and the game feels more personal. You're not chasing distance—you're chasing feel. That bunker you usually dread? It looks kind of beautiful in October.

Even the mistakes feel softer. A missed putt doesn't sting the same when the view is this good. You laugh more, linger longer, and remember why you started playing in the first place.

And when the weather turns, the magic doesn't fade. Indoors, the vibe stays strong. Extreme Indoor Golf keeps the spirit alive with perfect conditions, great company, and the same sense of joy. Fall golf never really ends—it just moves inside.



The Psychology of Sim Match Play **Kevin Walton** Is Changing

Something's shifting in the simulator scene. Players aren't just chasing scores—they're playing head-to-head, and the mental game is getting sharper. October brings out the grinders, the tacticians, the ones who know how to win ugly.

Match play indoors is different. You're not reacting to the course—you're reacting to your opponent. Every shot becomes a statement. Hit the fairway, and you apply pressure. Miss a green, and you open the door. It's chess with a club.

The best sim players know how to control tempo. They don't rush, they don't panic, and they never let a bad hole bleed into the next. They use the simulator's rhythm to their advantage—steady pace, clean transitions, and total focus.

Trash talk is evolving too. It's not loud—it's subtle. A raised eyebrow after a missed putt. A casual mention of your opponent's last triple bogey. It's psychological warfare, and it's working.



October match play is where reputations are built. If you want to be known, you've got to show up and compete. The simulator doesn't care about your handicap—it cares about your nerve.



Junior Golfers Are Owning the Indoor Scene **Gordon L. Kier**

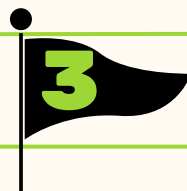
There's a new wave of talent hitting the simulators, and they're not old enough to drive. Junior golfers are showing up with polished swings, fearless attitudes, and a hunger to compete. October is their proving ground.

These kids aren't just playing—they're studying. They know their launch angles, their spin rates, and their dispersion patterns. They're using the tech better than most adults. And they're not afraid to swing hard.

What's most impressive is their confidence. They step into the bay, line up their shot, and fire. No hesitation, no second-guessing. They've grown up with simulators, and it shows. Their tempo is smooth, their mechanics are clean, and their course management is sharp.

Parents are noticing too. Indoor golf offers a safe, structured environment where juniors can learn without pressure. They get instant feedback, personalized coaching, and a chance to compete in real-time formats. It's not just practice—it's performance.

October is when the junior leaderboard starts heating up. If you haven't seen these kids play, you're missing out. They're the future of the game, and they're already making noise.



Why October Is the Best Month for Indoor Golf

Ryan McTavish

There's something about October that makes indoor golf feel electric. Maybe it's the shift in weather, or the start of league season, or the fact that players are finally dialed in. Whatever it is, this month brings out the best.

The vibe is different. Players aren't just hitting balls—they're competing. They're tracking stats, chasing goals, and pushing each other to improve. The simulator bays are buzzing, and the energy is contagious.

October also brings clarity. Outdoors, you're battling wind, cold, and fading daylight. Indoors, it's pure golf. You see your numbers, you feel your swing, and you get better. No excuses, no distractions.

This is the month where routines get locked in. Players show up early, stay late, and build habits that last. They're not just playing—they're preparing. For winter leagues, for spring tournaments, for the next level.

Extreme Indoor Golf is built for this moment. The tech is sharp, the competition is real, and the community is growing. October isn't just a transition—it's a launchpad.



The Season That Sharpens Your Game

Kevin Walton

There's something about fall golf that sharpens your instincts. Maybe it's the unpredictability—the shifting winds, the damp turf, the way your ball reacts differently every round. You stop relying on routine and start relying on feel. That's where real improvement begins.

October forces you to think. You can't just grab your usual club and swing away. You have to read the air, judge the roll, and adjust your strategy hole by hole. It's no longer about power—it's about precision. And when you start playing with intention, your game levels up.

The cooler weather also slows you down, in a good way. You take more time between shots, focus more on setup, and pay attention to your swing tempo. That mindfulness carries over into every part of your game.

Even mistakes feel different in the fall. You learn from them faster. You remember the shot that came up short because you didn't account for the chill. You remember the putt that broke harder because the green was slick with dew.

Fall golf doesn't just test you—it teaches you. And if you're willing to listen, it'll make you a smarter, steadier, and more complete player.



The Open Returns to Royal Portrush with High Stakes and Fierce Winds

Rob Gibbons

The final major of the season is set to unfold at Royal Portrush Golf Club in Northern Ireland from October 17–20, and it's shaping up to be a dramatic finish to a year already packed with surprises. The Open Championship returns to this storied links course for the first time since 2019, and players know exactly what's waiting for them—undulating fairways, unpredictable weather, and a layout that demands creativity and control.

Royal Portrush isn't a course you overpower. It's a course you outthink. The wind off the coast can shift mid-swing, and the rough is unforgiving. Players who thrive here are the ones who can shape shots, manage risk, and stay mentally locked in. That's why this venue is so beloved—it rewards artistry over brute force.

What makes this year's Open especially compelling is the timing. It's the last chance for players to cement their legacy in 2025. A win here doesn't just mean a trophy—it means a place in history. And with the Ryder Cup looming just weeks later, momentum matters more than ever.



Scottie Scheffler and Rory McIlroy enter as favorites, having already claimed major titles earlier this season. But don't count out the dark horses. Xander Schauffele, Shane Lowry, and Viktor Hovland have all shown flashes of brilliance on links-style courses, and Portrush could be the stage where one of them breaks through.

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Spectators can expect drama from the first tee shot to the final putt. The course's natural contours create constant challenges, and the weather is guaranteed to play a role. Rain, wind, and cold are all part of the Portrush package, and the player who adapts best will walk away with the Claret Jug.

For fans watching from home or training indoors, this is the major to study. Every shot tells a story, and every decision reveals a player's mindset. If you want to understand what elite golf looks like under pressure, Royal Portrush is the perfect classroom.

Extreme Indoor Golf will be streaming highlights and offering Portrush-inspired simulator setups all week long. Whether you're chasing your own major moment or just soaking in the spectacle, this is the event that brings the season to a thrilling close.