

# EXTREME INDOOR GOLF

## SWINGING INSIDE UPDATES

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#### WHY EXTREME INDOOR GOLF IS THE HOTTEST WINTER HANGOUT SPOT

By Gordon L. Kier



There's something magical about walking into Extreme Indoor Golf - it instantly feels like a second home. As someone who used to dread the winter golf hiatus, discovering this place has been a game-changer.

I've had the pleasure of watching this facility transform over time. The recent renovations, including the cutting-edge AboutGolf simulators and expanded layout, have elevated the entire experience.

**>>> READ MORE PG.3**



#### ELITE GOLF TRAINING COMES TO EXTREME INDOOR GOLF!

By Ryan McTavish

Big news for local golf enthusiasts - Paul Cleary has joined our team at Extreme Indoor Golf! With nearly three decades of teaching experience and top-level certifications from both the Canadian and World Golf Teachers Federations, Paul brings world-class instruction to our indoor facility.

**>>> READ MORE PG.2**

## MASTERING THE MENTAL GAME INDOOR GOLF'S SECRET WEAPON

By Kevin Walton

Most golfers think indoor facilities are just about fancy tech and virtual play. But after countless hours at Extreme Indoor Golf, I've discovered something way more valuable - it's actually the perfect space to develop your mental game. Trust me, this changed everything about how I approach my practice sessions.

Look, we've all been there - trying to focus while the group ahead takes forever, or when the weather suddenly turns, or dealing with that annoying woodpecker that seems to time its drilling perfectly with your backswing. Inside, though? It's just you and your thoughts. That's where the real magic happens.

Let me share what works for me. Sometimes I'll recreate those pressure-cooker moments - like pretending I'm on the 16th at Augusta, needing three straight birdies to win. Other times, I'll challenge myself to nail ten 6-footers in a row. The controlled environment lets you actually feel how your body and mind react under pressure.

The lighting never changes indoors, which is perfect for visualization work. I spend time really seeing each shot before I take it - the ball flight, where it lands, how it rolls out. Without feeling rushed (you know that feeling when you can sense the group behind breathing down your neck), you can actually develop a pre-shot routine that sticks.

I've started paying attention to my self-talk too. It's amazing what you hear when there's no wind rustling or carts zooming by. Those little negative thoughts that used to sneak in? I catch them now, flip them around into something constructive. And managing emotions becomes clearer when external factors aren't messing with your head.

Each session now has a purpose. Maybe it's hitting a specific number of fairways, or maintaining focus for all 18 holes. The mental side of golf is huge, and these indoor sessions are like a gym workout for your brain.

Next time you're at Extreme Indoor Golf, try this approach. Don't just work on your swing - build that mental toughness that'll make a real difference when you're back outside. Ready to level up your mental game? Book a bay and let's get started.

## ELITE GOLF TRAINING COMES TO EXTREME INDOOR GOLF!

By Ryan McTavish

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Looking to crush your drives? Fix that slice? Or maybe you're just starting out? Paul's been there, taught that. He's helped everyone from total beginners to scratch golfers take their game up a notch. His teaching style? Straight-forward and effective, minus the confusing technical jargon.

What makes Paul different:

- 30 years of hands-on teaching experience
- Master Instructor status with CGTF/WTF
- Custom coaching plans that actually work
- Year-round training in our climate-controlled facility

Stop by Extreme Indoor Golf to meet Paul and see how he can help your game. Winter's here, but your golf season doesn't have to end. Book a lesson and keep your swing sharp all year round.

Want to get started? Drop by the shop or give us a call. Let's make this your best golf season yet.  
proshop@extremeindoorgolf.com  
519-601-6625



**IF YOU HAVE ANY QUESTIONS OR NEED MORE INFORMATION, FEEL FREE TO REACH OUT TO ONE OF OUR FRIENDLY EXTREME GOLF STAFF MEMBERS. WE'RE HERE TO HELP MAKE YOUR INDOOR GOLF EXPERIENCE AS ENJOYABLE AND REWARDING AS POSSIBLE!**



# WHY EXTREME INDOOR GOLF IS THE HOTTEST WINTER HANGOUT SPOT

By Gordon L. Kier

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What started as a casual escape from winter's grip has transformed into an integral part of my golfing journey. Each visit to Extreme Indoor Golf reveals new dimensions of their state-of-the-art technology. The simulator's precision in capturing every nuance of my swing - from ball spin to launch angle - creates an uncannily realistic experience. Whether I'm navigating the iconic 7th hole at Pebble Beach or tackling the challenging links of St. Andrews, the immersion is complete. There's something surreal about playing these legendary courses while watching snowflakes dance outside the window.

The league structure here is particularly impressive. Unlike traditional handicap systems that can feel rigid, their approach adapts dynamically to each player's skill level. It's fascinating to see how the competitive landscape shifts week to week. One evening, I'm locked in a nail-biting match with a former college player; the next, I'm helping a newcomer fine-tune their approach shots. The beauty lies in how the system makes every match competitive, regardless of individual skill levels.

The staff here aren't just employees - they're golf enthusiasts who understand the subtle complexities of the game. They offer insightful tips about course management, share stories from their own golfing adventures, and create an atmosphere that feels more like a golf club than a simulator facility. Their genuine passion for the sport is evident in every interaction, whether they're adjusting simulator settings or analyzing swing patterns.

A word of practical advice: booking in advance isn't just recommended - it's essential. The facility's popularity means prime-time slots fill up quickly, especially during the heart of winter. While they provide quality rental clubs, bringing your own equipment adds an extra layer of comfort and consistency to the experience. The simulator bays are spacious enough to accommodate your full pre-shot routine, and the putting surfaces replicate real green speeds with remarkable accuracy.

What makes Extreme Indoor Golf truly special is how it's revolutionized the off-season. Instead of watching my game deteriorate over winter, I'm actively improving. The combination of high-tech practice facilities, competitive leagues, and a welcoming atmosphere has created something unique - a year-round golfing community that thrives regardless of weather. For dedicated golfers in the area, it's become more than just a winter alternative; it's an essential component of our golfing development and enjoyment.



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## 5 GAME-CHANGING INDOOR GOLF TIPS YOU NEED TO TRY NOW

By Howie Bernt

### 1. Perfect Your Swing with Simulator Feedback

Use the detailed analytics from your simulator to fine-tune your swing. Pay close attention to metrics like ball spin and club path—it's like having a coach in your pocket!

### 2. Challenge Yourself with Virtual Courses

Try playing on famous courses worldwide without leaving your city. It's a fun way to mix up your practice and keep things exciting.

### 3. Focus on Short Game Mastery

Indoor setups are perfect for sharpening your putting and chipping skills. Set personal challenges to boost your precision and confidence.

### 4. Play with Friends for Fun and Competition

Turn your indoor golf session into a social event. Compete in closest-to-the-pin contests or longest-drive challenges for some friendly rivalry!

### 5. Experiment with New Clubs and Techniques

Indoor golf is a low-pressure environment, ideal for testing out new clubs or refining a technique. You never know—you might discover your new secret weapon!

Get ready to take your game to the next level while having a blast indoors. Try these tips and watch your skills soar!

