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PRESS RELEASE

GIRLS GOT GAME

Today's Women Are Proving That Golf Is No Longer Just A Man's Sport

SAN DIEGO, May 11, 2009 – The latest statistics show that women are spending more time on the course than in previous years, and 25% of all golfers in the United States are women. Additionally, women, on average, spend about \$700 per year on golf equipment and \$515 on golf apparel. Given this statistic it is evident that women's golf offers a major growth opportunity for the game. (Golf Inc., March 2009)

Today's career-oriented woman realizes that the golf course isn't the domain of businessmen anymore, but is also occupied by the professional women who want to even the playing field, and do business on the course as well. In addition, playing golf can also be a fun and relaxing form of physical activity.

Even though, in general, women have some major physical differences when compared to men, such as being smaller and possessing less strength, these differences have not inhibited many professional and amateur women golfers as being strong competitors against their male counterparts. Watch out men, girls got game!

iGolf would like to offer the following tips to women golfers to perfect their game and become stronger competitors.

Learn The Fundamentals of Golf: It may seem basic and trivial but it is important to first nail down the fundamentals of golf before moving on to perfect technique. Start by checking your grip, posture and alignment to the ball – the foundation of a good swing.

Widen Up That Stance: Your stance creates balance for proper follow through. Your knees should be slightly bent and facing away from each other, which will allow you to shift your weight correctly.

Also, most golf stance advice that you will receive indicates to stand with your feet shoulder-width apart. But women are built with much wider hips than men, making the hips turn more naturally on the back swing. Women need more stability to create better resistance, so ladies, stand with your feet slightly wider than shoulder-width. Otherwise, a narrow stance could throw you off balance.

Strengthen Your Grip: A strong grip creates a more powerful swing. Rather than resting your thumb on top, it should be angled down on the side of the grip. And spread your fingers out for a stronger position. This will help to compensate for having less arm strength than men.

Stay Fit: Becoming more fit and flexible will not only help to prevent injuries, but it will also improve your strength, endurance and the power behind your swing. In fact, many professional and amateur golfers are utilizing yoga for the benefits on and off the course. Yoga helps with flexibility, strength, balance and concentration, which can all contribute to a more efficient day on the course. The power in your golf swing comes from your hips and legs, so focus on those areas.

Check Your Equipment: Be sure you are using the right sized clubs, change your grips often and be sure all of your equipment is maintained on a regular basis. Even the slightest changes from wear and tear can throw off your swing.

In addition to maintaining your basic equipment, [Golf GPS devices](#) can be useful in adding to the overall enjoyment of the game. With the battling roles between career and family, women today don't have much time to waste. GPS systems can eliminate the guesswork when determining the exact distance from different points on the green and other areas on the course such as water, bunkers and other hazards. They can also help you determine how far you hit each club in your bag, and can increase your overall confidence and enjoyment on the course.

About iGolf

Pioneering the consumer golf GPS market, iGolf, operated by [L1 Technologies](#), has become a brand uniquely focused on providing technological advances in software, hardware and GPS content for the golfing sector. With a strong global presence, iGolf continually strives to offer innovative and affordable mobile and web-based solutions for golfers around the world with products and services being used in over 20 countries.

As host to the world's largest GPS enabled golf course database, iGolf.com is the backbone supporting both "iGolf" and "Powered by iGolf" partner products. Additional features such as the iGolf Handicap Tracker, the latest golf headlines, equipment, travel, gadget and course reviews make iGolf.com the chosen destination site for golfers of all interests. iGolf.com provides the golfing community many of these valuable services at no cost while maintaining some paid premium services. For more information on iGolf please call (858) 300-5513 or visit www.igolf.com.

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