

# Royal Regulations

Join the blue team for fall fashion

STORY BY SEEMA SADEKAR | PHOTOGRAPHY BY PLAY GOLF DESIGNS

## Fashion Tip

Royal blue will be this season's "it" color, giving our fall a bit more brightness and trendiness. This is the most versatile of pop colors and is great for mixing and matching in your wardrobe and with your accessories. Step away from your average navy and have fun with royal blue. The dress I'm wearing is stretchy and has a great lace accent with a cute flair at the bottom—the flair accentuates your figure while still giving you the room to take good posture and swing freely. I paired my royal with white sparkly FootJoy Shoes and a white Titleist hat.



## Golf Tip

To begin consistently hitting your target in regulation, it's important to understand that your shoulders, feet and hips are positioned parallel to your target. To practice perfecting your alignment, I have come up with a simple and effective drill to help you get back in line. All you need is any two irons from your golf bag to use as your visual aids in learning how to properly align your body and your clubface at address.



### Step 1

On the practice range, select a mid-iron (I like doing this with an 8 or 7 iron) and choose a target which best fits the distance you hit your selected iron. Once you have selected your target, stand behind the ball and place a long iron club (I use a 4 or 5 iron) adjusted to your stance; be comfortable over the ball. Make sure the club is directed to where you would like for the ball to land to hit your target.



### Step 2

Address the golf ball. Make sure that your shoulders, feet and hips are parallel to your club on the ground. Draw an imaginary line with your eyes from you to your target and back to your alignment club a few times. This helps you get comfortable seeing your target line and feeling the proper way you should align.



### Step 3

With the set up complete, it's time to pull the trigger! Your alignment club will also help guide you with a proper swing path. Make sure your shoulders and club path swing down the line and are parallel to your alignment club.

## Seema Sadekar Presents Medals at the 2015 Special Olympics World Games

On Friday July 31, 2015, I had the honor of presenting the Silver and Gold Medals in golf at the 2015 Special Olympics World Games held at Wilson & Harding Golf Course located in Los Angeles!

Being a part of the 2015 Special Olympics will be one of my most memorable experiences. I met so many amazing athletes from all over the world and was able to watch some truly talented golfers—witnessing amazing golf shots and more excitement and happiness than I have ever witnessed in my sport!

I was thrilled to give the Silver Medals to Team Hong Kong and the Gold Medals to Team India featuring Ranveer Singh Saini, an autistic golfer and India's proudest representative in a field of over 100 International golfers! As an Indian woman and professional golfer I was very proud to see this success and was honored to be a part of it all.

The 2015 Special Olympics World Games boasted an incredible 6,500 athletes and 2,000 coaches representing 165 countries. There were 30,000 volunteers and an anticipated 500,000 spectators. The event will be the largest sports and humanitarian event anywhere in the world in 2015!







**Fashion Tip**  
**T**he stripe trend never goes out of style. There's something very sophisticated and retro about a striped ensemble. For the fall season I like wearing black and white stripes to keep things clean and classy. The dress I am wearing has a thick lined horizontal top with matching thick lined vertical bottom. Sometimes all it takes is a basic thing, the simplest black and white dress and the most versatile print, to look your best. I matched my dress with black and white patent leather FootJoy shoes and a black Titleist visor.

### Golf Tip

To start lowering your putting average, which we know makes up half of our scorecard, you need to make sure your alignment and putting stroke work hand in hand. It's always nice to practice this on the practice green with a short straight putt.

### Step 1

Place two of your longer irons on the green and set them up parallel to your target line, almost like a railroad. The clubs should be set wider than the putter head giving you just enough room to take your club straight back and straight through without hitting the clubs. Set the center of the golf ball line parallel between the railroads as well, as this will be your aid when you are playing out on the course.



### Step 2

The correct stroke with your putter would be taking the putter straight back and through in a slight arc motion with your shoulders controlling your stroke. With a smooth one-two rhythm, rock your shoulders back and through keeping your putter parallel and between your railroad. Keep your wrists firm.



### Step 3

Keep your head and body steady through the golf ball. Try listening for the ball to drop in the hole before taking a peek! Make 10 to 15 putts in your railroad and watch your scores drop a few strokes! &



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