



COACH NAME

Christine Bold

TYPE OF ACTIVITY

Golf

LOCATION

Grange over Sands

COACHING DETAILS

Coach on the Get into Golf initiative

“Try to be open to peoples different needs and try to cater for those”

#PassOnYourPassion

How long have you been coaching?

I trained for my PGA Level 1 Award early in 2016 ready for the coaching in the summer last year. I coach at Grange Fell Golf Club, which is a nine-hole hillside course. Along with another PGA Level 1 coach I support the pro Ernie Foster with the Get into Golf initiative to encourage more women to play golf and join our club. Last summer we had a great group of women, some who have joined the club and have started playing in some of our competitions. Others play social golf with friends or partners. We are currently working with another group of 10 women who are all very keen to improve their skills.



Mixed age session

Be part of it!



Ladies Get into Golf

How did you get into Coaching?

The Ladies section in the club applied for funding for the Get into Golf initiative because we needed to increase our membership. Becky Underwood at Active Cumbria sent out an offer for some free Coaching training. I didn't realise at the time that it was quite an intensive course to train me to be a PGA Level 1 Volunteer coach but I am thankful I did it because I learned a lot about the ways to teach basic golf skills and this is invaluable knowledge in supporting the pro.

What do you enjoy most about coaching?

Most of all, I enjoy meeting the different people, finding out their reasons for wanting to play golf, and watching them grow in their skills and confidence. I am keen to develop social golf and have set up opportunities for '9 hole' social golf over the summer to encourage those who are busy working during the week to join in and keep up their skills.

Why are you passionate about Coaching?

I feel very strongly that golf is not just about playing 18 hole competitions and that more should be done in clubs to provide opportunities for those who would prefer to play 9 holes and who perhaps do not wish to be competitive, but would like to have an active part of the Ladies section. For me, golf is mainly about enjoyment, developing my skills and keeping myself active, although I do enter a few competitions and maintain my handicap. I try to promote this way of thinking with those beginners who feel that the competitive element, gaining a handicap etc. is not for them.



A morning on the golf course

Do you have any tips that would help the next generation of female coaches?

As a coach, try to be open to different needs and try to cater for those

Be part of it!