



Hi everyone,

I would just like to give you a report on what's been happening in the Woolgar camp over the last few months. I apologise for the quietness, but I'm sure you will all understand what a tough few months it's been.

If you weren't aware, unfortunately last year I was back in the Infectious Disease Unit in July. I eventually got the all clear in September and I was discharged once and for all. This was caused from picking up the tropical disease from Kenya in March 2016 playing in the Kenya Open. So for the last two years it's been a hard battle off and on the golf course. As a result from this, on the golf course I lost all my world ranking points, Challenge Tour status and unfortunately some of my sponsors. So after all this happening I wanted to give myself a fresh start for the new season ahead but the main goal was to get my health and body back to normal. One of the main decisions I undertook was that I wanted to have fresh outlook on my movement in the golf swing, so I've been working with Andy Rossington since I got the all clear. It has given me a new outlook on who I am as George the golfer and I now understand how my golf swing works and where I'm heading swing wise to keep on improving. My gym work is still my normal daily routine with movement prep in the morning and then a heavy lift which also includes plyometrics to increase speed. Brian Hemmings my sports physiologist has been working closely with me on my mind set to keep me focussed on where I need to be both on and off the field. I would like to thank each and every one of you for believing in me and sticking with me throughout the very tough times.

Over the last few months I've been taking some really good steps and my results have shown that my hard work is all worth it. I won the Wheatley golf club annual pro am followed by the Lindrick pro am in February. I then went on to play in Cairo in March to play in 2 Tour events. I finished 6th in the 1st event and 8th in the 2nd event, which I was more than happy with. I then went to play in the first Euro Pro tour event in the 1st week in April at Frilford Heath which was the final qualifying school. I've not had to do this since the first year I turned Professional. There was a total of 242 golfers playing for different cards and you had to finish in the top 30 to get the best category. I had a great week and finished tied 6th.

Unfortunately after I got back from Cairo I was playing in pain and I thought I just had a mild form of tendonitis after having quite an intense few months getting my self back on track. I was planning to get this checked out if it didn't settle when Frilford finished as I knew that I would be having some time out as my wife was due to give birth. The 1st euro pro event didn't start until May. Timing was perfect as our little boy Archie Henry Woolgar was born on Sunday 15th at 4.07pm weighing 7lbs 1.5oz. He waited for me to finish playing! This had been on my mind all week whilst playing at Frilford so in the end I didn't miss the birth, good boy! Two days after he was born I went to see a specialist about my wrist and was advised to have a scan, I was expecting him to say yes you have mild tendonitis and we can give you a steroid injection. Unfortunately this wasn't the case. He explained that I had a bone stress on my scaphoid and I needed to stop doing everything immediately. I was absolutely distraught as I knew that I wouldn't be able to play golf again for awhile. So my emotions were crazy, one second I've just got my golf career back on track after all the hard graft and then our baby boy was born, then for someone to tell me you won't be able to play golf again for a long period of time. WOW... so a few days after Archie was born my wrist was placed in a cast for 7 and bit weeks, this is now off thank goodness and I'm now booked in to have a operation on my scaphoid on the 9th July. So since the 6th of April I've not been able to play, hit or do my job that is to play tournament golf. Hopefully recovery time after the operation won't be too long so I'm planning to get back playing in August 2018 if everything goes to plan.

As you all can imagine things haven't been easy, but every cloud and all that. I have spent some amazing time with Archie and my wife, as being a Tour pro I would have missed that time. I hope I haven't bored you too much but I thought I would explain everything in some detail. I hope everyone is well and everyone is enjoying the unbelievable weather we're having and hopefully see everyone soon.

Enjoy your golf,
George



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