

# Stretching out

SAN DIEGO INSTRUCTOR ROGER FREDERICKS TOUTS THE  
**IMPORTANCE OF FLEXIBILITY** IN THE GOLF SWING



BY ERIC TRACY



» **Roger Fredericks** says a solid golf swing starts with flexibility.

## Shorter drives and higher scores

come with the territory known as middle age. But instead of buying a new driver that promises longer drives, maybe your drive should be to north San Diego County for a visit with PGA professional Roger Fredericks.

Fredericks, who says a solid swing starts with flexibility, is the sultan of big-shoulder turns, the potentate of pelvic power and a stretch coach to the stars.

He also practices what he preaches.

"If I'm a little out of breath, I just finished my stretch," Fredericks said during a recent phone conversation.

Fredericks, 56, says there are two parts to life — the anabolic period between 30 and 40 years of age when the body loses millions of cells daily but grows them back, and the catabolic period — "the back nine, as I

like to call it" — when we lose more cells than we grow because bone density diminishes, eyesight goes bad and "the machine is breaking down."

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— **ROGER FREDERICKS**

"You're never too old to become more flexible, and anyone, at any age, can improve their range of motion if they stretch the right way," said Fredericks, who estimates he spends 20 minutes a day on stretching exercises.

Ironically, it was an injury that changed Fredericks' career path. In 1973, on his way from the Arizona State golf team to a possible career as a touring professional, he shattered his wrist and didn't play for two years. When he returned, his game tanked. His powerful draw became a weak fade.

He tried everything, taking numerous lessons and listening to multiple theories. He became a "golf swing psycho junkie, and within a few years I went from a potential tour professional to a solid 10 handicap."

Fredericks then met Rick McDonald, the San Diego Chargers' head trainer for 19 years. Out of the blue, McDonald

said: "I'll bet your left heel gets sore when you hit a lot of golf balls."

Fredericks was floored. Not once was golf mentioned in their conversations. McDonald brought up posture and body balance just from watching Fredericks walk. Soon, Fredericks went from being a golf swing psycho junkie to a student of active isolated stretching.

"Here's the good news," he said. "By correct stretching exercises you oxygenate your muscles and the flexibility of your youth can return."

Fredericks compiled his swing theories by studying the game from instructors such as Claude Harmon, Paul Runyan and Mac O'Grady. He has added the knowledge of physiology and biomechanics and how they relate to the swing.

Arnold Palmer became such a fan that he bankrolled "Roger Fredericks Reveals the Secrets to Golf Swing Flexibility," a popular infomercial on the Golf Channel. Other golf legends offering testimonials include Jack Nicklaus, Gary Player, Raymond Floyd and Bernhard Langer.

For more on Roger Fredericks, visit [roger4par.com](http://roger4par.com).

## DEATH IN THE GOLF FAMILY

I was saddened to hear that Jason Woods, former general manager of Hidden Valley Golf Club in Norco, died in April of a heart attack at age 41.

I really liked Jason. He was a straight shooter. He always returned phone calls, even during the dark days at Hidden Valley in 2002 when a police raid discovered illegal activity during a private tournament. Woods, who was later charged and put under house arrest, always maintained his innocence.

"Someday, I'll tell you the real story," he told me. Woods left Hidden Valley in January and never got that chance. **SG**

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