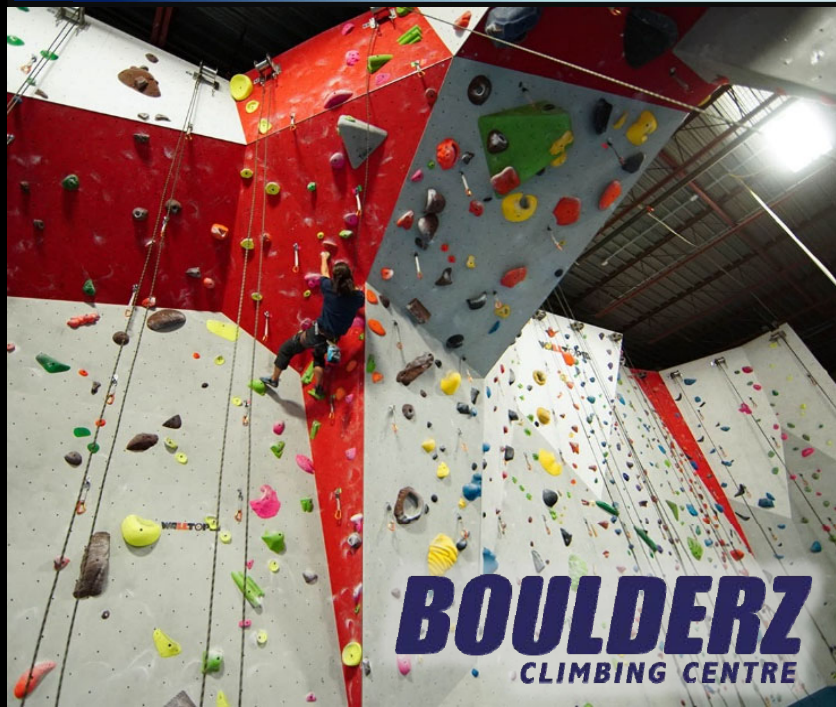




The  welcomes you to:  
The **BOULDERZ** SUMMIT  
at WILDFIRE Golf Club





# ***Wildfire's Golf Course Etiquette and Dress Code***

## ***Golf Course Etiquette***

- \* Arrive at least 15 minutes prior to your Tee time.
- \* Play "ready golf" (being prepared to play your shot while others are playing).
- \* Repair your ball mark and at least one other on the green and replace divots.
- \* The rules of golf, as approved by the RCGA, govern all play. Members should learn the basic rules for further enjoyment of the game.
- \* Place pull and power carts to the rear of the green in the direction of the next hole to assist in the pace of play.
- \* Pull carts are not allowed on the teeing area or greens.
- \* Bunkers should be raked carefully following play. Rakes should be left lying outside of the bunker.

## ***Dress Code***

It is expected that all golfers will dress in a manner befitting a first-class, private golf club such as Wildfire. To avoid embarrassment, Members should advise guests of acceptable attire in advance of their golf date.

Golf, sports hats/ visors must be worn with the bill facing forward and **removed while in the Clubhouse.**

For ladies, slacks, capris, golf skirts and golf shorts are acceptable. Sleeveless tops are acceptable as long as they have a collar. Turtlenecks and mock turtlenecks are acceptable.

For men, slacks and golf shorts are acceptable. Shirts must be recognized as suitable or standard golf attire. Crew neck shirts and t-shirts are not permitted. **Shirts must be tucked in at all times.**

Clothing with the Wildfire logo or name, or name of any other club or designer logo is encouraged.

Smart casual wear including denim jeans and skirts with untucked collared shirts are permitted in the Clubhouse. Denim will not be considered acceptable attire anywhere on the golf course, practice areas or driving range.

# **BOULDERZ**

## **CLIMBING CENTRE**

### ETOBICOKE

1444 Dupont St. Unit #16

Toronto, ON. M6P 4H3

Monday – Friday

Open 10am - 10pm

Saturday — Sunday

Open 10am - 7pm

[416-516-6666](tel:416-516-6666)

[Email Us](#)

### JUNCTION TRIANGLE

80 The East Mall unit 9

Etobicoke ON M8Z 5X1

Monday — Friday

Open 9am — 11pm

Saturday — Sunday

Open 9am — 9pm

[416-255-6676](tel:416-255-6676)

[Email Us](#)









## THE BOULDERZ SUMMIT

### Wildfire Golf Club

Thursday, September 5, 2024

### NOTICE TO COMPETITORS

This information supplements the 2024 Local Rules and Terms of Conditions for the GTA AM Tour. The current issue of the Golf Canada Rules of Golf govern play. **Any rules on the host club scorecard do not apply. Penalty for breach of a Local Rule is the general penalty, unless otherwise noted.**

1. **OUT OF BOUNDS (Rule 18.2):** See GTA AM Tour Hard Card for how Out of Bounds is defined.
2. **HOST CLUB DROP ZONES ARE NOT AVAILABLE:** Any Drop Zone available at this event will be indicated by a GTA AM Tour sign.
3. **PENALTY AREAS (Rule 17):** Red and yellow lines define the edge of the penalty area. Where penalty areas are not marked with lines, the change in the height of the grass defines the edge of the penalty area. Where there is no change in the height of the grass, the penalty area is defined by its natural boundaries. Unmarked penalty areas are red penalty areas.

#### **DROP ZONES AVAILABLE:**

**HOLE #12:** If a ball is in the yellow penalty area in front of the 12<sup>th</sup> green, including when it is known or virtually certain that a ball that has not been found came to rest in the penalty area, the player has these relief options, each for **one penalty stroke**:

Take relief under Rule 17.1, or

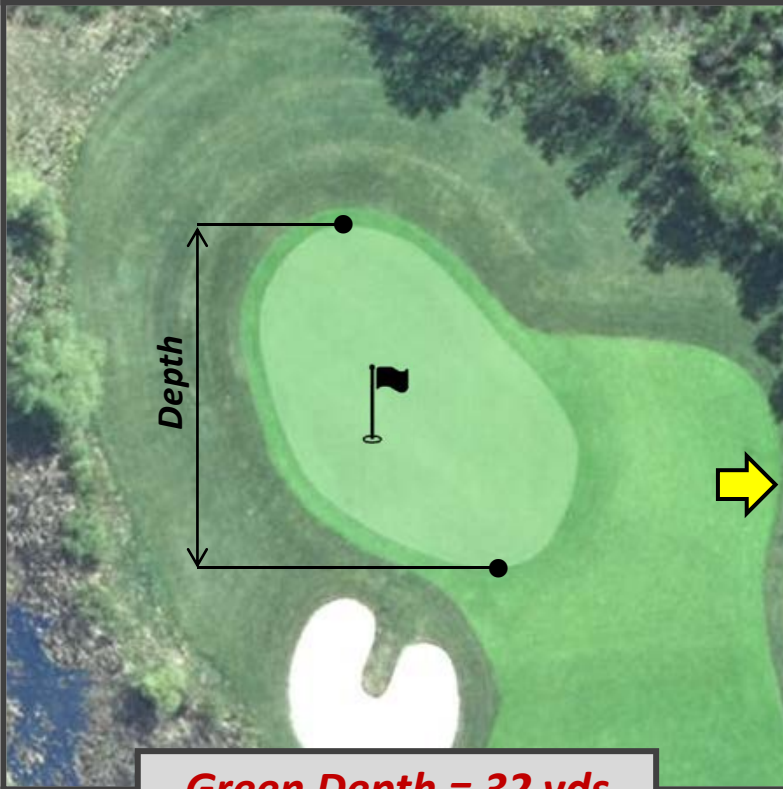
As an extra option, drop the original ball or another ball in the Drop Zone located before the penalty area. The Drop Zone is a relief area under Rule 14.3.

4. **EXPOSED ROCK:** The areas of exposed rock, rock faces, large boulders, etc., are integral parts of the golf course and there is no “free” relief from these areas.

# How To Use This Guide

## Hole #6 (Par 4)

CH	A	B	ONS	C	R
342	342	331	331	320	320



**Green Depth = 32 yds**

On the left side of the page, you will see the hole number and par. The square image shows the green complex (aligned to the 150-yard marker) with the pin location for the event.

The green depth is also shown. A yellow arrow indicates the direction to the next tee (leave your clubs here when walking).

This box provides pro tips and general information about the hole.

On the right side, the yardages for each flight are shown. The hole image indicates distances from spots in the teeing ground (●●●) to various locations in the landing area (○). The distance text is colour coded to match the teeing ground spots. The actual tee marker positions will vary, but differences can be quickly paced off or estimated. Standard 100 ●, 150 ○, 200 ●, and 250 ● yard markers may also be shown.



# Wildfire Golf Club

## Hole #1 (Par 4)

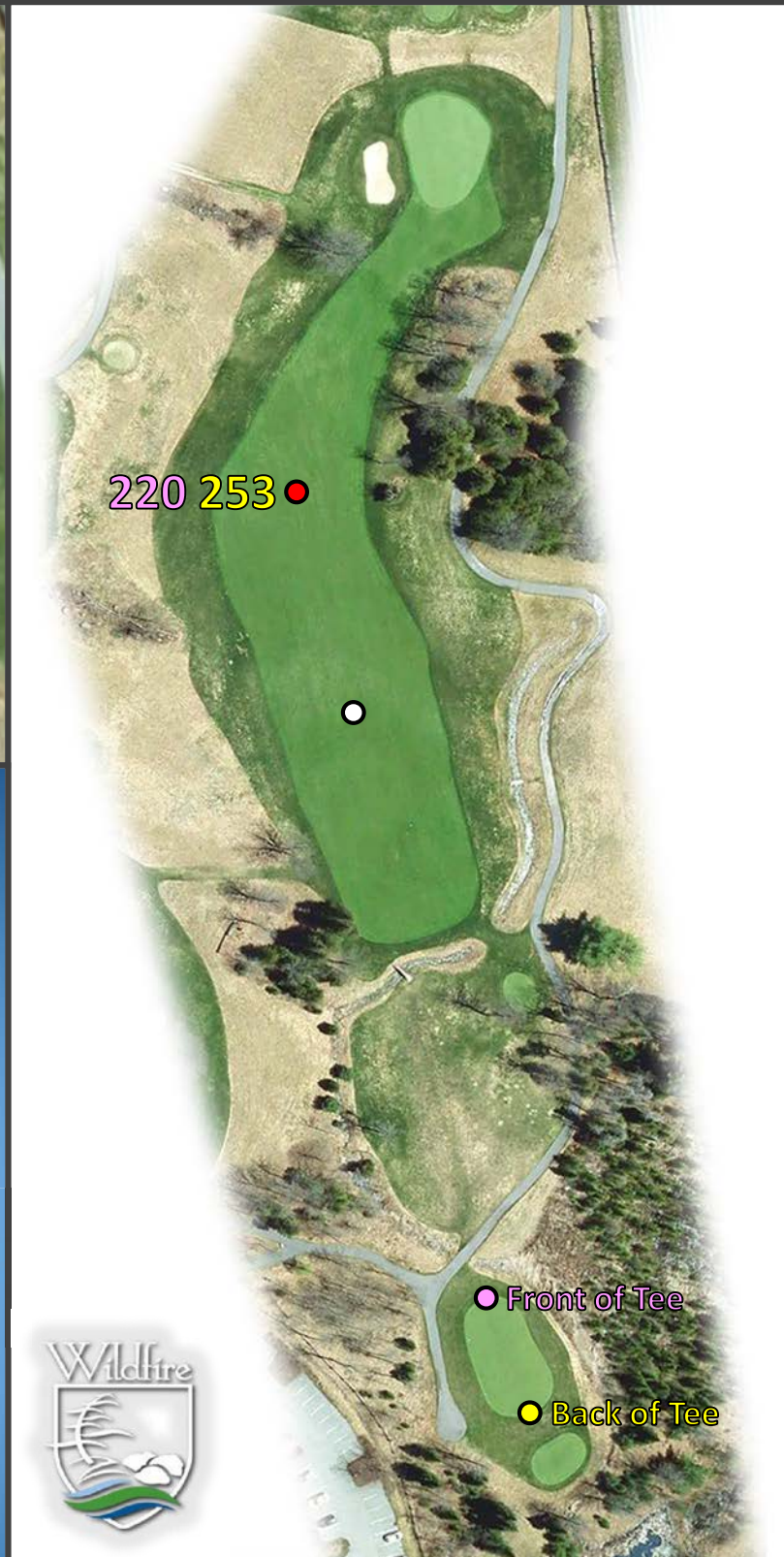
CH	A	B	ONS	C	R
340	340	331	331	331	331



**Green Depth = 29 yds (+6)**

### Welcome to THE BOULDERZ SUMMIT!

The perfect uphill dogleg right to begin your round at Wildfire. Target your tee shot at the "V" tree and left half of the fairway because anything on the right side will leave an approach shot blocked by some tall trees. Drop a short approach shot onto the large green for a good chance at an opening birdie!



**BOULDERZ**  
CLIMBING CENTRE

# Wildfire Golf Club

## Hole #2 (Par 4)

CH	A	B	ONS	C	R
380	364	364	364	348	348



**Green Depth = 36 yds (-3)**

#2 is a straight-ahead hole with bunkers on the left that will come into play on any wayward tee shot. Accurate and longer hitters will catch the ridge just past the bunker to ideally set up a sub-100-yard approach shot. Short approaches will end up in the swale guarding the front of the green. A large green surface eagerly awaits your approach shot with birdies calling!



- Back of Tee
- Back of Tee

**BOULDERZ**  
CLIMBING CENTRE

# Wildfire Golf Club

## Hole #3 (Par 3)

CH	A	B	ONS	C	R
142	120	120	120	113	113



**Green Depth = 24 yds (0)**

**Hole #3 is a finesse target Par 3. Hopefully, you took note of the wind on #2. A downhill green surrounded by bunkers will make your short iron choice critical. Bunkers are lurking all around, looking for any wayward or missed tee shot, but this hole could also be your 1st birdie of the round!**



**BOULDERZ**  
CLIMBING CENTRE

# Wildfire Golf Club

## Hole #4 (Par 5)

CH	A	B	ONS	C	R
541	509	509	509	486	486



19

**Green Depth = 28 yds (+5)**

Now that you are warmed up, it's time for back-to-back Par 5s. The green tree on the right side is the perfect target for your tee shot, but a wayward tee shot may find you blocked out by the large tree down the left. Getting to the green in two is possible, but a narrow slot between bunkers awaits at the green. A good 2nd shot would hit the open area behind the left fairway bunkers to set up an approach to the rolling green. Keep focused, dial it in and don't be long past the green. The greens at Wildfire are large and have subtle rolls.



207 227 262

- Back of Tee
- Back of Tee
- Back of Tee



**BOULDERZ**  
CLIMBING CENTRE

# Wildfire Golf Club

## Hole #5 (Par 5)

CH	A	B	ONS	C	R
542	521	521	521	493	493



**Green Depth = 34 yds (+9)**

Another Par 5 that turns right beyond the fairway ridge. Long and precise hitters can catch the slope beyond the last tree on the right to have you thinking about the green in two. Many will aim for the gap in the tree line at the tree with 3 trunks. The green is large, as are most at Wildfire, but this one is uphill from the front and slopes into the middle.



- Back of Tee
- Back of Tee
- Back of Tee



**BOULDERZ**  
CLIMBING CENTRE

# Wildfire Golf Club

## Hole #6 (Par 4)

CH	A	B	ONS	C	R
378	378	345	345	345	345



**Green Depth = 30 yds (-10)**

**Hole #6 requires another smart decision off the tee. Drive over the bunkers left to set up for a short approach or play a distance shot just short of the right side bunkers to find yourself in the 120/150-yard range. Again, the green is large and protected by a bunker on the right side, but make sure you don't go too long left for your best chance to score on this hole.**



● Back of Tee

● Back of Tee

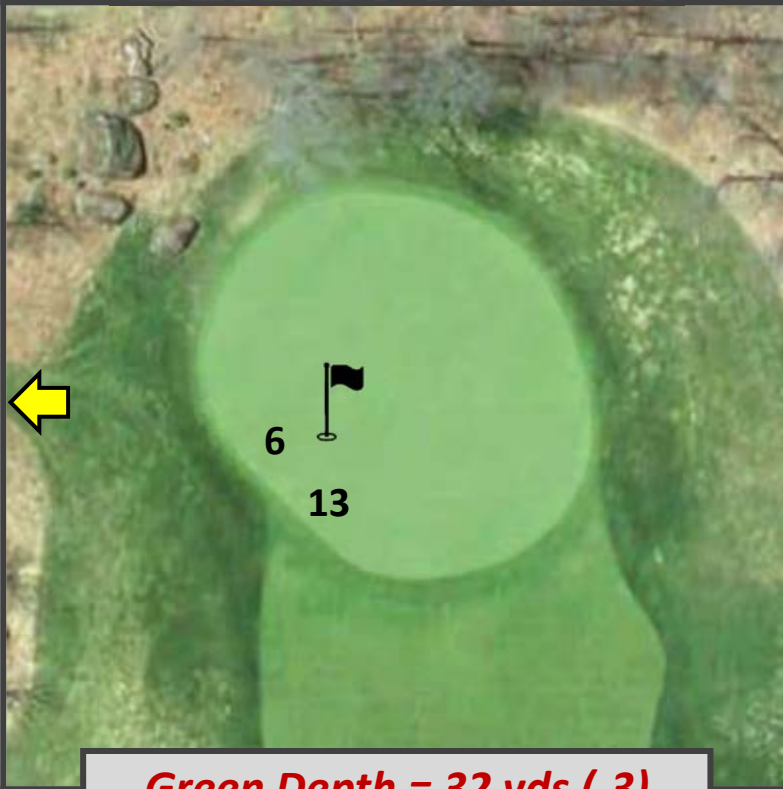


**BOULDERZ**  
CLIMBING CENTRE

# Wildfire Golf Club

## Hole #7 (Par 4)

CH	A	B	ONS	C	R
428	410	410	410	362	362



**Green Depth = 32 yds (-3)**

Hole #7 is revered by the members as Wildfire's Signature Hole! This long Par 4 can play very difficult, and many succumb to bogey or worse! A long and precise drive is required, as the fairway opens up beyond the rocks. Hugging the rock line is perfect for catching the slope to set up for a closer approach.

Driving down the left side makes for a long second shot, and too far on the right could put you O.B.



**BOULDERZ**  
CLIMBING CENTRE

# Wildfire Golf Club

## Hole #8 (Par 4)

CH	A	B	ONS	C	R
396	396	364	364	321	321



**Green Depth = 30 yds (-2)**

A great Par 4 that works its way to the right with two right-side fairway bunkers. The right is all fescue alongside the driving range, and it is very difficult to find your ball. The accurate golfer will take it straight over the small bunker. Another good line is the cart path between the trees. The green is protected by bunkers left and right, but again, it is a sizeable target.

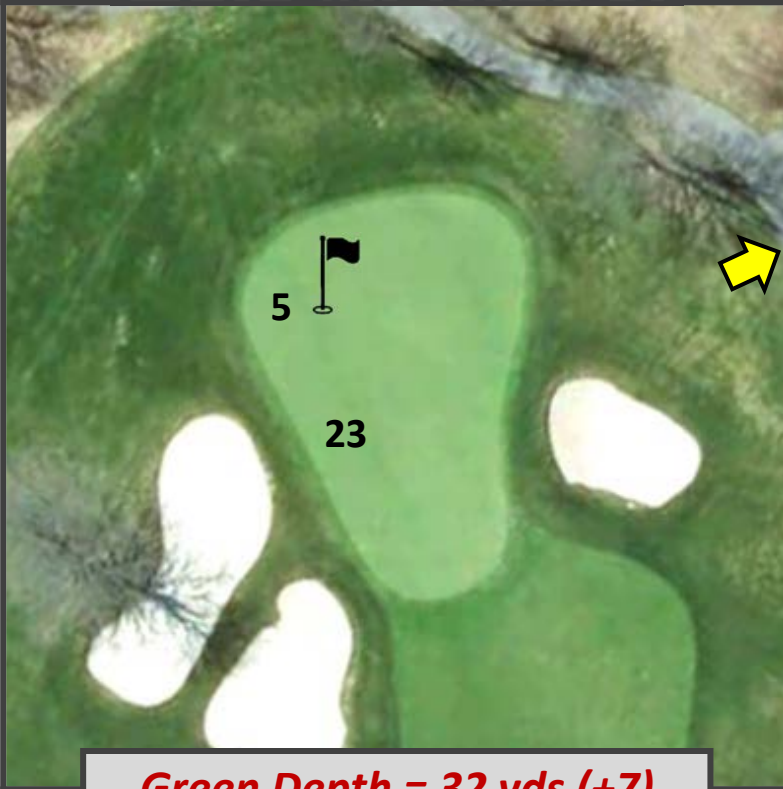


**BOULDERZ**  
CLIMBING CENTRE

# Wildfire Golf Club

## Hole #9 (Par 3)

CH	A	B	ONS	C	R
172	172	172	172	172	172



**Green Depth = 32 yds (+7)**

**This hole can be a challenging Par 3 for many of the members and GTA AM Tour players. Bunkers protect the left and right sides, and the green has a top tier towards the back. Pin placement will be critical for your club selection off the tee. The green drops off at the back, so long is VERY bad.**

**This is the GTA Am Tour Hole In One Competition!**



**BOULDERZ**  
CLIMBING CENTRE



# Wildfire Golf Club

## Hole #10 (Par 4)

CH	A	B	ONS	C	R
379	379	357	357	357	357



**Green Depth = 32 yds (-7)**

**So, how did your front nine go? If you enjoyed the front, you're going to LOVE the back nine!**

**Your back 9 starts off with an uphill and slight dogleg to the right. The perfect landing area for your tee shot is in the open space beyond the left fairway bunkers. The right bunker area has a steep backside slope that makes for a challenging approach to the relatively flat and large green.**



**BOULDERZ**  
CLIMBING CENTRE

# Wildfire Golf Club

## Hole #11 (Par 3)

CH	A	B	ONS	C	R
171	150	150	150	140	140



**Green Depth = 29 yds (+6)**

**A straightforward Par 3 with a large green that slopes from right to left. There's no need to overthink this one. Choose your club, tee it up, and make a confident swing!**



**BOULDERZ**  
CLIMBING CENTRE

# Wildfire Golf Club

## Hole #12 (Par 5)

CH	A	B	ONS	C	R
480	480	458	458	458	458



**Green Depth = 38 yds (-4)**

Love it or hate it, this Par 5 is another signature hole. The risk/reward here could have some long hitters reaching the green in 2, but will have most scratching their heads. To get there, your drive needs to be up on the ridge where the tree line starts on the left side. Your second shot will be all carry to the green surrounded almost entirely by water. Other players will drive to the centre of the fairway and then play a delicate short iron lay-up to set up an easier approach, giving them a good chance at birdie. The green plays like an island green with yellow stakes located on 3 sides.



**BOULDERZ**  
CLIMBING CENTRE

# Wildfire Golf Club

## Hole #13 (Par 4)

CH	A	B	ONS	C	R
400	400	360	360	360	360



**Green Depth = 26 yds (-1)**

**Hole #13 is another slight dogleg to the right Par 4. Left is all red stakes and driving over the last rock hump is ideal. Tee shots too far right will leave you with a difficult and potentially blocked approach.**

**There is a tree along the right side that many seem to clip on their second shot. Another large green awaits, but Birdies can be made on this subtle green.**



**BOULDERZ**  
CLIMBING CENTRE

# Wildfire Golf Club

## Hole #14 (Par 4)

CH	A	B	ONS	C	R
362	330	330	330	300	300



**Green Depth = 27 yds (+3)**

**A short Par 4 lined with red stakes along the right side. What you see is what you get. A driver here may not be your best choice! Or is it? Two good iron shots are enough to set you up for Birdie.**

**Keep your focus and get ready to finish strong!**



**BOULDERZ**  
CLIMBING CENTRE

# Wildfire Golf Club

## Hole #15 (Par 3)

CH	A	B	ONS	C	R
162	162	156	156	156	156



**Green Depth = 25 yds (+3)**

The fourth Par 3 of five on the course has yet another large green. There is a little more green beyond the rock ridge on the right side and often, the pin is tucked over on that side. Beware of missing right, as trouble lurks close around the green.

This green slopes from the back to front, and depending on where the pin is placed, three putts can occur!



**BOULDERZ**  
CLIMBING CENTRE

# Wildfire Golf Club

## Hole #16 (Par 5)

CH	A	B	ONS	C	R
540	512	500	500	500	500



**Green Depth = 27 yds (-7)**

The fourth of Wildfire's five Par 5's plays uphill and slightly blind.

The rocks in the middle of the fairway are a good target for your tee shot. When considering your second shot layup, the right side opens up and is safer. A bunker on the left side sits just near the ideal second-shot landing area.

A bunker on the right side protects this large green.



**BOULDERZ**  
CLIMBING CENTRE

# Wildfire Golf Club

## Hole #17 (Par 3)

CH	A	B	ONS	C	R
153	153	142	142	142	142



**Green Depth = 28 yds (-5)**

The 17th hole has another large green and opportunities for more birdies are to be had. Your round is coming to a close, and it's time to finish strong! Avoid a left-side miss either in the bunker or bouncing off the side of the green into the red-staked penalty area.



**BOULDERZ**  
CLIMBING CENTRE

# Wildfire Golf Club

## Hole #18 (Par 5)

CH	A	B	ONS	C	R
550	524	507	507	507	507



**Green Depth = 31 yds (+7)**

**Hole #18 is an S-shaped Par 5 rarely reachable in two and a beautiful finishing hole. It moves left after the tee shot and then back to the right to the green. Target a tee shot left of the mossy rock at the end of the fairway, or you can also hug the inside left of the fairway cut; however, too far left is fescue. The water-protected green prevents you from reaching it, so a good 2nd shot stops short of the bunker and sets you up for an easy approach by taking the water out of play. Usually, your buddies are closely watching from the patio! Tip your Cap & Smile, and Wave!**



**BOULDERZ**  
CLIMBING CENTRE

## Why Rock Climbing Could Be The Perfect Cross Training For Golf

The drive for distance has led the top pros in golf to look for new ways to increase their physical strength, and ability to generate force, to hit the ball further. In her exclusive interview with RSNG, Lydia Ko revealed how taking up rock climbing had helped her to come back stronger both mentally and physically, and reach the World Number Three spot, winning her first LPGA title in three years.

So what is it about grabbing multicolored plastic handholds in the gym, or latching onto real rock outside, that makes climbing such a good fit as a way to crosstrain for golf? (ED: other than for when you need to climb a tree to hit a wayward ball – we're looking at you Sergio Garcia.)

Could climbing even be a legitimate alternative to pumping iron if you occasionally find traditional gyms to be uninspiring? Read on to find out how you can up your game, and refresh your mindset with an exciting new challenge...



## 1. Climbing Is An Adjustable Full-Body Strength Workout

To be effective, any strength-building session needs to be repeatable, measurable and progress on the last workout. Yes, you can achieve that with a pair of dumbbells but you can also do it with your own bodyweight. Climbing is unique among bodyweight training modes because the holds get smaller, and the angle of the wall gets steeper as the routes and boulder problems get harder.

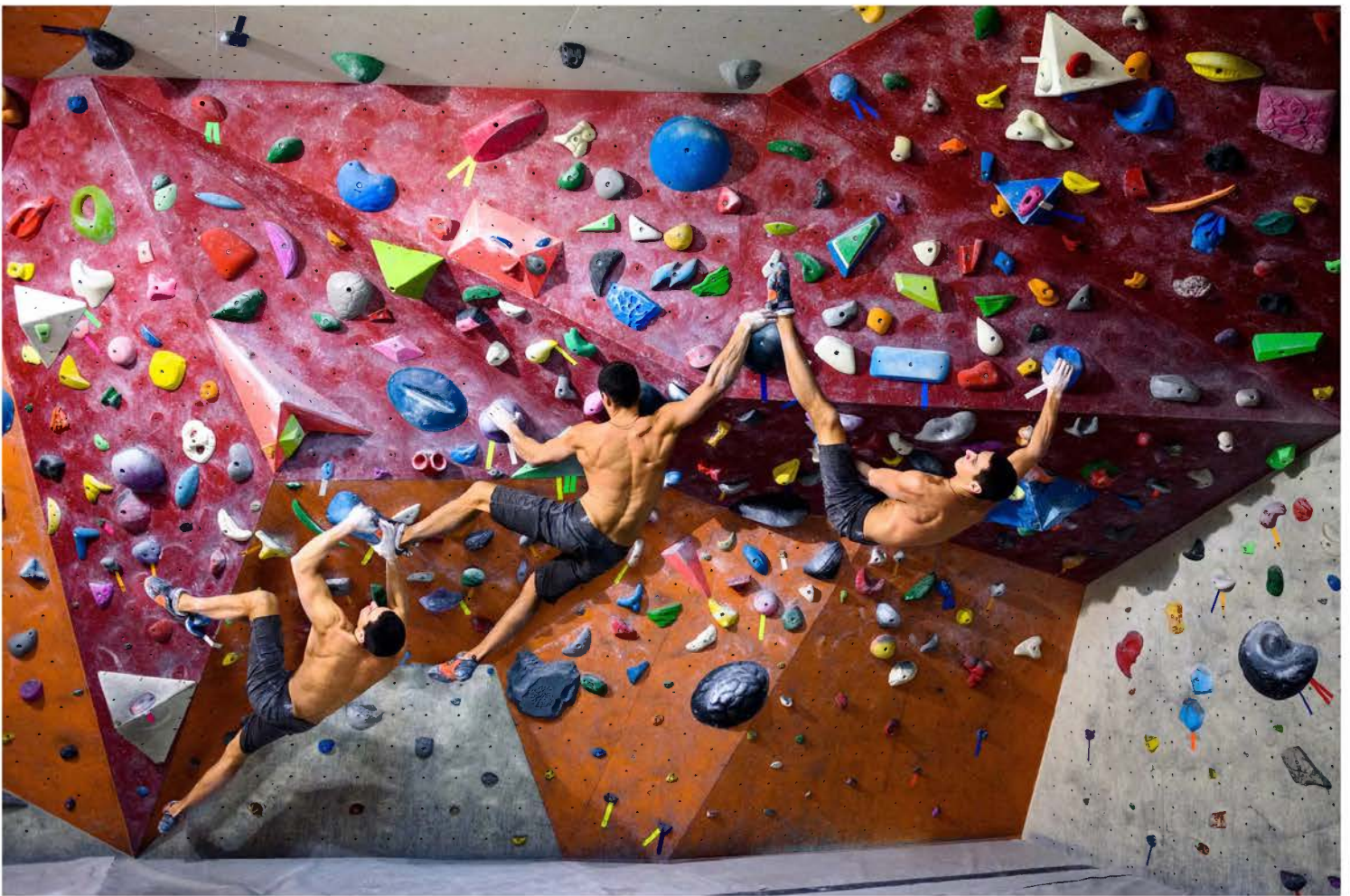
This means that you have to generate and transfer more force through your body as you climb, when compared to simple bodyweight exercises. And more training stimulus means that more strength gains are available... As professional climber and Scarpa athlete, Robbie Phillips, says: "Climbing is an all-round functional body movement that works strength as well as flexibility and core."

What's more, every route or boulder gets its own grade, so you can tailor your effort to your ability, and track your progress as you get stronger. Particularly when done indoors, in climbing gyms, this activity allows you to complete multiple reps and sets within a single session, just as with weight training.

And on days when you want to focus on power and maximum strength output, you can concentrate on bouldering, which features a small number of powerful moves, often on steeply overhanging walls.

Phillips points out that you can make it as intense as you want. "Choose boulder problems on steep overhangs for maximum power. These work your shoulders, your biceps and your triceps." To really focus on upper body strength, you can select problems that require you to 'cut your feet' for a move, and then replace them on the wall.

*Climbing relies on the core to transfer power from the lower body into the upper body and arms – it's much like golf in that respect*



If you want to do more of an endurance, strength endurance or fat-burning day then you can switch to roping up and climbing longer routes on more vertical terrain. This means you can easily tailor your climbing to your strength and body composition goals.

Everyone automatically assumes climbing is all about the upper body, but it's a whole body activity. In fact, it's the lower body that often contributes the most power,

because the muscles there are larger. It then falls to the core to transfer that power through the upper body, and then into the arms. Again, it's much like golf in that respect.

## **2. Your Grip Becomes More Powerful And Accurate**

As Lydia Ko pointed out to RSNG, grip strength is a key factor in climbing, and doing the sport will automatically improve it. You are uniquely motivated to hold on tight when it means falling if you don't, even if your forearms are burning up and completely pumped out!

So, if you're having trouble achieving a strong, stable grip on your golf club, and stamina in your forearms to last throughout 18 holes, then climbing could be the solution. You can train grip strength in traditional gyms, but it requires doing things such as Farmers Carries and heavy Barbell Deadlifts (without hand straps), so your grip strength can fall behind the rest of your gains.

Something that climbers are very aware of is that latching onto tiny holds puts your fingers under a lot of strain. Fortunately, climbing routes increase in difficulty in increments, so you can get accustomed to one size of handhold before moving up to harder climbs and smaller holds. This allows the ligaments to strengthen over time.



What's more, you won't just get a stronger grip through climbing. There are a plethora of different climbing holds, from edges, to pinches, two-finger pockets, slopers, sidepulls, underclings and yes, I could go on...

This means that your fingers and hands are constantly adapting to new positions, and your unconscious awareness of your grip is also heightened, so your hands become millimeter-accurate when forming and repeating a grip. This ensures that they hold on with the optimal positioning and maintain the grip under extreme forces – just the thing you will need when increasing your club-head speed and accuracy!

### **3. Hips, Shoulders And Knees Gain More Rotational Mobility**

Something else Lydia Ko credited climbing with was introducing more 'twisting and manipulating the body' which transfers over into achieving optimal golf swing positions, and form. You can spot a climber using good technique on the wall because they are constantly rotating their wrists, shoulders, hips, knees and ankles, in order to get their hips closer to the wall. Good climbers look like they are dancing up the climb, rather than just scaling a ladder, face-on.

This is because the closer your hips are to the wall, the less your own body weight is trying to pull you off it. And turning side-on to the wall also allows you to open up your shoulders and lengthen out your arm span, in order to reach higher.

*These movements transfer to your golf game, lengthening your golf swing, and making it more powerful at the same time*

Crucially, this increased mobility all happens under load, which means that you are not just increasing your joints' range of motion – you're also increasing their strength through that range, reducing the risks of injury.

These kinds of movements will transfer to your golf game, where you will now safely be able to lengthen your golf swing, and make it more powerful at the same time.

#### **4. You'll Transfer More Power**

The latest thinking around the golf swing is less about rotating the halves of the body in isolation, and more about generating ground force, which is then transferred through the kinetic chain of the muscles involved.

This movement chain goes all the way from your feet to your fingers, and include the heavyweight muscles of the glutes and the lats, but it's the core that has to do most of the heavy lifting in terms of transferring the force.

Once again, what's true in golf is true in climbing, where you often have to push the strength of your whole body down through your toes and then spring up against gravity, while your core maintains high levels of body tension, and quickly grab a new hand hold, immediately using a whole load more force to hold on. In golf it's the strike of the club head against the ball that requires peak force, and speed.



In both sports, tremendous forces are going through your core and spine as you perform their respective explosive movements, which also both involve degrees of rotation, and many repetitions. The movement patterns are subtly different in each sport, which is a good thing because you will be hitting your core from different angles, and making it more 360°-resilient.

As the [RSNG article on training your core]([LINK TO Training Your Core For Golf Isn't Just For Power – Getting It Right Makes You More Resilient Too HERE](#)) shows, a key strength of the core is to resist forces applied to it, which will help protect the delicate structures of the spine against injury. Another point in climbing's favor is that it requires the core to continuously resist the force of gravity as it attempts to peel you off the wall, at the same time as resisting the forces of your muscles, which are simultaneously pulling (arms) and pushing (legs) at the wall, in order to hold on.

The usual caveats apply when avoiding injury, however, in that you need to allow sufficient rest and recovery between sessions of climbing. For instance, if you want to do two bouldering sessions in a single week then Robbie Phillips recommends taking at least 24-48 hours of rest between them.

## 5. It's A Mental Puzzle You Solve Under Stress

Most of a game of golf happens in the head, and it's the same with a good climbing session. After I got into a routine of climbing training, I found myself automatically visualizing the route I would take up a climb, in an attempt to decipher the 3D puzzle of how to unlock the correct sequence of movements between the holds. I would even mime the types of handholds I would try to use, as I did this. (OK, this does sound more than a little eccentric, but know that you see people doing this all the time in climbing walls.)

Part of the reason for this is that climbing – like golf – requires you to make split-second, semi-conscious, athletic adjustments and decisions during an explosive movement. In golf, it's when you're trying to maximize your club head speed and the accuracy of your golf swing. In climbing, it's when you're using your whole body to leap for an elusive handhold, that's almost out of reach.



Later on in the climb, and the round of golf, you have to make judgment calls under mental stress, and physical fatigue, in the face of failure. If you are sport climbing (using pre-installed bolts in rock) or indoor climbing and bouldering, and using best safety

practice, then the consequence of failure is merely an exhilarating fall into space, to be caught by a rope or land on a crash mat.

But facing the fear of failure, in an environment that has zero consequence for your golf handicap, will improve your mental resilience out on the course, and stop you from choking or crumbling under pressure, while fine-tuning your ability to visualize and execute.

## **5. It Automatically Boosts Your Power-To-Weight Ratio**

While body mass assists hitting the golf ball harder, carrying excess baggage on the golf course can be tiring, and affect your general health. If you want to shift some pounds, then climbing is a fantastic route to hitting your goals while having fun. I personally find climbing to be utterly absorbing, to the point where I don't realize I am 'working out'.

Climbing is all about trying to cheat the relentless pull of gravity, which makes it a classic power-to-weight ratio activity. As with any workout or sport, your body will adapt to its specific demands. In this case, that means it will ruthlessly burn away anything that's not useful for climbing up a wall: ie body fat. And because climbing is a full-body activity, it will also boost your metabolism, helping you to burn more calories at rest.

So long as you don't slack off at the driving range, you'll keep the muscle mass relevant to golf, but gain some additional strengths, making you more generally resilient, and able to withstand the stresses and strains of the game, and life in general.



## 6. It Helps You Enter The Flow State

A common feature of the experience of pro athletes, across many different sports, is entering the ultra-high performance mental zone of the Flow State, AKA 'The Zone'. If you can clear your mind of everything else, and achieve total focus on the moment, then you've entered the zen-like Flow State.

As pro climber and The North Face athlete, James Pearson, once told me: "On very hard routes I start climbing and I'm so focused that everything else disappears. From leaving the floor to topping out on the route, there's just me and the rock in a magic little bubble."

*It just flows and you have this magical performance moment where everything is just perfect*

This isn't just some short-cut to transcendence, it has a very practical value, because the activity suddenly seems to take no effort, and you don't even have to consciously direct it. "You almost don't even remember the climbing," Pearson said. "It just flows

perfectly and you have this magical performance moment where everything is just perfect.”

Pros across many sports report that this becomes easier to do the more often it happens to you. I personally find climbing to be such an immersive activity, that while I am doing it I am thinking about literally nothing else. The Flow State always seems very close at hand, and I can recall numerous times when a particularly challenging, or mentally absorbing climb, triggered it.

Once you become familiar with The Flow State, you learn how to transfer it to other sports and activities. So if you haven't experienced it playing golf yet, then give climbing a go...

## **7. Your Self-Confidence Will Peak**

The best climbers I know all exude a quiet kind of internal confidence in themselves. It's as if facing down their fears on the wall, and reconfiguring their sense of what they can achieve (by progressing through the climbing grades) they have lost the need to constantly prove themselves to others, in everyday life.

And the best thing about this effect is that you don't need to be a pro climber – or even a mediocre climber – to benefit from it. Every climber faces exactly the same challenge, in terms of the fear of falling, and every climber has to overcome this basic fear that's hardwired into us all – with good reason!



When a climber trusts their partner to catch them, as well as their own ability, then they rationally know that they are safe – but they still have to quiet that primal part of the brain that will forever be a panicked animal. This is a skill that pays dividends wherever you are, including on the golf course, and will give you an unassailable bedrock of self-confidence.

When you combine this self-confidence with the reward loop of steadily moving up the climbing grades as you improve, then you'll be able to keep the bigger picture in mind whenever you feel you're stuck at a certain point of your golfing progression.

Golf and rock climbing might seem a surprising mix, but scratch beneath the surface of how each activity works, and there's more than a little crossover. So if you're looking for a new challenge to spark up your brain and take your physical capacity up a notch, then know that climbing could be just what you're looking for...

# **BOULDERZ**

## **CLIMBING CENTRE**

### ETOBICOKE

1444 Dupont St. Unit #16

Toronto, ON. M6P 4H3

Monday – Friday

Open 10am - 10pm

Saturday — Sunday

Open 10am - 7pm

[416-516-6666](tel:416-516-6666)

[Email Us](#)

### JUNCTION TRIANGLE

80 The East Mall unit 9

Etobicoke ON M8Z 5X1

Monday — Friday

Open 9am — 11pm

Saturday — Sunday

Open 9am — 9pm

[416-255-6676](tel:416-255-6676)

[Email Us](#)

