**2024 PGA TOUR CHAMPIONS LEARNING CENTER #14**

VO > PGA Tour Champions Learning Center.

VO > Endicott, New York has a long and distinguished history of professional golf dating back to the early 1970s. This week, we're back on the banks of a Susquehanna River and classic En-Joie Golf Club for the 17th edition of the Dick's Open.

OC > Hi, everyone. Welcome to Learning Center. I'm Vince Cellini. The week before major championship season kicks into high gear on PGA Tour Champions. A two-time defending champion here and newly minted World Golf Hall of Fame member has a chance at three in a row with more. The man who called the action Bob Papa, offering a recap.

VO > Entering the final round of the Dick’s Open, three shared the lead Patrick Harrington, Ken Tagawa and Steven Ames in Endicott, New York. As John Cook. We take a look at some of the highlights of what was a wild final round. Guys who went out early, we're going low. And how about this shot by Padraig Harrington, his second at the par four six.

VO > Yeah, beautiful through the trees. Gets it up on the front part of the green. Long way from the hole though. But what does he do. Well why not just make it from 70.

VO > Yeah, he had eagled the par five third bogeyed the fourth. And then this unexpected birdie at the sixth has been 13 under par. And at the par five eighth his length is such a key factor here at able to get it home in two.

VO > Yeah, up that hill on the eighth hole front right hole location lands it perfectly right underneath the hole. Really really good play.

VO > Two putt. Birdie at the eighth. Got to 14 under. Then Harrington rolls this in at nine and he's at 15 under par. And you thinking what he's got this thing under control. But he made a bogey at the 10th. Didn't make birdie at the par five 12th. And then this masterpiece at 15.

VO > Absolutely well control trajectory spin control delicate little putt. But he had it on the proper side of the hole. But this was the turning point right here. Dumped a nine iron to the left into a horrible lie. But this that pitch shot right there Bob was money.

VO > Yeah, it really was. Because Mike Weir at that point had posted 14 under. And then Harrington makes this putt for par, a little fist pump. And now he goes to 18 knowing that he just needs a par and taps in for par as he wins for the eighth time of the PGA Tour Champions and captures his third consecutive Dick's Open, the only man to win this event three times now. Harrington by a shot over Mike Weir. Ken Duke with a nice final day bogey free. Let's hear from our champion.

OC VO > Yeah, I'm definitely more comfortable in this style of golf course. I like coming here and and obviously this course fits my ideas for par fives as a drivable par four. So, I feel like I have a little bit of an advantage. So, it's a I suppose it's a positive way to start. And maybe over the three years anything I've seen to read the greens, well hold the putts. So yeah, I'd certainly be back. I'm good value for money, really. When I was coming down that stretch, you're not really sure what you're going to get. I might have gone to hit it stone dead, or I'm going to have to get it up and down out of some weird place. Oh it's entertaining. I wish it wasn't as entertaining, but it is entertaining.

VO > Padraig Harrington moves up 11 spots in the Charles Schwab Cup standings by virtue of his third consecutive win in Endicott, despite a disappointing final day and T6 finish at the six, Stephen Ames increases his overall lead on Steven Alker. Els, Stricker and Broadhurst round out the top five. What a year so far with senior major championships on tap.

VO > Still to come, the idea of being fit over 50 a must on the PGA Tour Champions. And Mike Weir shows us his path to optimum performance. It starts in the gym, not on the range. Stay with us.

VO > Mike Weir burst onto the golf scene in full force as the 2003 Masters champion, and only Canadian player to win a major championship over two decades later, Weirsy remains physically unchanged and not by chance. Mike's work in the gym boosts his endurance, flexibility and strength all needed to continue to play at a high level. Recently, he took us through his paces, sharing multiple gym moves used to improve his game.

OC > So, normally what I would do, I'm not going to go through the whole thing. Might take a while, but I would warm up on the on the treadmill kind of on an incline. I'd start slow, maybe like a 3.0. Pump it up to a 3.54. Like a good power walk and put on inclined to get my heart rate up a little bit. And then I go into, you know, some dynamic stretching where I'd, you know, a walking lunge or I just kind of scrape the ground. Stretch, stretch the hamstrings. I feel like I'm touching the ground with my with my hands. That would be one. I probably do two rows of that, and then I do another kind of lunge and opener of the shoulders. You know, obviously that's kind of like a golf swing or making a rotation. So, I go back and forth through that, and then I go backwards where I'd open up the other way. And I do things like this for, you know, 5 to 5 to seven minutes, just kind of get my body going again down like this and back up and stretch and arch my back as much as I can. And then I take that go side to side. It gets it gets all this area, the hips going and then do some rotations, legs together, doing some rotations. So, it's all getting nice and lumbar before I go into dynamic things, dynamic things I might do. so I might take this school bench here first. I might do actually some grounding things where what I might do is just some, some lunges side to side, some jumping lunges and try to stick the finish. Because if I'm going to load into my left side, I want to jump across, try to hold that finish. The same with the other way. We'll see if I can hold it without my body tilting, trying to stay nice and level. And then I do that with a medicine ball in my hand. You know, maybe not too heavy. I might be a little heavy. Kind of a light on this. Just a four pounder, but again, helps me stay nice level. Once I do that a few times and then I'll do it a little more dynamically. And then the other way. And then I'll do up on the bench where I would. Same thing. We're trying to use the ground in the golf swing. So, this push off here with this foot. Again keeping everything nice and level. And we go against the wall here. That's a reinforced wall we have here in the trailer. Get in this nice posture trying to maintain our posture. We get a little more explosive stuff going. And we might do it sideways. Again, we'll kind of load. Just get some speed going. I might do it side to side. Some slams on the ground. So, that’s one.

VO > Mike you do a lot of hcokey stuff in here?

OC > Yeah. It's a lot of it's a lot of dynamic stuff. So it might just take kind of a small dumbbell like a ten pounder. Again, I'm trying to create stability in my torso so I can do like a split squat where that goes up nice and fast and I split legs, different legs.

VO > Now how does that help with golf?

OC > Well, it helps me. I don't tilt and sway because I have to stay nice and stable here. And I'm explosive, so it helps with speed and power. So, it helps my stability. what else do we got for you? Oh, we'll do some banding exercises here. Again, some rotations. Take this. I take up the hand up this round here. This is a great one for the thoracic spine. The upper part of the spine to get some rotation. So, I'm going to push with this hand and pull. And you can see how I'm opening up. Just like we would in a golf swing. You get that full nice rotation. Do the other side. Some people are super limber through the thoracic spine come to mind like Ernie Els or Freddy. You know, they can really wind. I'm a little tighter. So, I have to really work on this part for me. Everybody's got their different limitations and things that they're trying to work on. That's this is a big one for me to keep mobile. If not, I kind of cut my turn short and I use my arms a lot. So, this rotation really helps me to really complete a full turn. So that's a good one. and then these are just a few. I'm trying to think off the top of my head. What else I would what I would do. Oh, and another one right here. We would do some. Someone's got a lot of weight on there. We don't need that much. So, bring this down. Bottom. Again, a little thing to simulate the golf swing because I'd be loaded being a lefty into my left leg. And I'm going to push my explode into my right leg and extend my, my, my torso and my hips extend and push forward a little bit more. Oops. That's a great one. Another little stabilizing exercise is to put that about shoulder height, with more of a handle instead of those. And probably a little less weight than that for me, this this is just a stabilization exercise. So. You don't need a ton of weight. I might be a little heavy to get in that golf stance. Again, this is stabilize. This is trying to pull me that way. So, I'm trying to stabilize myself. And it's easy I see a lot of amateurs. They get turning like that right. You have this little weight and you gotta do everything. You can just kind of go nice and slow. Do not let it pull you. But yet it's winding me all the way and then come back and do a nice slow. And I can feel the pressure building on my left foot as I as I go this way, which we want in our backs, we. And then we go the other way. We should be on our downswing. So, it's not letting me fall forward too much. It wants to make me do that. But I'm going to resist that now. I can feel the weight build into my right heel, which we want a golf swing. So, I do a few sets of those. So, put that all together. It's about a half an hour by the time I warm up and I'm ready to go.

VO > Still ahead on learning center, Billy Andrade goes home to Rhode Island, where he is clamming it up for our cameras. Just watch a pro in action and the state's most famous character this side of Peter Griffin. When we come back.

VO > Against the picturesque backdrop of Newport Country Club, the stage is set for this week's U.S. Senior Open. While the focus is on who will win the championship, it's worth noting that players often harbor unique passions beyond golf. Among them stands Bristol, Rhode Island's own Billy Andrade, whose connection to the region runs deep, epitomizing the essence of New England like few others.

VO OC > Well, this is where I grew up. This is home. My Auntie Mary started us in clamming when I was a little kid, and we used to clam all up and down the coast here in Bristol and down Aaron Avenue, where I grew up, and she made it so much fun. And she would start screaming and hollering when she got a hole, and she started getting the clams and I love it because it's it's something you can do to relax and just kind of get away from, you know, what? You, you know, your normal life and spend a lot of time down here. And we obviously built our house here, for the summers and, you know, it's a great place for family. You know, we have a lot of family in the area. Bristol, Rhode Island is a hidden gem. It's, one of the most beautiful places I feel in in the whole world.

VO > Nestled within this coastal enclave, home to approximate 22,000 residents, lies a tapestry of cultural vibrancy and unwavering tradition.

VO OC > Just take a look around. This is just, extremely peaceful. the big the big hurray up here is the 4th of July. It's just one of those where we celebrate very patriotic town, very close-knit town, just really, really good, warm people for sure.

VO > Amongst the residents of this quaint town is Billy Andrade. For over four decades, Billy has maintained a deep connection to his hometown consistently returning to his origins. When he's back, Billy immerses himself in the essence of his upbringing.

OC > We're proud of you.

OC > I appreciate it. Yeah.

OC > From Bristol.

OC > Absolutely.

OC > You come back

OC > And I'm proud. I'm proud to be from here.

OC > Yeah.

VO > Andrade’s imprint on Bristol resonates throughout its streets and squares. He delights in sharing the town's treasures with his friends, including Michael Allen, an eight-time PGA Tour Champions winner, introducing him to one of Billy's enduring passions.

VO OC > You know, it was one of those things I kind of always wanted to do and then watch and Billy and and so it just go ahead. That's pretty neat. You know, not many people have something like that.

OC >And this is where we get, you know, little necks. And this is where we get some car honks. But we also get, the steamers. So the steamers. Yeah. So these are the steamers and these steamers you get right here at low tide, you throw a rock up. If it spits, then you know there are clams there. To get the delicacy, which is the, which is the little the little neck. You got to go out a little bit in the water and, you know, I like to get down, you know, get down like this, and you're in there and you start feeling. Yeah, you start feeling okay. All of a sudden, boom! You start catching.

VO > You start getting a good feel. Yeah. You ever seen a rock and a clam.

OC > You guys here man. To see the coolest place on earth.

VO OC > Hog Island is, for a quick little boat ride. You are, you are in another world, and it's a a great place to, kind of reconnect and, decompress. Clamming is the big thing. Every July, I come up for a couple of weeks and I try to do something. And while the Champions Tour is on, a little bit of a hiatus, and, we connect with Billy and, get him over for, for some clamming.

OC VO > It's part of who I am. I just love to, you know, spend a couple hours and get in the water and get next to the water here and and dig away.

VO CO > So I thought it was cool when they asked me to do it, I jumped on it because I thought it'd be really neat.

OC > Is that a clam?

OC > No, it's a rock.

OC > Hey, Charlie Brown.

VO > I like, like a rock.

OC VO > I loved getting in the water and getting your arms in there and getting your body. You know, it was just. It was. It is refreshing. It's cool. It's. It's when you're clamming, it's like when I get on my motorcycle, you're not thinking anything else. You're just kind of in the moment hunting for that clam. The excitement of like, especially for me when I got my clam or two it was great. You know, I really it was like you, you accomplish something.

OC VO > When you're dreaming about tide charts, you know, something's going on. And I, I have a passion for it, and I'm crazy about it. Like I am about the game. I got one right. It's a beautiful clam.

OC > We're dirty. We're wet. Come in

OC > Bring the clams over to my mom, Helen, and she's gonna clean them up a little. Soak them.

VO > How many ways can you make Clams?

VO > What Clams?

VO > It’s kind of like shrimp. How many ways can you? Can you do?

OC > You can make a sauce. You can have them on the half shell, which we did last year. So yeah, you can just open this up right now.

OC > Yeah.

OC > And go to town.

OC > Yeah.

OC > So there's different ways.

OC >Clam cakes.

OC > You can do a clam cake.

OC > Oh yeah. You can do clam cakes.

OC > Clam sandwich. Po boy.

OC > Probably clam pizza. Everyone thinks I'm crazy, but I love it.

VO > And that is our time. Another major champion, soon to be crowned on the Tour of Legends. Thank you so much for being with us this week. I'm Vince Cellini and we will see you next time I'm learning center.