



GOLF WHISPERS

FROM EVE



Steve Bottcher uses golf clubs to help build his kayak!



ROB REICH, GREG, AND I PLAY A ROUND AT THE OCEAN COURSE THIS SUMMER.

Are You Looking for Consistency too?

Summer is over. Schools has started, but the heat is still here! Another busy golf season is quickly approaching. Are you ready?

Most of the golfers I teach are striving for the same thing: consistency. Now, even though students come, to work

on a particular aspect of their game, the theme is generally the same: how do I maintain my improvement? How can each day be the same? Though this may sound despairing, the first thing we need to accept is that each day will be different. Not one day will be the same. Our bodies may feel different each day;

something may be on our minds or we could just come to the course lethargic from the heat. All of these things affect the physical swing. But, there is something we can do that can alter the physical game besides regular practice on the range. Continued page 2.....



LPGA PLAYER LISA STROM VISITS



COLE WEBER ENJOYS SUMMER GOLF



LADIES' CLINIC ARE STARTING

This is worth a try!!!! What do you have to lose?

Consistency can be achieved by practicing two simple tasks on and off the course. These tasks may not seem simple at first, but after some practice you will see the effects. First we need to let go of attachment to the results of what we expect things "should be" To detach yourself from the outcome you must let go of judgement. Like society, we are constantly judging whether something is good or bad. These judgements interfere with our experience. For instance, let's say you miss a shot and you say to yourself that it was really bad. This can lead to a downward spiral of events like correcting the swing out of what you just did. If you miss the next shot, you may try to correct the swing again. When will the corrections stop and your

swing just be the swing you practice? Judgement also affects our emotions. When we think a shot is good, we tell ourselves to feel good and when we think a shot is bad, we feel bad. What an emotional roller! To bring consistency to our games we must be consistent thinkers. Judgement interferes with our thinking process and emotions, which pull us out of the moment. Look at the golf game as a string of shots you put together, while detaching from the outcome and see what happens. See how you feel. Golf can be more mentally exhausting than physically. Take five minutes to start each day to observe your judgements in life. Once you recognize that little voice in your head full of judgments say to yourself, "Thank you for sharing". This little quote may make a day of golf easier when we begin to realize that judgements can affect the outcome of a swing, score and enjoyment. And don't be surprised if you say it often. Try it!

**SEND ME YOUR
QUESTIONS**

CHALLENGE OF THE MONTH!

CALLING ALL GOLFERS!

ALL YOU NEED IS TIME, A
GOOD ATTITUDE AND A
WILLINGNESS TO
IMPROVE!

PRACTICE FOUR FOOTERS
IN-A-ROW UNTIL YOU
MISS.
CHALLENGE YOURSELF TO
BEAT THE NUMBER OF
PUTTS YOU MADE IN-A-
ROW FROM THE LAST
PRACTICE. THIS WILL
BUILD CONFIDENCE FOR
KNEE KNOCKERS
ESPECIALLY WHEN THEY
COUNT

Congratulations to.....

Steve Bottcher for building his kayak Spirit and challenging himself to a 90 mile race in the Adirondacks! I admire your willingness to learn a new challenging hobby and your dedication to detail.

Randy Adams, began lessons six months ago with a specific goal: to Qualify for the Mid Amateur. I was fortunate to caddy for Mr. Adams (with new appreciation for the physical and mental job). With an unfortunate ruling, Mr. Adams missed the cut by 1 shot shooting a 73. He played great golf and I am proud of his efforts!

Donna Bailey won her Club Championship this summer at Walnut Cover, making it her 17th Championship win overall!

Marilyn Decko won the 1st flight in the City Amateur Championship

Dar Murphy won overall Gross and Suzie Williams won overall Net at the WSCGA Dataw Island event

Thank you, Rob Reich, for inviting me to play the Ocean Course this summer! It was eight years ago that I played there last and it was great to get back there.

Please tell me what you are doing or learning on and off the course or any on course accomplishments!

The Conditions can change from the north to the south. How do you adapt?

BERMUDA GRASS AROUND THE GREENS.....

Can be so challenging. The pitch and chip from the rough can be rough!

- 1. The club must accelerate through the ball.**
- 2. Keep your weight forward**
- 3. The butt end of the club needs to lead through the shot to keep the left hand moving through the shot. This will keep you from decelerating, which is a shot killer**
- 4. You can either sweep or pop the ball out. Which ever type of shot you choose, COMMIT to the shot!!!!**
- 5. Unfortunately, the shot will come out different every time**
- 6. You would rather have the ball be long and on the green rather than leave yourself in the same conditions!**
- 7. Practicing can save you so many strokes!**

HOW TO HIT OUT OF FLUFFY SAND

MOST IMPORTANTLY ON ALL SHOTS, TAKE A CONSISTENT AMOUNT OF SAND. VARYING YOUR BACKSWING PATH CAN CHANGE HOW THE BALL FLIES OUT. IN FLUFFY SAND TAKE THE CLUB MORE AROUND YOUR BODY ON A FLATTER PLANE. THINKING OF SWINGING THE CLUB AROUND YOU LIKE THE LETTER "U". TO TAKE THIS BACKSTROKE, PROPERLY, THINK OF THE RIGHT ARM AS A HINGE ON A DOOR AND BEND THE AT THE RIGHT ELBOW LIKE YOU ARE OPENING A GATE. ALSO REMEMBER IN FLUFFY SAND TO ACCELERATE THROUGH THE SHOT.

HOW TO HIT OUT OF COMPACT SAND

IN VERY COMPACT SAND OR WET SAND YOU WANT A MORE UPRIGHT SWING, KEEP YOUR WEIGHT ON YOUR FORWARD FOOT AND DIG DOWN. BY KEEPING THE FACE SQUARE YOU, THE LEADING EDGE WILL DIG MORE WHICH WILL ALLOW THE FRONT EDGE OF THE BLADE TO MAKE CONTACT INSTEAD OF THE BACK EDGE OR BOUNCE. THE BALL ALWAYS FLIES OUT OF WET SAND MORE EASILY SO BE CAREFUL NOT TO PICK THE BALL CLEAN. REGARDLESS OF THE CONDITIONS YOU ALWAYS WANT TO TAKE A CONSISTENT AMOUNT OF SAND.

IF YOU ARE CONCERNED ABOUT THE BOUNCE COME SEE ME AND WE CAN FIT YOU FOR PROPER WEDGES. REMEMBER YOU COULD ALWAYS USE A LESS LOFTED CLUB THAT HAS LESS BOUNCE.