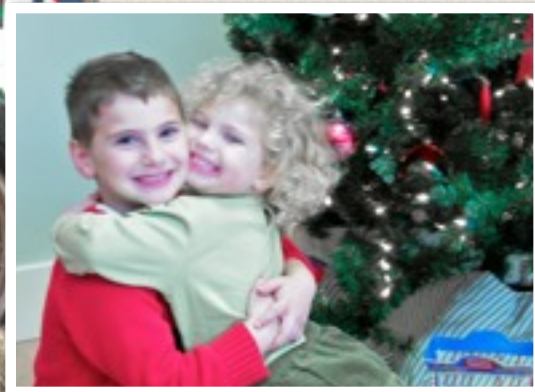


GOLF WHISPERS



From My Family to Yours

Members and Friends,

From the bottom of our hearts, my family and I want to thank you for an amazing year. We are so grateful for the Teaching Position created for me at Briar's Creek. Thank you for your support and your dedication to learning. We wish you a very Merry Christmas and Happy New Year! I am dedicated to help you reach your goals, improve your game and reach new levels while having fun! (Golf is supposed to be fun, right?)

Always,
Eve aka...the Golf Whisperer

GIVE THE GIFT OF GOLF!

THE COLD WEATHER IS HERE AND THE DRIVING RANGE IS QUIETER.

THE WINTER SEASON IS A GREAT TIME TO BUILD SKILLS SO THAT WHEN THE BUSY SPRING TOURNAMENT SCHEDULE STARTS YOU ARE IN PRIME MODE TO PLAY. TO ENCOURAGE YOU TO CONTINUE TO PLAY AND PRACTICE I AM OFFERING A WINTER SPECIAL!

WINTER LESSON SPECIALS!

2010 CHRISTMAS-FEBRUARY 28

1 HOUR RATE: \$75

1/2 HOUR RATE: \$50

2 STUDENTS/HOUR \$105

3 HOUR PACKAGE \$195

6 HOUR PACKAGE \$395

THANK YOU FOR REFERRALS!

THANK YOU FOR ALL YOUR REFERRALS! REFER A FRIEND FROM BRIAR'S OR SPONSOR A LESSON AND I WILL GIVE YOU 50% OFF YOUR NEXT LESSON!

A New Year. A New Plan

The holidays are a wonderful time to reflect on what we have; where we have been this year and create hopes for the New Year. So I ask you to reflect back on your golf this year. What did you like? What didn't you like? If you could look back a year from now what would you like to see different for 2011? Where do you want your golf game to be in a year? As most of you know, I ask you to share your goals with me. For instance, the most common response back is lower my handicap or my scoring. But I suggest you look deeper than that. Having lower scores and handicap will be the effect of a combination of a few things like improving your motor skills, practice, mental toughness, a good practice regime. These things combined will make a big difference. If we were going to build a house, we would need to have a solid foundation. Think of that foundation as the essence of your personal swing. Continued on page 2....

COME SEE ME TO TAKE A MENTAL TOUGHNESS QUIZ!

Congratulations! Job Well Done!

I am so proud of my students, who played in the **Cross River**. You all worked so hard and played well.

Jim Mullin took 5 shots off his handicap. Last spring Mr. Mullin took a lesson every other week. We combined video, range training, short game practice and most importantly on course transfer. He didn't see results immediately, but he stayed on course and practiced!

Sally Cuskley lowered her handicap 7 strokes and moved from the red to the yellow tees.

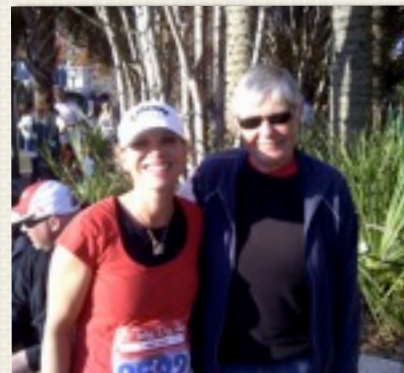
Colin Cuskley lowered his handicap 4 strokes this season

Steve Bottcher lowered his handicap 8 strokes since last January

Ernie Hesseltine won his Senior Club Championship at Mountain Aire CC in N. Carolina

Share your successes!

Ask me your golf questions!



MARILYN DECKO
SUPPORTING HER
HUSBAND KEN AND I
DURING THE TURKEY
TROT DOWNTOWN



Cross River Team



MR. MULLIN LOWERED HIS
HANDICAP 5 STROKES
THIS SEASON THROUGH
PRACTICE!

Just like every structure is different, so is your swing unique to you. That foundation is where your motor skills are built. We could call this the cause and effect stage of learning. We all must have a good foundation if we want to build another level for success. Many of you have heard me say that Golf Professionals have taught the importance of the swing and placed less importance on playing and performance. I believe more importance needs to be placed on getting my students to know how to use their skills to perform under all conditions and distractions. Let's sit down and develop a plan for long term improvement. Practice is an intricate part of the process. Has there been anything that you really wanted to achieve in life that didn't take work or practice? Most golfers come for a lesson when their swing is broken; not when the swing is working well and they want to build on that accomplishment. For instance, if you wanted to lose weight would you eat fewer calories (maybe get a nutritionist); spend more time exercising; have a trainer to increase your knowledge and give you fitness plan- and then you would be on

WHY PRACTICE?

track to lose weight and look great. I had a goal this year to run a 5k. I am not a runner. In fact, I really disliked running. As a child, I had asthma and always thought I couldn't run long distances. This became an excuse. So I got online and checked out some websites like From Couch to 5k. I talked to other accomplished runners. At first I could only run 5 minutes at a time. Each week I tried to increase my time. Thanks to the support from the Decko's and my brother in law- a marathon runner, I ran the Turkey Trot downtown Charleston in 37 minutes. Now I love to run and can't wait to run in another 5k. This took time and constant practice. Be honest with yourself and get clear about what you really want- to improve on with golf. Is golf social or would you rather spend time doing other things? Find what is right for you and then commit to that choice. Some practice is better than no practice at all. Know that I always support you. If you are looking to make 2011 your year to improve you have to dedicate time or develop a routine so you will see a difference. Most people don't know how or what to practice. Don't let this be your excuse! I would love to help you develop a plan for applying skills to performance!

Ladies Clinic Schedule

- 2/4 Break Scoring Barriers 100/90/80
- 2/11 Managing Tight Lies and Adverse Conditions
- 2/18 Time Management: How to Practice? What to Practice?
- 2/25 On Course Decision Making Skills
- 3/4 Distance Control for the LW, SW, PW
- 3/11 Putting Techniques, Drills and Practices

Due to Cold Temperatures All February Classes start at 10:30

Suggested Reading Material for All Golfers

- Easier Said than Done by Dr. Rick Jensen
- Outliers by Malcom Gladwell
- Mastery by George Leonard

MEN'S

GOLF SCHOOLS

- 1-10 LOWER SCORES BY MAKING BETTER DECISIONS
- 1-17 TIGHT LIES
- 1-31 BREAKING 100/90/80
- 2-7 ADDRESSING THE MISSING LINK
- 2-14 LW, SW, PW BASIC, ACQUIRED, L-L
- 2-21 PUTTING- TECHNIQUES, DRILLS AND PRACTICES

Addressing the Missing Link! What is Yours?

THE WEAKEST LINK WILL BREAK DOWN UNDER PRESSURE!

Take time to assess your game. Keep stats on your rounds played. Figure out what golf shots increase your score. I am sure, over a period of time you would see a pattern. Practice the shots that cause you the most problems, your weaknesses and spend less time on your strengths.

Nourish the mind....

In one of the Ladies' Clinics I suggested the group take all their inhibiting thoughts and beliefs that did not serve any positive purpose and put them in a backpack. The reason? We carry that heavy backpack around on our backs every round. What a load to carry. Those thoughts can weigh you down and keep you out of the moment as well as increase the number of shots per round. I believe that if you know yourself well you will play better golf. Don't let thoughts like, "I don't perform well under pressure; I don't hit the ball long enough; I'm not a good enough putter", etc. get in your way. Put them in your backpack and leave the backpack at home.

THE DOUBLE HIT

EVER HAVE A DOUBLE HIT? THIS IS WHAT CAUSES THE SHOT....

ON A "NORMAL" SHOT, AROUND THE GREENS THE CLUB HEAD IS TRAVELING DOWN THROUGH THE BALL. THEN THE BALL GOES UP. BUT IF WE DECELERATE THROUGH THE SHOT, THE HANDS STOP MOVING THROUGH AND THE CLUB HEAD PACES BY THE HANDS. (LEFT WRIST BREAKDOWN) THEN THE CLUB HEAD CONTINUES TO MOVE UPWARD THROUGH AND HITS THE BALL AGAIN.

SO KEEP THE HANDS MOVING THROUGH THE SHOT....ACCELERATE AND KEEP THE CLUB LOW TO THE GROUND ON THE FINISH

TIGHT LIES

AS THE TEMPERATURES GET COLDER THE GRASS GOES DORMANT MAKING ALL FAIRWAY SHOTS MORE CHALLENGING.

MY SUGGESTION IS TO PLAY THE BALL FURTHER BACK IN YOUR STANCE SO THAT YOU CAN HIT DOWNWARD ON THE GOLF BALL. PUT YOUR HANDS FORWARD AND TRY PUNCHING THE SHOT. YOU MAY WANT TO EXPERIMENT WITH A SHORTER SWING. THE SHOT WILL PROBABLY REACT BY GOING LOWER BUT YOU WILL HAVE MORE BALL CONTROL AND A STRAIGHTER BALL FLIGHT.

USE MORE OF A BUMP AND RUN SHOT AROUND THE GREENS WHEN YOU DON'T NEED TO FLY A SHOT IN HIGH. A LOFTED CLUB IS HARDER TO HIT OFF TIGHT LIES BECAUSE OF THE BOUNCE.

QUOTES THAT MADE ME STOP AND THINK

IN EVERY SPORT, SUCCESS SEEMS TO BE IN THE PROPORTION TO THE PLAYERS SENSE OF BALANCE AND FORCE- WHETHER IT IS INNATE OR ACQUIRED. OFF BALANCE FORCE IS ERRATIC. WE MUST MASTER BALANCE. -HOMER KELLY

TO CONTROL THE BALL-A GOLFER MUST FIRST LEARN TO CONTROL HIMSELF. - JOHN STUART MARTIN

THERE ARE NO SHORTCUTS TO ANY PLACE WORTH GOING. - BEVERLY SILLS

WE HAVE ENOUGH PEOPLE WHO TELL US LIKE IT IS- NOW WE COULD USE A FEW WHO TELL IT LIKE IT CAN BE. -ROBERT ORBEN

WHETHER YOU THINK YOU CAN OR CAN'T, YOU'RE RIGHT! - HENRY FORD