



# GOLF WHISPERS



## Girls Golf of Johns Island is In Session

Schools out and we are in full swing this season with the kids. Thanks to the help of Tony and Dorothy Willard, Lynn Sager, College of Charleston team players Anna Martin and Vanessa Koechli, Chris Edwards and Eve VanderWeele. The kids have been

hitting pitch shots into the swimming pools and garbage cans, chipping into circles and taking full swings at the Bulls-eye. They are like sponges and already, at such a young age developing good habits! We have had the children keep a golf journal. Each week the

children write about what they have learned and draw a picture about it. They are great artists as well as golfers. Your support and contributions has helped this program successfully get off to a great start. Thank you! - Eve

### PUTTING TIP

WHEN YOU HAVE A 20 OR 30 FOOT PUTT VISUALIZE A BASKET AROUND THE CUP. IF YOU DO THIS, YOUR PUTTS WILL END UP CLOSER TO THE HOLE FOR A GIMMIE PUTT. WE TEND TO OVER HIT A PUTT WHEN WE "GO FOR" THE MAKE ON A LONG PUTT. DON'T GO FOR THE MAKE. GO FOR THE TAP IN!

### SAND BASICS

AS MOST OF YOU KNOW, EVE'S SAND LESSONS PROVIDE A RELIABLE, CONSISTENT AND BASIC WAY TO GET OUT OF THE BUNKER. WHEN YOU KEEP THE FACE SQUARE YOU ALLOW THE LEADING EDGE OF THE SAND OR LOB WEDGE TO HELP DIG THE BALL OUT. BE CONSISTENT FIRST, THEN CHANGE YOUR SET UP AND CLUB FACE.

### EVE WILL BE .....

COMPETING AGAIN THIS YEAR IN THE PGA SECTIONAL CHAMPIONSHIP AT DANIEL ISLAND ON AUGUST 28-30. THE NEXT NEWSLETTER WILL SHARE HER PREPARATION AND EVENT RESULTS. EVE'S DAD, FRED LUX, A RETIRED PGA PRO FROM NY WILL BE CADDYING FOR HER!

# THE ADAMS FAMILY -THREE GENERATIONS OF GOLFERS



## Congratulations Randy!

### Interviewing Randy Adams....

#### How did you prepare for the Club Championship?

With the warm weather- I played a lot of golf. Much more than normal- I have been spending hours on the putting green.

#### Were there any momentum turners for you during the matches to your advantage?

In the finals, I chipped in on 8 to go 3 up and that kick started the birdie run

#### What did you learn from last year's event and this year's?

I shot around par last year and lost 1 down - It gave me confidence knowing that I could still play well under competition.

#### Any future events planned?

I plan on playing a few State events and the USGA mid-am qualifier- of course local events and the parent child

#### Give us your golf background to current...your generational- golf

I started playing early as my dad was a club pro- I played in the USGA Junior in 1984-won the CGA junior-1985. Played collegiate golf at Winthrop U. Won 1 time and was All Conference 3 years. I have won 6 Rock Hill CC Club Championships.

**Over all Goals?** Goals have changed over the past several years. With Zach playing I have been spending more time on my game and competing. - I would like to play in another USGA event

#### What do you like practicing the most?

Short game- I have enjoyed playing more over the past 2 years. Learning to score again

#### If you weren't playing golf, what would you be doing?

I have no idea-challenging myself in some sort of sport- definitely would not be yard work or House projects

#### Why do you play? What do you love most about the game...

It is really a passion- the only hobby I have ever had- love the game-the honor -the fact that you can play forever

#### Tell us your final results and total number of birdies.

Round 1- 6 birdies 7-6. Round 2 3 birdies 1up. Final 7 birdies. 7-5. 16 birdies 42 hole

I have been working with Eve for 3 years- when we started I could not drive it on the golf course- today I consider my driving a strength. She has really helped me in all aspects of my game. I could breakdown driving , iron game, wedge game and putting -all together the work has brought new found confidence that I did not know I still had in me. I am enjoying the journey- as always in golf- lots of work to do.

# Bubba Style Not Na, Na, Na, Na

Bubba Style sounds like barbeque or a ribs special. The Masters was exciting; it always is. Everyone talked Bubba's last shot. How could a golf ball curve that much and cover so much ground? He never took a lesson. He was self taught!

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## ARE YOU BUBBA OR NA?

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### A Few Weeks later.....

Oh Na. Our hearts felt for you. Taking it back like you had the yips with the driver. What would cause such a thing? Too much technical information....YES, Eve the teacher, the coach said that!!!! Why? Because the golf GAME should be a blend between swing skills, ball control, managing your mind and the course. Wouldn't you rather have the ART of PLAYING rather than a pretty swing without results? Perfect technical swingers don't always know how to leave the range and perform golf shots on the course. Are you striving for the perfect swing?

Bubba controlled his golf ball by hitting creative shots and visualizing his intended shot pattern. Na was trying to control his swing. Bubba won, Na broke down, but at some point, we can all hope with that solid swing, he will win.

### How to draw the Ball like Bubba-

Set up with a closed stance. Allow your arms to swing more around your body on a flatter plane. Then allow your arms to rotate and release. Don't be afraid of over hooking the ball.

**How to be less Na-** have a Pre-Shot Routine and a plan for your shot. Visualize and stay present with your thinking. Use your breath to stay relaxed. Think target and less about your swing!

## WHAT'S REIKI...A LITTLE MORE ABOUT EVE

BACK IN 1995, EVE WON THE NY STATE AMATEUR CHAMPIONSHIP. AFTER WINNING HER FIRST TITLE, EVE EXPERIENCED PRESSURE FOR THE FIRST TIME. SHE FELT SHE HAD TO PROVE HERSELF AGAIN WHICH CREATED MORE STRESS.

SHE BEGAN STUDYING MEDITATION, YOGA AND RELAXATION TECHNIQUES TO MANAGE HER STRESS. SHE WAS INTRODUCED TO REIKI.

REIKI IS AN ANCIENT HEALING ART AND ENLIGHTENMENT APPROACH THAT TOUCHES AND ENHANCES YOU PHYSICALLY, MENTALLY, EMOTIONALLY AND SPIRITUALLY. REIKI CAN INCREASE THE FLOW OF ENERGY IN YOURSELF AND OTHERS; TO PROMOTE HEALTH, INCREASE RELAXATION AND REDUCE THE RESULTS OF STRESS. AFTER SEVEN YEARS OF TRAINING, EVE BECAME A REIKI PRACTITIONER. IF YOU WOULD LIKE TO LEARN MORE OR SET UP A SESSION TO RELIEVE TENSION, OR REDUCE STRESS, PLEASE LET HER KNOW! SHE WOULD LOVE TO HELP! AND IT COULD HELP YOUR GOLF TOO.

## WHAT EVE LEARNED FROM THE COFC GIRLS

CONGRATULATIONS TO THE GIRLS COFC TEAM FOR FINISHING 3RD AT THE SOCONN TEAM CHAMPIONSHIP. JUNIORS VANESSA KOECHLI, KATHY BOEHM, AND SENIOR LEIGH WHITTACKER ALL FINISHED WITH SOCONN TEAM CHAMPIONSHIP HONORS.

ANNA MARTIN, VANESSA KOECHLI, KATHRINE MIRANDA AND EVE WERE AT THE LPGA\*USGA GIRLS GOLF CHAMPIONSHIP AT KIAWAH. THE GIRLS VOLUNTEERED TO HELP AT THE ACADEMY. THEY HAD SOME FUN PLAYING SNAG TOO- STARTING NEW AT GOLF .

