

The "GOLF COACH" Newsletter

BRINGING COLLEGE, HS AND JUNIOR COACHES TOGETHER

February 2017

We are pleased to announce that Mary Lawrence, long time St. Lawrence University (Canton, NY) Head Men's and Women's Coach has agreed to contribute a monthly article for The "Golf Coach" Newsletter. Mary brings a wealth of experience as both a player and coach and will primarily focus on the women's game while offering insight on the similarities and differences between coaching men and women.

A former LPGA Tour player and two- time member of the NCAA National Championship team at the University of Miami, she has continued with her passion by coaching the Saints to (8) NCAA National Championship appearances.

Some of the topics to look for in upcoming issues:

- * Choosing the right school/coach
- * Golf Coach Vs Life Coach
- * The qualifying process
- * Skill level needed
- * Balancing academics and athletics
- * The role of the parents

Golf Drills & Skills



Focus

The Key Ingredient for Great Golf!

By Dr. Bob Winters

A Key Component: Single-Minded Focus!

One of the most vital components for any aspiring golfer who wants to play their best is the ability to clear their mind of negative thoughts and step into the ball with a single, yet positive purpose. This sole purpose must be based on that player's ability to have a clear plan for the shot and to execute as competently as they can and to be committed to this mindset for the duration of the round. Although it sounds relatively simple in concept, the execution of playing with a singular focus in application is

much more difficult than it sounds. To create this focus and emotional serenity I have used the acronym of FOCUS for achieving this effective mental and physical state. Five separate yet interrelated aspects all help to create a single-minded mental state for great shot execution.

The first letter in FOCUS stands for FUN! When young golfers are totally engaged in the moment, there is no worry of score, swing judgments or trying to play perfect golf. The game is just about looking at the target, keeping their eyes on the ball and hitting it solid. After the shot is hit, they simply walk to the next shot and start the process all over again. The concept is simple: “*Hit it and go chase it*”. This same childlike quality is still true of the top players in the world, although they have perfected their craft and their shot making ability. But the same value of fun and having a feeling of ultimate joy of simply looking at the target and firing creates a sense of movement happiness and satisfaction.

The second letter in FOCUS stands for OPTIMISM. Optimism is about hope, excitement, and the anticipation about what is possible. Even the PGA Tour’s slogan “Anything’s Possible” accentuates the optimistic philosophy. However, optimism is difficult for many players to attain in this game. Many rounds of golf are sabotaged long before players tee off with thoughts of worry and self-doubt. The choice to be optimistic will always provide an emotional foundation for developing your talent and seeing how good you can truly become.

The third letter C is for COMMITMENT. Commitment is defined as the ability to commit or to pledge oneself to complete a task. It is also synonymous with persistence and dedicating oneself to do what one starts out to do. All great players of the game commit to their decisions and most importantly, commit themselves to the shot and know that the ball is going to the target. All young golfers must learn the essential component of commitment and make it a priority in their pre-shot routine. By adhering to the aspect of commitment, you give yourself the best chance of achieving a successful physical execution!

The fourth letter in FOCUS is U. The U stands for UNDIVIDED ATTENTION to the process. Players on every tour (professional, amateur and junior golf tours) tell me that the toughest mental issue they face while playing competitive golf is to stay in the moment and not to get ahead of themselves. When you are thinking of your score or you are thinking about what the next hole will play like, you are not in the present moment. You have allowed your mind to drift and wander about aimlessly into the past and the future. The main task of every golfer is to stay in the present moment and to execute the shot that they are currently facing. Thinking ahead or in the past destroys many golf rounds. Being in the NOW is your best chance of success.

The fifth and final letter in FOCUS stands for SIMPLICITY. Simplicity means to keep things as basic as you can and not allow any situation to overwhelm or upset you. Golf simplicity is consistency and repeatability in movement form. Simplicity does not mean that the game of golf is easy, but that in keeping things uncomplicated, the ball seems to find its way into the hole a bit easier.

Summary

Creating a single-minded focus is paramount for developing a young golfer’s mind and helping them reach their true potential. The concepts of FOCUS: Fun, Optimism, Commitment, Undivided Attention and Simplicity work for all players regardless of their handicap or talent level. Make an

effort to implement these key components into your young golfers and watch how their scores and overall golf game will improve! May you always play with a single-shot focus!

Dr. Bob Winters is an internationally renowned sport psychologist who consults with major golf champions around the world. He can be reached for private and team consultations at www.drbobwinters.com. His email is drbob@drbobwinters.com

18-Holes of Up-and-Down...with a twist

By Trent Wearner

- * Golf Digest #1 Ranked in Colorado
- * Golf Channel Academy Instructor
- * Top 25 Elite Junior Coach in U.S.

- Gear needed: Putter and your chipping clubs
- Time needed: About 20-30 minutes to play one round

Rules: The “twist” is in how you prep this game to your players. Explain to the team by having them pretend they each have missed every single green in regulation. It’s been a terrible day of ball striking however they can still salvage a good day of scoring with a great short game. From within 5-yards of the green hit a shot to the hole and proceed by putting out. You’ll do this for a total of 18 times and from a different location each time. Score it just as if you were playing on the course...if you chip-in then you’ve earned a birdie. If you get up-and-down scoring a tow for that particular attempt that’s a par. Taking 3 shots total for an attempt leaves you with a bogey and so on. The score you can log or enter into our interactive practice website, www.golfscrimmages.com should be based on Par 72. For example, if you have zero chip-ins and fail to get up-and-down five times scoring a bogey for each of those times then you’d be 5 over par. The score you would enter is a 77. Seeing a decent score next to your name after such “a terrible day of ball striking” should give you confidence that even your worst day of ball striking you can still salvage the day. When you do have a tough day with your full swing, you’ll be better prepared and by playing this game you’ll worry less about your full swing woes and more about getting the ball in the hole.

Junior Golf Camps & Tours

Nike Golf Camp

Rochester, NY June 25-29th

Stay at Rochester Institute of Technology in their air conditioned dorms. Play 3 different courses during the week. Hosting for the 6th consecutive year and instruction provided by top NCAA coaches and current collegiate players. Dan Wesley, University of Rochester Coach at: dwesley@sports.rochester.edu



Mid-Florida Junior Golf Tour

North Central Florida area tour seeking junior players both boy's and girl's to compete and have fun playing tournament golf.

Annual membership only \$50

Chris Wilson at 352.208.7415 midfloridajuniorgolftour.com



The Junior Players Golf Academy (JPGA) located on Hilton Head Island, South Carolina is the #1 Golf Academy in the south. The mission is to help prepare junior golfers to compete in National level tournament play and receive a college scholarship. The core competency of the JPGA is to recognize and respect each student's individuality. The JPGA approach is to get the student to commit to long-term athletic development, incorporating all aspects of training into a successful path to becoming the best athlete possible. This is all possible through the talented and personable staff and most importantly the limited student to teacher ratio that we take very seriously.

The JPGA offers a variety of programs ranging from full time (an academic school year) to daily sessions. In December we opened our new indoor training facility that includes a 3000 sq. foot gym, an About Golf Simulator (the same one they use on the Golf Channel), putting room, 3 bay full swing area, and game room. Combined with the three golf facilities we use for training and 99 holes of golf for on course work, the JPGA is the ultimate Academy for taking your game to the next level.

High school teams interested in training any time of year are encouraged to contact us so we may develop a program specifically designed for them. We will help with all arrangements.

Please visit our website for more information: www.jrpga.com

With lessons and tournaments held every spring and summer since 1984, the TCJGA introduces and fosters a passion for the game of golf in young people ages 5 to 22. The TCJGA has also introduced the sport in surrounding elementary schools during the winter months. Because of these comprehensive programs the TCJGA has been saluted by the golf industry and also has become a model for other junior golf programs in the United States.



TCJGA
TRAVERSE CITY JUNIOR
GOLF ASSOCIATION

The TCJGA has helped hundreds of kids take lessons and hit the links even if their families have not had the funds to participate. Over the years the TCJGA has given over \$280,000 in college scholarships to members attending numerous colleges and universities across the state and country, including: Northwestern Michigan College, Ferris State, Kalamazoo College, Spring Arbor, Saginaw Valley, Grand Valley, Western Michigan, Central Michigan, University of Michigan and Michigan State University.

Hundreds of TCJGA players have gone on to play on collegiate golf teams and many have pursued careers within the golf industry. Thousands have entered the working world and utilized golf's "Life Skills" such as honesty, integrity, confidence and respect on a daily basis. All have gained mentors and lifelong friends thanks to the game of golf.

For more information please visit: www.tcjga.com

Gary Gilchrist Golf Academy Spring Camps

Central Florida



GILCHRIST
GOLF ACADEMY

GGA provides an interactive learning environment for golfers to learn how to improve their fundamentals. Seasonal camps are one week long with an average of 30 hours of range and on-course training plus mental performance and golf-specific fitness training. Training is on a private range with 36 holes of championship golf at Mission Inn Resort. GGA provides a \$135/week referral bonus to our coach

ambassadors. Boarding and non-boarding options are available.

Contact: info@ggga.com or call (352) 484-0787 and ask for Shannon Tarrant to refer a student and become a coach ambassador.

Special Announcement

McDaniel College, formerly known as Western Maryland College recently dedicated the Coffman Teaching Center, a state of the art training facility located on the campus golf course and range. The complex is completely heated and air conditioned and includes: two hitting bays that open out to the range, wall mounted monitors, teaching mirrors, indoor putting studio and Flightscope (3D radar tracking launch monitor).

The Coffman Teaching Center will complement the team's full swing grass range, putting green and short game practice areas. The facility will be for use by members of the Men's & Women's Golf Teams as well as for High School Coaching Seminars.

Funds were donated by Ed ('53) & Joan Coffman ('54), proud alums from Western Maryland College.



Product Showcase SPORTS TOWEL SPECIAL

Hosting a tournament or coach both Men & Women? Consider our 100% Cotton, 22" x 42" towel with your Full Color Logo prominently displayed in the middle.

Logo can be up to 10" x 10" with only a (24) piece minimum order.

Only \$9.95 each

***This is the same towel used in the 2016 Ryder Cup by the U.S. Team*

To place an order or see a virtual sample please email scott@mgmsportsmarketing.com

Collegiate Men's Tournaments Seeking Teams

- * Oswego State Spring Invitational
Oswego, NY
April 29-30, 36-holes D 2/3
Entry Fee: \$300
michael.howard@oswego.edu
- * Griffin Invitational
Avondale, PA
April 4, 18-holes 1pm Shotgun
Entry Fee: \$295 (lunch included)
Coach McNamee: ericgolf@comcast.net
- * DePauw's Dan Quayle Collegiate Classic
Sept. 23-24, 36 holes @ Deer Creek GC
Contact Vince Lazar: vlazar@depauw.edu
- * Sizzler Amateur
June 10-13 at Troon North Scottsdale, AZ
Entry Fee \$435 covers (4) rounds
Roy.Edwards@colorado.edu
- * Allegheny College Kuhn Memorial
Meadville, PA Sept. 10-11
\$350 per team & PR \$20 per/player
Contact Jeff Groff: jgroff@allegheny.edu
- * 2017 Inaugural Eagle Invitational
March 18-19 Augustine Golf Club
Entry Fee \$500
David Wieder: dwieder@raspberrygolfmgmt.com
- * Scarlet Raptors Spring Invitational
April 3, Pennsauken CC
Entry Fee \$200
Bob Cardea: 609-707-1250
- * Goldey-Beacom College Spring Beach Bash
March 10 – 12th at Bear Trap Dunes (DE)
Entry Fee \$750 (PR included w/36-holes & food)
Coach Barrow: barrowm@gbc.edu
- * Wofford Invitational,
Spartanburg, SC
April 3rd - 4th, D-1 Only Entry Fee \$950
Coach Vic Lipscomb at:
LipscombVH@wofford.edu
Or [864.357.1405](tel:864.357.1405)
- * Gettysburg Spring Invitational
Abbottstown, PA
March 30th, 12:30 Shotgun, Entry Fee \$225
George Petrie at: gpetrie@gettysburg.edu
- * Dickinson College Spring Invitational
Carlisle, PA March 27th
12:30 Shotgun, Entry Fee \$200
Coach Breaux: breaux@dickinson.edu
- * Messiah College Falcons Classic,
Harrisburg, PA
April 23rd – 24th, 36-holes D-3, Entry Fee \$500
Troy Boone at: tboone@messiah.edu
- * St. John Fisher Collegiate Invitational
Syracuse, NY, Sept 9th – 10th, 54 Holes
D-2 and D-3 only, \$600 per team, Contact
Coach Bob Simms at: rsimms@sjfc.edu
- * Battle at the Bay
Rising Sun, MD April 9th – 10th
Eastern University (12) teams Entry Fee \$550
Jason Badecki at: jbadecki@eastern.edu
- * Carnegie Mellon University
April 8-9th, Men & Women
Entry Fee \$400 Dan Rodgers
rodgersd@andrew.cmu.edu
- * John A. Logan College Spring Invitational
Marion, IL April 3rd – 4th
Kokopelli Golf Club Entry Fee \$350
Tom Ferris tomferris@jalc.edu

Collegiate Women's Tournaments Seeking Teams

- * Battle at Boulder Creek II
Boulder City, NV
March 5-7th, 4 Rounds of Golf and
2 Hotel Nights plus Meals for 3 days
\$2,850 per Team
Kevin Jamieson at: [570.765.9523](tel:570.765.9523)
- * The Pack Spring Invite
Colorado State University-Pueblo
36-Holes March 27th – 28th
Entry Fee only \$300
Josh Koschke at: josh.koschke@csupueblo.edu
- * Minnesota State Collegiate Invitational
Coon Rapids, MN
April 14th – 15th Entry Fee \$450
Nick Campa: nicolas.campa@mnsu.edu
- * DePauw's Dan Quayle Collegiate Classic
Sept. 23-24, 36 holes at Twin Bridges GC
Contact Vince Lazar: vlazar@depauw.edu

High School Tournaments Seeking Teams

- * Antigua National HS Golf Invitational
Chandler, AZ Sept 1st – 2nd
36 Holes, Boy's and Girl's
\$600 per 5 Player Team
Steve Kanner at:
kanner.steve@cusd80.com
- * Moody High School Invitational
Moody, TX March 6th
Boy's & Girl's Entry Fee \$200
Individuals Accepted 8:30am Shotgun
Coach Perkins: tracy_perkins@moodyisd.org
- * 13th Annual Lions Invitational
Carrollton, GA April 1st Boy's Only
Entry Fee \$285 per Team
or \$50 per Individual Don Riggins at:
don.riggins@carrollcountyschools.com
- * 23rd Annual Tom Johnson Grant County Invite
Crittenden, KY Sept. 16th Girl's Only
\$275 per team 18-holes with 1pm Shotgun
Marcus Camacho at: 859.816.5991
- * 11th Annual Grant County Invitational
Crittenden, KY August 1st Girl's Only
18 holes with 8:30am Shotgun
Entry Fee \$275 per Team
Marcus Camacho @ Cell # 859.816.5991
- * Millville HS JV Tournament
Millville, NJ Boy's & Girl's April 7th
Entry Fee \$250 for 4-player team 11am Shotgun
Mike Latorre: mlatorre25@gmail.com

Recently Posted Collegiate Job Openings

**The following positions will have application deadlines soon approaching or are open until filled.
Please contact the school's HR or Athletic Department directly.*

Head Men's & Women's Coach Lindenwood University Belleville, Illinois

Men's & Women's Coach	Park University	Parkville, Missouri
Men's & Women's Coach	Presentation College	Aberdeen, South Dakota
Head Men's Coach	Towson University	Towson, Maryland
Head Women's Coach	U of South Carolina	Columbia, South Carolina
Head Women's Coach	Keystone College	LaPlume, Pennsylvania
Head Women's Coach	College of the Desert	Palm Desert, California
Head Women's Coach	Cabrini University	Radnor, Pennsylvania
Head Women's Coach	College of The Desert	Palm Desert, California
Assistant Women's Coach	Austin Peay State University	Clarksville, Tennessee
Assistant Women's Coach	Marywood University	Scranton, Pennsylvania
Head Men's Coach	Yeshiva University	New York, New York
Head Men's Coach	Los Rios Community College	Sacramento, California
Head Men's Coach	St. Olaf College	Northfield, Minnesota
Head Men's Coach	Georgia College & State University	Milledgeville, Georgia
Associate Head Coach	Richard Bland College	Petersburg, VA
Assistant Coach/GA	Montreat College	Montreat, North Carolina
Graduate Assistant	Midland University	Fremont, Nebraska
Graduate Assistant	Concordia University	Seward, Nebraska
Graduate Assistant	Augsburg College	Minneapolis, Minnesota
Graduate Assistant	University of Dubuque	Dubuque, Iowa
Graduate Assistant	William Woods University	Fulton, Missouri
Graduate Assistant	Harding University	Searcy, Arkansas
Graduate Assistant	Dakota Wesleyan University	Mitchell, South Dakota

DO YOU KNOW THE RULE?

Player A from ABC University and Player B from XYZ College are paired together in a 36-hole stroke play event. On the 7th tee box, Player A hits his tee shot way right towards a large group of trees. White OB stakes and a lateral hazard identified by red stakes are clearly visible from the tee in the same area.

Player B asks A before they leave the tee, "are you going to hit a provisional ball" for a ball that may be lost outside of a water hazard or out of bounds, because neither A or B see the ball land.

Player A replies, "no, I'll find it."

Both players proceed to the area where they believe the ball to be and after the 5-minutes to find or identify Player A's ball has elapsed, no ball is found.

How should Player A proceed?

Answer: Player A has only one option to proceed under Rule 27 for a ball lost or OB that is not found or identified within 5-minutes. He must under penalty of 1 stroke, play as nearly as possible from where the original ball was last played which in this case is the 7th tee.

Since Player A nor B saw the where the ball landed and thus could not be found, the fact that a lateral hazard was also present is immaterial as it must be known or virtually certain that the ball is in the hazard. Absent of this knowledge, the ball must be deemed lost.

They said it...

“A routine is not a routine if you have to think about it”

-Davis Love III, PGA Tour

“Golf is a puzzle without an answer”

-Gary Player, Legendary Tour Player

“Someone made the statement that Donald Trump has built or owns the greatest collection of golf courses ever...and I believe that to be 100% true.”

-Donald Trump, POTUS

“I learned one thing from jumping motorcycles that was of great value on the golf course, especially putting. Whatever you do, never come up short!”

-Evel Knievel, Motorcycle Stuntman

If you would like to contribute anything for the March edition of our newsletter the submission deadline is March 10th. Please email your information to:

Scott@mgmsportsmarketing.com

“Run by Coaches for Coaches”