

The "GOLF COACH" Newsletter

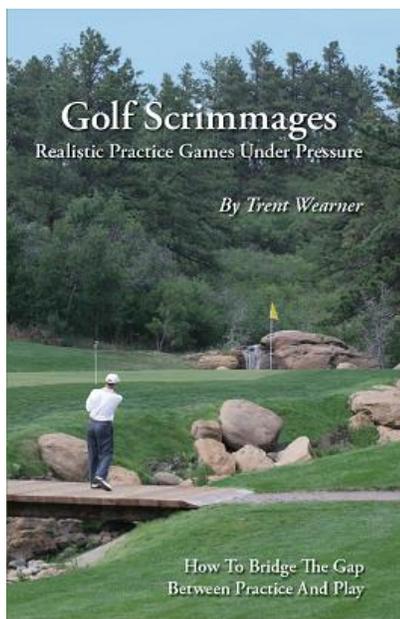
BRINGING COLLEGE, HS AND JUNIOR COACHES TOGETHER

May 2017

Go Low

By Trent Wearner

Trent Wearner is the author of the popular practice book *Golf Scrimmages* containing 230 pages of competitive practice games. Below is one he's sharing with you this month. Plus, you can receive a discount on the book at [this link](#). He also has a practice website by the same name that you must checkout ... www.GolfScrimmages.com and you can use the following promo code to take 20% off a yearly Individual or Team Membership: **GSB202015**



To me, practice without setting up situations that evoke certain emotions, mental challenges and feelings just isn't practice at all! In the case of this game, *Go Low*, we are setting up a great but also possibly hair raising situation. You need to pretend that you have hit all eighteen greens in regulation (certainly the game of golf is typically not that generous; great scores are achieved through good up-and-downs and hitting an array of shots but with *Go Low* you are setting up a situation that tends to put a lot of pressure on you – that occurs when you're playing well)! Golfers get nervous when they realize that they're playing great. They tend to self-destruct and find a way to fall right back into the same range of scores that they tend to shoot. *Go Low* will help you get more comfortable with breaking your scoring barriers and shooting lower numbers. So imagine you've hit all of the greens. It's exactly what

you've been working toward and practicing so hard for. Now it's time to finish off each hole with great putting and an attitude of Going Low!

Rules: Pretend that you've hit every single green in regulation today giving you 18 birdie opportunities. Each first putt must be between 25 and 45 feet and you're going to add up your score in relation to par (with two putts equaling par). For example, let's say that you one-putt five times and two-putt par all the others giving you a total of 5 under par. Enter your score into the system based on a par 72 golf score. So at 5 under par you would enter 67 into our www.golfscrimmages.com practice website. Seeing such low scores next to your name is always good for your psyche. This game can help you break through some scoring barriers that you have.

Note: if, when you play a regular round of golf on the course, you tend to hit the greens in one more shot than regulation then add up the score in the same fashion but enter your score based on a par of 90 instead of 72.

Trent Wearner is ranked as the #1 Teacher in Colorado as rated by his peers and published by Golf Digest. He is a two-time Colorado PGA Teacher of the Year, the latest Colorado PGA Player Development Award winner, and a Top 25 Elite Junior Coach in the U.S. by FCG Tour.

Student-Athlete's Skill Level

The skill level of a prospective student-athlete looking to play collegiate golf is extremely variable. From a Division III standpoint, the student-athletes skill level is the most variable compared to its NCAA counterparts; D-I, D-2, NAIA, and NJCAA. There are many highly competitive D-III golf programs and many that are new and upcoming. The options are almost limitless. In D-III, there's likely a golf program for you. Generally speaking, college golf coaches are looking for a few important things when meeting or watching the student-athlete play. Composure, golf fundamentals, and course management are some of those important traits. The student-athlete must also show a willingness and drive to improve their time management, golf swing, their physical fitness, and their mental preparation.

The next step to matching the student-athlete to the school is whether or not they will be able to balance the academic, athletic, and social demands. No student really wants to go through college barely keeping their head above water. As coaches, we want your transition into college as seamless as possible. When first years come to college, there are a lot of challenges, they experience a lot of new freedoms and a new lifestyle, their ability to manage their time is very important. We are trying to find student-athletes that can accomplish their everyday goals/situations without much disruption.

Mary Lawrence
Head Men's and Women's Coach
St. Lawrence University
Canton, NY

Master This ONE SHOT For Lower Scores

Tournament golf, in its simplest form, is all about percentages and execution.

Put the ball in play off the tee or better yet in the fairway and your chances are a lot better of hitting the green than if in the woods. Hit or be around the green on your approach and the percentages increase of a lower score on that hole.

The only shot you can master 100% of the time is the tee shot. You get to tee the ball up and can use a driver, 3 wood, iron or hybrid to get the ball in play. I've never seen a player yet get a bad lie from the tee box.

The real issue with high school and college players are that they are by nature more of a "Checkers" player rather than a "Chess" player. In other words, more reactive. In checkers, your opponent makes a move and you counter almost immediately without giving it a whole lot of thought.

Chess players are always thinking one or two moves ahead similar to what top tournament players do. They play the percentages and get the ball in play. Top players keep their emotions in check and stick with the plan.

Tour players make their "living" on the greens putting. They compete on the best greens week in and week out. If they're not making birdies or saving pars, they'll soon be working at Ed's Feed and Seed.

High school and college players can have a nice career by mastering the tee shot. Getting the ball in play is essential to lower scores.

We as coaches have often seen our players come onto the tee box highly agitated after making a double-bogey grab their driver and swing as hard as they can ending up places the Discovery Channel has never been.

Master the tee shot...it sets up everything!

Scott Moyer, GCAA
Director of Golf/Men's Coach
McDaniel College Golf Club

5 Tips to get Juniors Started with Physical Fitness

Whether your golf season is in full swing or you are ramping up practice in preparation for summer/fall tournaments, these five tips will help you start and maintain a fitness regimen and create positive habits.

1) **Treat movements in the gym as skills and practice.**

This needs emphasis. Just like a well-shaped drive or great flop shot to a tucked pin, deadlifting twice your weight is a skill. So are Olympic lifts, plyometric exercises, pull-ups, kettlebell swings, and proper stretching techniques. The person power cleaning 250 near the squat rack did not roll out of bed on his first attempt and pull that weight. Treat movements with respect and take the time to learn them correctly to help reduce the chance of injury. This means you will have to check your ego and start with lighter or no weight in order to progress. This progress, however, will be consistent and steady.

2) **Move well before you load**

By no means do I mean move perfectly, but can you do the move correctly without load? If not, do not add load to that movement. Avoid and leave one-rep max days to very seasoned lifters. Too many injuries occur in inexperienced lifters because they have not learned to listen to their bodies and they get their minds wrapped up in their ‘max’.

Back Squats are a great example where a person who cannot get to good depth will only worsen their technique after adding load. There are too many good variations and regressions of movements to help with mobility, teach proper technique, and help lower the risk of injury. Staying with the squat example, a safer progression (not the only one possible) would be teaching proper squatting technique with body weight and then adding load by squatting down, picking up the load in a bear hug or in front, and returning to standing. This movement of squatting to get the load opposed to loading first then squatting is how we first learn it (watch a toddler) and the load is determined by what you can pick up not what you can load on your back. Talk to a trainer, watch videos, and learn from someone with great technique.

3) **Get off the machines**

Machines teach lifters the machine’s range of motion. They allow lifters to put themselves in compromised positions from the start of movements. They have their positive purposes but, for many lifters, there are better options including elastic bands, TRX straps, rings, and the various free weight implements. Even cable-motion equipment is safer for many movements because it allows the user to get into a better starting position and encourages proper engagement of the core. A lifter doing a pull down with bands from above their head all the way down to arms by their side will work on full range of motion and bracing while building strength rather than partial range on a machine with their knees under pads.

4) **Nothing is the mecca of the gym**

Benching is not the mecca, nor is the squat rack, or cardio machines. Nothing is the “best thing ever!” There are better options for wherever a lifter is in their progress or

what they are trying to accomplish. Golfers have different athletic demands than cyclists or power lifters. A power lifter's workout of squatting 3x3 sets at near max weight should not be the workout of a beginning golfer who cannot do a body squat without their heels lifting off the ground. There are exercises to avoid, based on personal limitations or capabilities, but the gym is not a one size fits all kind of place.

5) You will fall off the wagon

How long you stay down is entirely your choice. Do not let your first missed day turn into three or four. Family vacation? Plan and find some workouts you can do without equipment. Find a field, park, or get to the beach early, or workout with easily packed implements like bands and gymnastic rings. Injury? If one hand or foot is broken, it does not mean your entire body is broken. Find a way to get better.

Set realistic bodyweight goals first such as three consecutive dead-hang pull-ups or just hanging from a bar for two solid minutes. Forty straight push-ups on an elevated surface with great form before you move to push-ups on the floor if you have trouble. Ten pounds of muscle does not grow overnight. Be honest with yourself and address your weaknesses. If you are consistent and focused during your workouts, your progress will follow suit.

Dave Ingalls is a Health and PE teacher in Loudoun County, Virginia. He holds a Personal Training certificate from the National Academy of Sports Medicine (NASM) and a Level 1 Titleist Performance Institute (TPI) Certification. Dave coaches High School golf at Riverside HS in Leesburg, VA. If you would like suggestions on progressions or specific exercise ideas, feel free to e-mail him at Dingalls33@gmail.com.

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



GILCHRIST
GOLF ACADEMY

IMPROVE YOUR GAME. DEVELOP A TRAINING PLAN. BUILD YOUR CONFIDENCE.

Gary Gilchrist Golf Academy Summer Camps in Central Florida do just that!

GGGA provides an interactive learning environment for golfers to learn how to improve their fundamentals. Summer camps are week long with an average of 35 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. Camps are offered Starting June 4th until August 12th. Students choose from a single week of training, multiple weeks to continue their growth or 2 week tournament camps. Find more information here:

summercamp.ggga.com

GGGA 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](tel:(352)484-0787) and ask for Shannon Tarrant to refer a student and become a coach ambassador.

Collegiate Men's Tournaments Seeking Teams

- * 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
- * Irish Hills Intercollegiate
Adrian College, Jackson, MI
Sept. 15-16 \$450 per team
Contact: rwilliams2@adrian.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

Collegiate Women's Tournaments Seeking Teams

- * DePauw's Dan Quayle Collegiate Classic
Sept. 23-24, 36 holes at Twin Bridges GC
Contact Vince Lazar: vlazar@depauw.edu
- * Allegheny College Women's Invitational
Country Club of Meadville
Sept. 24-25 \$350 per team
Jeff Groff: jgroff@allegheny.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

* 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

High School Coaches Clinic

McDaniel College Golf and Teaching Center located in Westminster, Md. (between Baltimore Md. and Gettysburg, Pa.) will be hosting a FREE Coaches Clinic.

The clinic is for high school coaches from the seasoned veteran to the first year coach. The date has been set for Saturday, July 29th.

Topics include: scholarships and recruiting, drills and skills, properly playing a practice round, course management vs mind management, how to practice the right way, result expectations, how to prepare for tournaments, plus much more...

Details and registration information can be found under the COACH'S CORNER tab on the MGM website.

LIMITED TO THE FIRST 25 COACHES TO REGISTER

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 Coach	Delta State University	Cleveland, MS
Head Golf Coach	Univ. of Texas @ Permian Basin	Odessa, TX
Head Golf Coach	Wofford College	Spartanburg, SC
Head Men's Coach	The Sage Colleges	Albany, NY
Head Men's Coach	Univ. of San Francisco	San Francisco, CA
Head Men's Coach	Whitworth University	Spokane, WA
Head Golf Coach	Midland College	Midland, TX
Head Golf Coach	Penn State University-Dubois	Dubois, PA
Head Men's Coach	University of South Alabama	Mobile, AL
Head Men's Coach	Appalachian State	Boone, NC
Head Women's Coach	Johnson & Wales University	North Miami, FL
Head Women's Coach	University of Texas at San Antonio	San Antonio, TX
Head Women's Golf Coach	Saint Francis University	Loretto, PA
Head Women's Golf Coach	Univ. of Hawaii	Honolulu, HI
Head Women's Golf Coach	University of San Francisco	San Francisco, CA
Assistant Men's Coach	DePaul University	Chicago, IL
Assistant Men's Coach	West Virginia University	Morgantown, WV
Assistant Men's Coach	Virginia Commonwealth University	Richmond, VA
Assistant M&W Coach	UNC Charlotte	Charlotte, NC
Assistant Golf Coach	Husson University	Bangor, ME
Assistant Women's Coach	Cal State University	Long Beach, CA
Assistant Women's Coach	James Madison University	Harrisonburg, VA
Assistant Women's Coach	University of Maryland	College Park, MD
Assistant Women's Coach	Tulane University	New Orleans, LA
Assistant M & W Coach	University of Nebraska	Omaha, NE

DO YOU KNOW THE RULE?

As PLAYER A bends down to pick up his tee, which is still in the ground from where he hit his shot, he notices that he has in fact teed off 6" in front of the tee markers.

How should PLAYER A proceed?

Under USGA rule 11-4 (b), PLAYER A incurs a penalty of two strokes and then must play a ball within the teeing ground. The stroke played from outside the teeing ground and any subsequent strokes by him on the hole prior to his correction of the mistake do not count in his score.

Special Notice

Lee Williams is retiring as the Head Men's Coach at Bridgewater College. John Rogers will assume the duties as both the Men's and Women's Coach. (BTW - It has been a pleasure working with you all of these past years.)

Thanks, Lee

Granville High School is looking for high school varsity boys golf tournaments to participate in. The Blue Aces have the following dates available for the 2017 season:

Saturday, August 26th -- Saturday, September 30th -- Saturday, October 7th

Please contact Marvin Bright if you have an event with an opening and you would like a quality high school golf team to participate. The email address is mbright@granvilleschools.org.

They said it...

"Income tax has made liars out of more Americans than golf."

-Will Rogers-

"My first assistant coaching job was at William & Mary in 1961. The pay wasn't much, so to get \$300 more a year, I coached the golf team. I didn't even know how

to keep score and my main job was not to wreck the team van on the way to tournaments.”

-Lou Holtz-

"Placing the ball in the right position for the next shot is 80% of winning golf."

-Ben Hogan-

“Golf is a weird sport. Some days you got it...some days you don't.”

-Dustin Johnson-

“Golf is a messed up game. When you feel you figured it out is when you're going to struggle.”

-Camilo Villegas-

“Run by Coaches for Coaches”