



AWGA NewsLinks

A PUBLICATION OF THE ARIZONA WOMEN'S GOLF ASSOCIATION

2004 ISSUE 2



In This Issue:

- **Mindful Golf**
- **AWGA Course Raters Rate High**
- **Thank You Tournament Results**
- **FYI**
- **State Rep Meeting Recap**
- **Sponsorship**
- **State Madallion Tournament Changes**
- **Holes in One**
- **Weekend Classic Tournament Results**
- **Tournament Schedule**
- **2004 Match Play Entry Form**



Mindful Golf

by Dr. Paula King, Sports Psychologist

Whether they are beginners or Tour players, golfers wish lists are basically the same: "How can I develop more confidence?" "How can I get more distance?" "How can I be more consistent?" The players' typical answers also cut across skill levels: "I need to improve my swing and/or get better equipment." It's still the rare golfer who says: "I want to strengthen my mental skills in order to develop more confidence, distance, and consistency." Yet, as a sports psychologist, that is just what I help people do. I help them learn to be more mindful and thereby improve their golf game, including adding distance to each club in their bag!

You may be asking: "How does this work?" Maybe some basics will be helpful at this juncture. Are you aware that your thoughts create the feelings you experience? Stop right now and simply notice the thoughts in your mind. Now, simply notice the feelings inside you. Now remember a time when you were frustrated and angry—think about the situation—remember the details. Then turn your attention to your feelings and notice what's going on inside you. Now, simply think about a time on the golf course, or off the course, when everything was going your way and you were having the time of your life. Allow yourself to smile in remembrance. Once again notice the feelings you experience inside you. Is not the connection between what you're thinking about and what you're feeling dramatically apparent?

Each thought creates an immediate chemical response in your brain, which in turn is the catalyst for a certain feeling, sensation, or emotion to arise. These feelings are of two basic types: anxiety or wellbeing. These same feelings are the creative force and catalyst behind your behaviors

and actions. Anxiety shows up in our behaviors as tension, tightness, anger, quickness, jerky movements, sluggish reflexes, and the desire to run away, or to fight. Wellbeing shows up in behaviors as rhythm, flowing movements, grace, tempo, fluidity, trust and acceptance. Try this experiment several times during the day: Simply stop and notice your thoughts and then notice your feelings. Consciously choose to change what you are thinking, or thinking about, and notice how your feelings follow suit, and how your behaviors are affected by the changes. Your golf swing is an action created by your thoughts and intentions and influenced by the feelings generated in that moment of performance. A golf swing produced from thoughts of competency, trust and acceptance will be a swing that is experienced as fluid, rhythmic, and graceful. On the contrary, thoughts like: "What do my playing partners think about me?" "I never get off the first tee very well," "I always hit it into the water on this hole," "I hate it when the wind blows like this," "I can't stand to play with slow players," "I can't stand it when someone is rushing me too fast," "Oh my gosh, I've lost it now!" "This round is done – game over," "I'll never get off the bogey train now," "I just can't putt at all today," "I'm really stupid!" "I give up," usually produces a short, quick, tight, jerky swing.

It's my experience that a rhythmic, fluid, graceful golf swing produces more distance than a swing that is full of tension, tightness, anger, or sluggish reflexes. What's your experience? What thoughts are you choosing to have in your mind as you play a round of golf? Maybe next time you go out to play you will take time to notice your thoughts, the feelings you create and how that influences the actions you take – including how you swing your golf club. And maybe, just maybe you'll get more distance too!

Questions or comments? Email Dr. King at paula@drheadcoach.com or visit her website at www.drheadcoach.com

Raters Rate High

To further educate AWGA's experienced Course Raters and to ensure that our course rating techniques are consistent with other states, the Arizona Women's Golf Association sends a four-person team each year to the USGA West Course Rating Calibration Seminar.

Congratulations to this year's rating team who attended the seminar March 1 & 2 in San Antonio, TX. The team, comprised of Barbara Simmons (AWGA Course Rating Administrator), Peggy Iacobelli, Jan Wobken and Annette Wurgler, finished first in on-course rating as well as on the written testing. Women's teams from 11 State Associations participated.

Of the 12 men's teams in attendance, the team from the Arizona Golf Association also finished on top. Congratulations to Sean O'Malley, Bob Mandeville, John Williams and Jerry Mahanke.

At the conclusion of the seminar, Warren Simmons was recognized as outgoing USGA Course Rating Committee Chairman. He will continue to be involved with this committee as well as the USGA's Handicap Research Team. Warren is a very active AWGA volunteer serving on the AWGA's Course Rating Committee, Rules Committee and the Volunteer Development Committee.

If you are interested in attending a local Course Rating training workshop in the future, please call the AWGA office at 602-253-5655 or 800-442-2942, or email awga@awga.org.



*(Top to Bottom)
Peggy Iacobelli, Annette Wurgler, Jan Wobken and Barbara Simmons.*



AWGA NEWSLINKS

*is an official publication of the
Arizona Women's Golf Association*

141 E. Palm Lane, Suite 210, Phoenix, AZ 85004-1555
(602) 253-5655 • 800-442-AWGA
Fax: (602) 253-6210

E-mail: awga@awga.org • Website: www.awga.org

BOARD OF DIRECTORS

Katherine Olson President
Chris Giza Vice President
Sandy Jacobson Secretary
Barbara Byrnes Treasurer
Katherine Ridlehoover .. Director of Communications
Maryann Conner Director of Handicaps
Linda Dalsin Director of Rules
Rosemary Beale Director of Sites
Betsy Paul Director of Tournaments

APPOINTED OFFICES

Barbara Simmons Course Rating Administrator
Mary Long Junior Golf Administrator
Kay Andrews Parliamentarian

STAFF

Mary Long Executive Director
Annette Wurgler Golf Coordinator
Kathryne Zatzke Operations Coordinator
Vacant Administrative Assistant
Johanna Holloway Communications Intern
Tim Kufel USGA PJ Boatwright Intern

The following courses are either new or have been re-rated since the 2004 AWGA Club Directory was printed. Please make a note of this updated information. These ratings have been entered into the Arizona Handicap Network for score posting purposes.

Anthem Golf Club – Ironwood Course

18 – Hole	Front-9	Back-9
Red – 71.6/124	35.7/116	35.9/131
White – 75.5/143	37.5/142	38.0/143

CorteBella Golf Club

18 – Hole	Front-9	Back-9
Forward – 67.3/108	33.8/106	33.5/111
Copper – 71.3/114	35.8/112	35.5/117

Glen Lakes Golf Course

18 – Hole	Front-9	Back-9
White – 61.6/95	30.8/95	30.8/95
Blue – 66.2/105	33.1/105	33.1/105

Haven Golf Course

18 – Hole	Front-9	Back-9
Red – 70.2/123	35.3/129	34.9/118
Gold – 73.7/130	37.2/135	36.5/126

Mission Royale Golf Club

18 – Hole	Front-9	Back-9
Burgundy – 67.8/112	33.5/111	34.3/112
White – 71.2/121	35.2/119	36.0/123

Tubac Golf Resort

18 – Hole	Front-9	Back-9
Green – 67.8/111	34.4/110	33.4/111
White – 71.1/130	35.3/125	35.8/134

StoneCreek Golf Club

(silver/black tee added)

18 – Hole	Front-9	Back-9
Combo – 70.5/126	34.6/126	35.9/127

2004 Thank You Tournament Results

February 2, 2004 • Ancala Country Club



Gross Champion
Barbara Byrnes... 74



Net Champion
Ginny Ramsdell... 66

Flight 1 - Gross

1st Barb Simmons 77

Flight 2 - Gross

1st Janet Gast 83

2nd Gertrude Roberts 86

Flight 3 - Gross

1st Carol Trujillo 85

2nd Betsy Paul 87

Flight 4 - Gross

1st Robin Hooker 88

2nd Marcia Kritsberg 91

3rd Ruth Vohs 97

Flight 5 - Gross

1st Naomi Dejarlis 94

2nd Mary Beth McCullagah 96

Flight 6 - Gross

1st Sharon Wilson 99

Flight 1 - Net

1st Sue Basso 72

Flight 2 - Net

1st Rosie Beale 71

2nd Jean Redding 72

Flight 3 - Net

1st Norma Scuri 67

2nd Carol Peterson 71

Flight 4 - Net

1st Nancy Smith 69

2nd Enid Spear 71

3rd Nancy Duncan 76

Flight 5 - Net

1st Mary Byrd 72

2nd Lori Gaucher 73

Flight 6 - Net

1st Patricia Smith 71

For Your Information...

Just to clarify for those of you who are a little confused about the Conditions of Competition... As most of you know, the AWGA conducts a number of tournaments each year called Association tournaments. If more entries are received within the first two weeks after the tournament opens than there are spots available, entries are chosen based on the number of AWGA tournaments entered during the past 12 months. Points are awarded depending on the length of the tournament, that is, one point for each day of the tournament. 75 percent of the field will come from players with the most points and 25 percent of the field will come from players with no points. These points do not accumulate until **after** the tournament is played. This is necessary because of last minute cancellations. You will only be credited with one Seniors tournament, for instance, at a time. As soon as this year's Seniors is completed, last year's points are dropped off the books and this year's are added. For the full text, please refer to the Conditions of Competition either on our website at www.awga.org or in your 2004 Directory starting on page 96.

A question came up at the State Rep meeting at Ancala that also needs to be clarified concerning the Medallion Club Team Tournament. We did not use this method to field that tournament because it did not fill until about 3 weeks prior to the scheduled play date. In fairness to the players in all of our tournaments, if the tournament does not fill within the first two weeks, those who got their entry in within that time frame are in the tournament. Later arrivals take the chance of being placed on the waiting list. In the case of the Medallion, once the tournament is full, late arrivals are placed on the waiting list on a first come, first served basis.

Sponsors Expected to Make a Difference for AWGA

The Arizona Women's Golf Association has certainly changed over the years, from a small group of women who, in 1924, organized a state championship, to a full scale, not-for-profit business. The AWGA now provides several state championship tournaments, a sophisticated handicapping system, technical USGA course ratings, handicapping seminars, rules seminars, and is striving to remain the premiere women's golf association in Arizona, recognized nationally and locally.

Since 1999, the AWGA has added three full time staff positions plus a USGA funded intern position. The improvement in our services includes more and better newsletters, improvements to the web page, prompt and accurate information on handicapping, tournaments, rules of golf and other educational seminars. Our staff provides the continuity and solid foundation for the elected and appointed volunteers.

It is now time to take the next step. We are increasing our volunteer base, including the addition of more directors to our Board and establishing new committees, which will enable us to add new programs and benefits for you, our members.

Our Board of Directors has determined that a very viable way to help facilitate the funding of additional volunteers and programs is to begin offering sponsorship opportunities to businesses and corporations. In return for their advertising dollars, we will be providing the opportunity to reach our membership through our publications, website, and events.

The AWGA has a very strict policy against providing our mailing list to any outside entity. We want to assure you that this policy will not change. Your personal information will be protected. You may from time to time receive information by mail, but it will be processed by our office, insuring that your personal information will not be utilized for any other purpose. This policy also applies to your email address.

Please be aware that any advertising displayed by the AWGA is not an endorsement of any product. Use your usual care and good judgment when making your buying decisions.

Medallion Club Team Tournament Changes in the Offing

The Medallion Club Team Tournament was established in 2000 to provide a venue for each club's State Medallion winners to represent her club at the state level. The Tournament's popularity has grown each year. There were several teams on the waiting list for 2003's 18 Hole tournament. Sixteen 9-hole teams also competed last year. Our goal is for this tournament to grow until every AWGA club in the state sends its winners to compete. While we may always have a waiting list for our championships and other team events, the Medallion Club Team is a different sort of event. We believe that all players who qualify for this event at their local clubs should be able to play at the state level if they choose, whether as a team or as an individual. To make this possible, changes to the format are necessary. As a step in that direction, the following changes to the format will be made for the 2004 event.

The tournament will be three in one.

Team Competition

Individual Gross Competition

Individual Net Competition

The field will be split into three groups which will compete on three courses at Granite Falls

Gross State Medallion Winners on one Course

Net State Medallion Winners on the second

9-Hole State Medallion Winners on the third

Scoring will be the same as it has been with the team prizes awarded for the low combined gross and net scores for each team. In addition, for the first time, individual gross and individual net prizes will be awarded. It will still be primarily a team event, but this will allow individuals who qualified at their local club to come and compete, with or without a partner.

In order for the course to offer us the facility on this basis, we must have at least 200 entrants for the 18 hole competition. This is a 25% increase over 2003. We are counting on you to participate in your state medallion competition and encourage your winners to sign up for the Medallion Club Team Tournament when entries open in October 2004. Many clubs pay the entry fees for their winners, enabling them to compete at the state level.

One additional change is being made. A small handful of our clubs have very large memberships. Those clubs with memberships larger than 350 women will be allowed to send more than one team. Visit our web page for details.

CONGRATULATIONS

To The Following Ladies On Their HOLES IN ONE!!

DATE	NAME	CLUB AFFILIATION
10/24/03	Norma Wright	Wigwam Ladies Golf Club
11/05/03	Cheryl Fineman	London Bridge Golf Club
11/30/03	Betsy Horton	Silvercreek Golf Club
12/10/03	Sheila Eades	Los Caballeros
12/24/03	Rachel Gavin	Arizona National Golf Course
12/26/03	Carol Rutt	Springfield Golf Course
01/01/04	JoAne Sweary	San Ignacio Golf Club
01/04/04	Sharon Hofland	Springfield Golf Course
01/04/04	Julia Lee	C.C. of Green Valley
01/08/04	Maggie Beard	Pinetop Lakes golf and C.C. WGA
01/08/04	Sandy Freeman	Trilogy LGA
01/08/04	Eleanor Wright	Canoa Hills WGA
01/15/04	Sharon Kittle	Desert Mountain WGA
01/15/04	Audrey Vosbrinck	Sun City C.C.
01/20/04	Sandy Brucker	Desert Trails Ladies Golf Club
01/20/04	Lou Forst	Desert Trails Ladies Golf Club
01/20/04	Jeanie Viche	Casa Grande Golf Course
01/20/04	Nancy Montgomery	Arizona City Lady Golfers
01/20/04	Norma Richert	Leisure World Exec. 18 hole
01/21/04	Donna Richmond	C.C. of Green Valley
01/22/04	Cathy Hareland	Gallery WGA
01/23/04	Pam Goodeyon	Cottonwood C.C.
01/27/04	Joan Marjanen	Sun City Lakes West
01/31/04	Shirley Hughes	PebbleBrook-SCW
02/03/04	Jan Eckstein	Sun City Riverview WGA
02/05/04	Judy B. Engelman	El Conquistador C.C.
02/06/04	Patty Duignan	Ironwood Golf Club
02/10/04	Rachel Gavin	Arizona National Golf Course
02/11/04	Jonelle Griffin	Leisure World Exec. 18 hole
02/12/04	Liz Sheridan	Rolling Hills WGA
02/16/04	Belva Kaelber	Ironwood Golf Club WGA
02/17/04	Dar Davis	Leisure World Exec. 18 hole
02/18/04	Jeanne Lentz	Fred Enke WGA
02/19/04	Mary Evans	Ironwood Golf Club WGA
02/20/04	Wallis Grant	Las Colinas WGA
02/20/04	Judy Pavuk	Oakwood C.C. WGA
03/02/04	Eleanor Lowry	SaddleBrooke Niners
03/04/04	Carol Wilcox	Ironwood Golf Club WGA

Please report all holes-in-one as they occur. Holes-in-one occurring prior to the previous newsletter publication date may be excluded from publication.

W
E
L
C
O
M
E

To our newest AWGA Associate Club:
del Lago Golf Club

To our newest AWGA Member Clubs:
CorteBella WGA
Ladies Par-Tee Golf Club
StoneRidge Women's Golf Club

TOURNAMENT RESULTS

2004 Weekend Classic Tournament

February 22, 2004

The Duke at Rancho El Dorado

2004 Champion - Tui Selvaratnam 72

(Sudden Death Playoff vs. Cheryl Jones)

Overall Net Winner - Kay Daley 66



Tui Selvaratnam



Kay Daley

Flight 1 - Gross

1st Cheryl Jones 72
2nd Donna Marden 74

Flight 2 - Gross

1st Darquise Leduc 76
2nd Pam Goodeyon 79

Flight 3 - Gross

1st Patty Contreras 79
2nd Leslie Harbison 80

Flight 4 - Gross

1st Katherine Olson 83
2nd Nadine Sanders 85

Flight 5 - Gross

1st Joann Wecker 86
2nd Nancy Harden 89
3rd Meg Groarke 89

Flight 6 - Gross

1st Ginny Husted 91
2nd Meg Quarrie 94
3rd Carole Escajeda 94

Flight 7 - Gross

1st Harlene Bowman 92
2nd Carolyn Suttles 93
3rd Cathe Brierly 96

Flight 8 - Gross

1st Elaine Carlson 92
2nd Kathy Ehrlich 98
3rd Sue McConnell 100

Flight 1 - Net

1st Alice Adams 70
2nd Mary Fink 70

Flight 2 - Net

1st Dawnielle Baca 68
2nd Helen Grassbaugh 74

Flight 3 - Net

1st Mary Beth Maddox 70
2nd Lorraine Clerihue 72

Flight 4 - Net

1st Lonni Hocker 70
2nd Mary Ann Lofquist 73

Flight 5 - Net

1st Mel Engel 68
2nd Jean Piscatella 71
3rd Rose Reynolds 72

Flight 6 - Net

1st Laurie DeMaio 73
2nd Judy Anspaugh 73
3rd Sue Branton 74

Flight 7 - Net

1st Terry Greenslade 70
2nd Cecyl Herguth 72
3rd Kathy Malone 73

Flight 8 - Net

1st Carrie Hull 69
2nd Diane Pratuch 71
3rd Beth Bartholow 73

TOURNAMENT SCHEDULE

— 2004 TOURNAMENTS —

SHORT COURSE TOURNAMENT

Palm Valley Golf Club-Goodyear, AZ
March 28, 2004

FOUR-BALL STROKE PLAY CHAMPIONSHIP

Emerald Canyon Golf Course-Parker, AZ
April 26-27, 2004

STATE AMATEUR MATCH PLAY CHAMPIONSHIP

Red Mountain Ranch CC-Mesa, AZ
May 18-21, 2004

PARTNERS TOURNAMENT

Canoa Ranch Golf Club-Green Valley, AZ
June 7-8, 2004

DAY IN HADES TOURNAMENT

Moon Valley CC-Phoenix, AZ
August 2, 2004

STATE AMATEUR STROKE PLAY CHAMPIONSHIP

Prescott Golf & CC-Prescott, AZ
August 21-23, 2004

STATE SENIORS CHAMPIONSHIP

Tubac Golf Resort-Tubac, AZ
September 12-14, 2004

SCOTCH PLAY TOURNAMENT

Apache Stronghold Golf Club-San Carlos, AZ
October 25-26, 2004

STATE MEDALLION CLUB TEAM TOURNAMENT

Desert Springs/Granite Falls So-Surprise, AZ
December 6, 2004

STATE AMATEUR MATCH PLAY CHAMPIONSHIP

MAY 18-21, 2004

OPENING DATE: March 23, 2004

CLOSING DATE: May 10, 2004

No entries will be accepted with a postmark date prior to the opening date.

OFFICIAL ENTRY FORM

PLAYER NAME _____ TELEPHONE _____ AWGA# _____
ADDRESS _____ CITY _____ ST/ZIP _____

CLUB REPRESENTED _____ I am age 14-17 _____ I am a past board member _____ Year(s) 2002 Or 2003
Champion? _____

(If a member of more than one club, please enter one club name only. Entry of more than one club will disqualify applicant from participation in the Prather Team Trophy event)

I have read and agree to abide by the Conditions for AWGA Competitions as published in the current AWGA Directory and at www.awga.org

SIGNATURE PLAYER _____ Email _____

Enclosed is my check or money order for \$165 payable to the AWGA.

Mail entry and fee to: **Arizona Women's Golf Association 141 E. Palm Lane, Suite #210, Phoenix, AZ 85004**

One entry per envelope please. All entries will be acknowledged via email if provided or by regular mail if we do not have your email address. Additional information regarding registration and conditions of competition will be provided at that time.

Red Mountain Ranch Country Club

6425 E. Teton, Mesa, Arizona 85215

May 18-21, 2004



The breathtaking Pete Dye course, Red Mountain Ranch in Mesa, will be the scene for the AWGA State Match Play Championship May 18-21, 2004. The challenging layout dotted with water hazards, sand bunkers, and grass bunkers will help to provide drama for each match. Stately Saguaros, mesquite trees, and spectacular rock formations will captivate players from beginning to end. Severe mounding of the Bermuda fairways, steeply contoured Bermuda greens guarded by grass bunkers and deep sand bunkers will keep even the expert player on her toes. Hole #6 is memorable due to the peninsula green with water on three sides and the signature hole #11 is a par three requiring a long tee shot over water. After four days of play on this 18 hole championship course, one will retell many a story of brilliant shots executed and many a story of "if I could have had a replay". Meet the challenge of this course and of your peers. Play Match Play in 2004.

PRSRRT STD
U.S. POSTAGE
PAID
PERMIT #744
PHOENIX, AZ

ARIZONA WOMEN'S GOLF ASSOCIATION
141 EAST PALM LANE, SUITE 210
PHOENIX, ARIZONA 85004

