



AWGA NewsLinks

A PUBLICATION OF THE ARIZONA WOMEN'S GOLF ASSOCIATION

2006 ISSUE 9

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Help us reach more women golfers...

When you're finished reading this newsletter don't throw it away, pass it along to a friend!

DONNA CUNNING INDUCTED INTO THE ARIZONA GOLF HALL OF FAME

By Mary Ann Souter



Donna Cuning, an active member of the Arizona Women's Golf Association for over 40 years, was officially inducted into the Arizona Golf Hall of Fame November 20, 2006. This honor is bestowed upon a select few who have been outstanding players and/or have contributed to

the game of golf in a lasting and significant way.

When Donna received the letter informing her that she was one of three chosen for this honor from a group of 36 nominees, her reaction was quite emotional. "I was thrilled," Donna remembers. "After reading the letter, I had goosebumps all over. I never expected that I would be chosen among so many exceptional people." And making it an even more meaningful event for Donna is that the venue for the ceremony was Moon Valley Country Club, where she's been a member since 1965. "I have so many incredible memories at Moon Valley and receiving this honor at my home course makes it even more special." Mary Long Pomroy, AWGA Executive Director, was at the induction ceremony and said "Donna is exemplary of the best in women's golf. She was and is an accomplished player, deeply in love with the game, and extremely appreciative of the encouraging, supportive nature of women golfers as a whole. The sentiments she expressed in her acceptance speech reinforced for me the importance of our work at the AWGA."

Donna remembers when she first began playing golf. Her two children were in school and a friend suggested they join Moon Valley. As a skilled tennis player, she was excited about the prospect of being able to play tennis during the day. But that all changed when she decided to learn to play golf. "Once I found golf, I knew that was my niche."

Her husband, Jim, has been supportive of her golf for many years offering unforgettable encouraging words at the start: "If you're going to play the game, I want you to play it right!" She took Jim's words to heart and learned to play it right - so right that she has dozens of championship titles behind her name. She laughs and says, "I'm sure he's regretted saying that since then."

Donna's passion for golf grew into a long and successful string of amateur championships. Besides being named the Arizona Senior Golfer of the Year four years in a row, Donna's accomplishments include:

- Arizona State Seniors Championship five times -- 1985-1988 and 1991
- Southwestern Women's Championship -- six times
- Moon Valley Club Champion -- eleven times
- Advanced to National Competition in USGA Women's Amateur Championship
- Advanced to National Competition in US Women's

Senior Championship

- Advanced to National Competition in Trans National Women's Amateur Championship
- Advanced to National Competition in Mexican Women's Amateur Championship
- Advanced to National Competition in Broadmoor Women's Invitational

Her best score, a 65, was shot at Pinewood Country Club. Her list of holes-in-one is impressive - four at Moon Valley and one during the State Seniors Championship in 1991 at San Marcos Golf & Country Club, which she won in a playoff with Ruth Parker. "1985 was my best year in golf," Donna remembers. "I won the Moon Valley Club Championship, the Southwestern Women's Championship and the State Seniors Championship that year."

Golf captivated Donna's life in every way. She relates, "I was lucky because I took to the game right away. My first handicap was 32 and I loved the challenge of the game from the beginning. My handicap soon dropped to 18 and my competitive spirit took over. By the early 70s I felt ready to participate in a State Match Play Championship. I'll never forget it because I was new to match play and my ball landed close to a twig on the green. I forgot I could mark the ball and pick it up to move the twig. That day I was dubbed with the nickname "Donna Dumb Dumb." It wasn't long after that when I got serious about the game and started playing in national championship events."

In 1986, when her children were out of school and after 20 years of playing competitive golf, Donna rejoined the workforce. She sent a resume to Ping emphasizing her newspaper experience as well as her golf background. Within two days they called her for an interview for a position as assistant to the late Karsten Soleheim. "It was a perfect fit," she says. "I started work that following Monday and have been there for over 20 years. I still love my job as much as I did in the beginning." She reminisces about Karsten and his interest in women's golf. When she began working for him, he would give her time off to play in state and national events. One time she came back from a tournament and told him, "We need to get graphite shafts. All the ladies like them." He listened and she was right.

Donna has two families when it comes to golf - her natural family and her AWGA family. Besides playing golf with her husband, Donna has brought golf into the lives of her children and grandchildren. Her son, Mike, is a professional golfer on the Asian Tour. Her pride comes through as she says, "He's the only American to win the Order of Merit Championship." She also has two grandsons in Arizona. "The joy of my life is playing golf with my grandsons," she says with a smile in her voice. "There are no age barriers and I am thrilled when they call Grandma to help them with their swing on the driving range or to play golf on a weekend" she happily says.

Her husband, son and grandson helped celebrate her

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AWGA NEWSLINKS

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MARK YOUR CALENDAR



FOR THE AWGA ANNUAL MEETING

January 24 is the date set for our 2007 Annual Meeting at the beautiful Phoenix Country Club. Plan to attend the meeting and evening festivities. Our business meeting is at 4:15 PM when the AWGA's past accomplishments and future goals are reviewed and our new Board inducted. Then attend the No-Host Cocktail Party and catch up with golf buddies you may not have seen for awhile. Enjoy the beautiful piano music in the background while watching the continuous parade of pictures from 2006 events on our AWGA slideshow. Perhaps you or some friends are featured. Dinner begins at 6:30 PM with the awards presentation to follow. The event is usually completed by 8:30 PM.

AWGA members pay \$25.00, which includes dinner and the program. Bring a guest for \$35.00.

2007 GOLF CALENDAR

Date	Tournament	Location
January		
24	AWGA Annual Meeting	Phoenix CC
February		
18	AWGA Season Opener	Trilogy Golf Club @ Power Ranch
March		
25	AWGA Weekend Classic	Hillcrest Golf Club
April		
22-26	Women's Trans-National Senior Tournament	Pala Mesa Golf Resort, Fallbrook CA
May		
7-8	AWGA Four-Ball Stroke Play Championship	Emerald Canyon Golf Course
21	U.S. Women's Open Qualifier	The Mirabel Club
June		
4-7	AWGA State Amateur Match Play Championship	Forest Highlands GC
19-24	U.S. Women's Amateur Public Links	Kearney Hills Golf Links, Lexington KY
28-1	U.S. Women's Open	Pine Needles L & CC, Sothern Pines NC
July		
9-14	Women's Trans-National Amateur Championship	Persimmon Ridge Golf Club, Louisville KY
21-22	AWGA Mixed Stix Tournament	Tubac Golf Resort
23-28	U.S. Girls' Junior	Tacoma C & CC, Lakewood, WA
August		
6-12	U.S. Women's Amateur	Crooked Stick G.C. Carmel, Ind.
13-14	AWGA Partners Tournament	Silver Creek Golf Club
24	US Women's Mid Am Qualifier	Desert Forest Golf Club
September		
1-6	USGA Senior Women's Amateur	Sunriver Resort, Sunriver, OR
10-12	AWGA State Amateur Stroke Play Championship	Legend Trail Golf Club
18-20	USGA Women's State Team Championship .	The Club at Carlton Woods, Woodlands, TX
29-4	U.S. Women's Mid Amateur	Desert Forest GC, Carefree AZ
October		
15-17	AWGA State Seniors Championship	Antelope Hills Golf Course
November		
12-13	AWGA Scotch Play	Apache Stronghold GC
December		
5	AWGA State Medallion Club Team Tournament	Wigwam G & CC

Donna Cunning, continued...

induction. Although her daughter, Cathy, could not be with her at Moon Valley, she was with mom in spirit as she has been through the years. Donna still appreciates her daughter's support when she was regularly playing in tournaments around the country. Cathy and her family live in the Seattle area. Donna has two grandchildren there, one of whom is following in Grandma's footsteps as a budding writer.

"The AWGA has also had a major impact on my life," Donna notes. "I have made lifelong friends because of my involvement in women's golf. The women I have met along the way are extraordinary. They have showed me that they can be competitive and encouraging at the same time. They understand bad shots and respect people who want to get better." Evie Hill, one of Donna's best friends, is AWGA History Committee Co-Chair with Donna. They have both been leading this committee since 2003. Donna has held many positions in support of women's golf including Rating Chair for the Central District, Publicity Chair, and State Junior Girls Championship Chair. The game has given much to her and she has given much to the golf community.

"My golf career has come full circle now," she says in a soft whisper. "In the early years, I played just to be out in the sunshine and to be with friends. Then I enjoyed many years of competitive golf when I played my best. I was energized by the tournaments and the caliber of women in the events. I was stimulated by the challenge of the game and felt constantly motivated to improve. Now I feel the way I did when I first started playing. After 40 years of golf, I am back to loving the beauty of the courses, being outdoors with my family and friends, and enjoying the wonderful game that has played such an important role in my life."

Donna, a native Arizonan, has enjoyed many benefits from playing golf. Her thoughtful observations over the years ring true and clear, "Women who play golf are healthier, happier, and seem younger. Golf keeps people active, creates an environment for building friendships, teaches patience and helps us to keep a positive attitude." What better way to promote the game!

Heartfelt congratulations to Donna on her induction into the Arizona Golf Hall of Fame. Women all over the state and country appreciate her contribution to the game and her dedication to women's golf. Donna genuinely understands and practices the true spirit of golf in Arizona.

RULES TIP:

Serious Breach



A serious breach has occurred when a player proceeds other than in accordance with the rules and either gains a significant advantage or negotiates a significant distance without making a stroke.

Example: In stroke play, Players A and B drive their balls into a lateral water hazard. After finding where they both last crossed the margin of the hazard, Player A drops a ball closer to the hole than her ball last crossed the margin of the hazard. Player B drops a ball 50 yards closer to the hole. Both players play their next stroke. What is the ruling?

A. Player A incurs an additional penalty of two strokes for a breach of Rule 26-1c and must play out the hole with the ball dropped in a wrong place and played (See Rule 20-7c).

Player B is guilty of a serious breach of Rule 26-1c, and incurs an additional penalty of two strokes for playing from the wrong place. Before teeing off on the next teeing ground, Player B must drop a ball in accordance with Rule 26-1c and play out the hole, otherwise she is disqualified.

A serious breach of Etiquette occurs when a player's behavior shows a significant disregard for an aspect of the Etiquette Section, such as intentionally distracting another player or intentionally offending someone.

Although the Committee may disqualify a player under Rule 33-7 for a single act it considers to be a serious breach of etiquette, in most cases it is recommended that such penalty be imposed only in the event of a further serious breach.

Linda Dalsin, AWGA Director of Rules
Lmdalsin59@aol.com

(Note: Linda has been AWGA Director of Rules for four years and will be finishing her commitment on the Board in January. Special thanks to Linda for her hard work, dedication, and reliability over the years. Her skills and enthusiasm have helped to make AWGA tournaments a success.)

PHOENIX THEATRE

Beginning January 10 and running through January 28, the Phoenix Theatre presents "Leading Ladies", one of the funniest modern plays to be written for the stage. Just how far will men go for money? Lie, cheat, steal, and oh yeah, pantyhose! Mistaken identity takes center stage. This play was written by Ken Ludwig the author of Lend Me a Tenor.

Call (602) 254-2151 and tell them you're an AWGA member. You'll get the \$27.00 plus a \$2.50 processing charge group rate for each ticket you buy. Remember, you won't get the discount if you order tickets online so be sure to call the Box Office to take advantage of this special price.



Marc Chandonnet

Head Women's & Men's Associate Golf Coach
Grand Canyon University

This issue's topic is T-E-M-P-O because few swing fundamentals are more overlooked than this one in particular. Tempo is the consistency of the pace at which you swing your golf club. Tempo is a difficult concept to grasp but also one of the most important for consistently well struck golf shots. If all the parts of your body work together as a unit, your swing will be very smooth & efficient. If you swing down at the ball with your arms before your legs have a chance to move, your swing will be very jerky and inefficient. Next time you are on the range try hitting balls with about 50% of your effort while developing a feel for the way the club head & body move together to produce solid and consistent golf shots.



AMBASSADOR PROGRAM OFF TO A RUNNING START

Saturday, December 2 marked the first session for the Ambassador Program, a partnership between the AWGA and the Southwest Section PGA, to offer a series of lessons for new golfers. Ahwatukee Lakes Golf Club and the Arizona Golf Resort began their programs with ladies eager to learn the game.

The golf professionals emphasized the "fun" of the game and began the series with some basic instruction about the physical nature of the club and its design along with teaching proper stance and grip. AWGA members served as Ambassadors to give the women a little moral support and discuss things such as proper dress for ladies, where to buy clothes and what to put in your golf bag.

It was a great day for all involved. 2007 plans include expanding this program - offering it in several areas of the state. Its purpose is to appeal to new women golfers who want to learn the game with other beginners in a relaxed and encouraging atmosphere.

If you know of any course where the golf professional might be interested in partnering with us for this series, please contact the AWGA office.

(Photo of Ahwatukee Lakes participants: Top row: Becky Lindstrom, Ed Barela (PGA Teaching Pro), Shana Cheney, Jeanne Krause and Maureen Flynn. Kneeling: Teresa Reed, Deborah Williams, Toshiko Suzuki, Terrie Carll. AWGA Ambassador, Linda Hazlewood.)

THINK GOOD THOUGHTS

Some inspirations for the New Year!

1. We spend January 1 walking through our homes, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives... not looking for flaws, but for potential.
~Ellen Goodman
2. May all your troubles last as long as your New Year's resolutions. ~Joey Adams
3. A New Year's resolution is something that goes in one year and out the other. ~Author Unknown
4. People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas." ~Anonymous
5. Write it on your heart that every day is the best day in the year." ~Ralph Waldo Emerson

CONGRATULATIONS

To The Following Ladies on Their HOLES IN ONE!!

Bennie Beaumont	08/03/06	Ironwood Golf Club WGA
Roxy Harshbarger	08/27/06	Canoa Ranch WGA
B.J. Schuller	09/29/06	Oakwood CC WGA
Bea Green	10/12/06	Working Women's Golf Assn.
Laura Clonts	10/26/06	Antelope Hills WGA
Norma Hill	10/26/06	Sun City West - Grandview Women
Lucy Dreyer	10/26/06	Skyline Country Club WGA
Sherry Evans	10/27/06	CC of Green Valley Women
Pat Ajer	10/27/06	Mountainbrook Ladies Golf Club
Betty Calcote	10/30/06	Scottsdale Silverado WGA
Shirley Herring	10/31/06	Corte Bella WGA
Pat Brown	11/04/06	Lake Havasu WGA
Anna Wilson	11/07/06	Desert Lakes Ladies Club
Mary Gresham	11/07/06	Fountain of the Sun WGA
Charlene Petragallo	11/10/06	Ironwood Golf Club WGA
Sharon Wells	11/11/06	Country Meadows Ladies Golf Assn.
Carol Conlin	11/11/06	CC of Green Valley Women
Dee Greener	11/12/06	El Caro Women's Golf Club
Brenda Finberg	11/14/06	Ladies Grand Niners Golf Club
Jane Lutz	11/14/06	Sun City Vistoso Women's GC
Judy Bischoff	11/20/06	Canoa Hills WGA
Suzi Wiggins	11/21/06	Oakwood CC WGA
Jean Longenbach	11/21/06	Coyote Lakes WGA
Lynne Hawbecker	11/23/06	Torres Blancas Womens GC
Lila Slater	11/26/06	Pueblo El Mirage Womens Assn
Pat Schultheiss	11/28/06	Desert Lakes Ladies Club
Joan McCluskey	11/28/06	Ahwatukee Lakes Tuesday Swingers

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.



2006 Scotch Tournament Results



OVERALL CHAMPIONS
Tui Selvaratnam & Lynn Simmons



OVERALL NET WINNERS
Betty Koch & Yvonne Streight

OVERALL CHAMPIONS

Gross . Tui Selvaratnam & Lynn Simmons 138
Net Betty Koch & Yvonne Streight 133

FIRST FLIGHT

Gross

1st Cindy Bryniarski & Kathy Roady 147
Net

1st Jocelyn Borden & Julie Glessner 140

Gross

1st Carmen Erikson & Cindy Young 158
2nd Ginny Zak & Nancy Hewes 160

Net

1st Barbara Burton & Maggie Edwards 138
2nd Patty Kimball & Mary Pomroy 141

THIRD FLIGHT

Gross

1st Peggy Milbrandt & Gay Elliott 164
2nd Norma Hill & Vickie Bricker 168

3rd Nadine Sanders & Mary Anne Lofquist . 173
Net

1st Nancy Hermanson & Mary Henson 140
2nd Lisa Hoffman & Amy Kim 141

3rd Keiko Vleming & Charol Wilson 143

FOURTH FLIGHT

Gross

1st Linda Stewart & Sheryl Maitland 169
2nd Vivian Noble & Katherine Olson 175

Net

1st Shirley McClure & Trish Henry 138
2nd Sandralee Myers & Jeanne Lentz 141

FIFTH FLIGHT

Gross

1st Sandy Stice & Aurora Gehr 180
2nd Kathy Ehrlich & Anna Cain 182

Net

1st Barbara Haley & Fran Stephens 140
2nd Janet Cowan & Carol Schade 143

SIXTH FLIGHT

Gross

1st Carol Lowen & Rosalie Dressler 200
2nd Elspeth Bergen & Elin Rapp 204

Net

1st Carol Hisey & Sharon Wilson 152
2nd Harlene Bowman & Mary Jo Slunder 154

MO CRUIKSHANK TOURNAMENT RAISES OVER \$35,000

The 2006 Mo Cruikshank Memorial Tournament was again a great success. Contributions and money raised from sponsorships, the auction and golf entry fees were added to over \$35,000! As always, the day at The Rim was perfect!

Jackie Myers, President of the AIBH (Arizona Institute for Breast Health), expresses her sentiments by saying "The players raved about the event. The weather and the venue were beautiful, the food was great and everyone had a terrific time. I would like to personally thank all who were part of this most worthwhile charity golf event. The AIBH is grateful for the support of the AWGA in raising funds to assist women diagnosed with breast cancer."

NEW 2007 USGA CHAMPIONSHIP HANDICAP REQUIREMENTS

Jim Hylex, Chairman of the USGA Championship Committee, recently sent information for all amateur players entering USGA Championships. There is now an additional requirement for players to meet USGA Handicap eligibility requirements as listed on individual USGA Championship entry forms.

"A USGA Handicap Index® must be issued from a "golf club" (as defined in the USGA Handicap System manual) which is licensed to use the USGA Handicap System™." (International players should follow the directions on the entry form.)

Access to the entire database of licensed clubs can be found in the Handicap Section of the USGA website, www.usga.org, via the link entitled Authorized Golf Clubs or at <http://www.usga.org/playing/handicaps/ClubLicensing/search.asp?auth=Y>.

This database is updated on a regular basis and "authorized" clubs may be added and/or deleted based on a club's effort to comply with the licensing regulations. It is suggested that a potential applicant check this list both before Championship season begins and again prior to applying, in order to confirm that the applicant's club is authorized to issue a USGA Handicap Index. If the applicant's club is not in the database, contacting the club as soon as possible to determine why it has not completed the licensing process is highly recommended.

Once a player has confirmed the club is licensed and has entered a USGA Championship, the Handicap Index received on subsequent entries from the same entrant during the 2007 Championship season will be deemed to be from a "licensed club", even if that club has had its license revoked for non-conformance to handicap regulation procedures.

Failure to submit a Handicap Index from a golf club that is licensed by the USGA will result in the rejection of Championship entries.

WEEKEND CLASSIC TOURNAMENT

Hillcrest Golf Club • March 25, 2007

OPENING DATE: January 26, 2007 • CLOSING DATE: March 15, 20067

Maximum Handicap Index: 30.0

OFFICIAL ENTRY FORM

PLAYER _____ TELEPHONE _____ AWGA# _____
ADDRESS _____ CITY/ST/ZIP _____
CLUB REPRESENTED _____ EMAIL ADDRESS _____

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 _____

Enclosed is my check or money order for **\$90** per person payable to the AWGA.

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

Check here if you are between and including the ages of 14-17 _____ 2005 or 2006 Overall Gross or Net Winners? _____

HILLCREST GOLF COURSE

2002 Star Ridge Drive • Sun City West, AZ 85375 • (623) 584-1500

www.hillcrestgc.net



Hillcrest Golf Club is the site for this year's Weekend Classic Tournament, a course that has hosted the Senior PGA Tour five times and LPGA competitions two times. It has a reputation as the choice for exciting tournament play by the pros.

Generous, open fairways and an all grass layout make Hillcrest a perfect course for all skill levels. Water comes into play on 12 holes and bunkers are strategically placed around the greens to dismiss any thoughts of easy approach shots. The redeeming factor on this course is that there are virtually no blind shots. From doglegs protected by water hazards to short but challenging par-3

holes, Hillcrest is a course that will test your game on this 18-hole stroke play tournament. Take advantage of their double-ended driving range and their extensive short game practice area. You'll be glad you did!

COURSE RATINGS

The following courses are new or have been re-rated since the 2006 AWGA Club Directory was printed. Please make a note of this updated information. These ratings have been entered into the Arizona Handicap Network, including front and back nine details.

Cottonwood Country Club

Gold 67.3/112
Gold/White mix 69.7/115
White 72.8/124

Dell Ulrich Golf Course

Red 69.3/116
Gold 71.9/124
White 73.7/129

Echo Mesa Golf Course

Red 56.1/86
White 59.4/92
Blue 63.4/99

El Caro Golf Course

Forward 57.6/84
Back 59.4/86

Gold Canyon GC - Sidewinder Course

Red 65.8/112
Mixed 68.2/121
White 70.3/124
Blue 73.4/134

Golf Club @ Chaparral Pines

3 Pines 70.8/125
Mixed 72.0/132
2 Pines 74.7/140

Mountainview - Fort Huachuca GC

Red 71.3/125
Yellow 72.0/128

Pines Golf Club @ Marana

Copper 69.3/119
Silver 71.6/128

Poston Butte Golf Club

Green 69.4/114
Red 72.5/122

Randolph North Golf Course

Red 73.2/125

The Refuge Golf Club

Lavender 68.9/115
Lavender/Jade mix 70.5/124
Jade 74.0/134

The Rim Golf Club

Red 68.9/128
Red/Gold Mix 70.5/135
Gold 72.5/143

River Run Golf Course

Forward 65.9/113
Middle 69.9/120

Tuscany Falls at Pebblecreek

Falls/Palms
Red 64.9/104
White 69.3/114
Blue 73.1/128

Lakes/Falls

Red 66.2/109
White 70.3/119
Blue 73.0/128

Palms/Lakes

Red 66.5/110
White 71.2/120
Blue 74.3/130

Ventana Canyon GC - Canyon Course

Copper 71.0/120
Turquoise 72.9/131
Silver 74.0/140

Ventana Canyon GC - Mountain Course

Copper 68.0/122
Turquoise 71.1/130
Silver 74.1/134

We-Ko-Pa GC - Saguaro Course

Forward 68.4/112
Composite Ladies 72.7/124

HEALTHY HOMEWORK FOR 2007

By *Mindi Boysen*

The hectic holiday season is over. As a golf fitness coach, I hear the same questions ringing out of the mouths of my clients: "How can I make this year the healthiest and happiest year yet?" "How can I make my golf game the best it's ever been?"

The answers to those questions go together! Work on your body, mind, and spirit... and your health, fitness level, and golf game WILL improve! Follow the suggestions below as your healthy homework for 2007.

1. MOVE! Promise yourself to move everyday! Score points for yourself when you walk farther, take the stairs or get up from your computer or desk every 30 minutes. Even a 10-minute stretch may be more than what you did last year!

Tip: Buy a pedometer (\$5-\$10) and track your steps throughout the day. Each day should consist of at least 10,000 steps. If you are unable to get that many during work hours, take a walk in the evening.

2. EAT 5 MEALS A DAY! To keep your metabolism as well as your energy levels roaring, space your eating times 3 hours apart. The digestion process is a heat producing, calorie burning process. When the stomach is empty (within 3 hours), metabolism slows and your body starts conserving calories at a higher rate.

Tip: If you are on a 1500 calorie a day plan, divide those calories in 5 meals of 300 calories each. A 2000 calories plan would be divided into 400 calorie meals. You will find that you are not nearly as hungry and are less inclined to overeat.

3. HYDRATE! Water is quite possibly the single most important catalyst in losing weight & keeping it off. Although most of us take it for granted, water may be the

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SEASON OPENER TOURNAMENT

Trilogy Golf Club @ Power Ranch • February 18, 2007

OPENING DATE: December 22, 2006 • CLOSING DATE: February 8, 2007

Maximum Handicap Index: 30.0

OFFICIAL ENTRY FORM

PLAYER _____ TELEPHONE _____ AWGA# _____
ADDRESS _____ CITY/ST/ZIP _____
CLUB REPRESENTED _____ EMAIL ADDRESS _____

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 _____

Enclosed is my check or money order for **\$90** per person payable to the AWGA.

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

Check here if you are between and including the ages of 14-17 _____ 2006 Overall Gross or Net Winners? _____



TRILOGY GOLF CLUB AT POWER RANCH

4415 East Village Parkway • Gilbert, AZ 85297 • (480) 988-0004

www.trilogygolfclub.com/powerranch

Our first tournament of the year is the Season Opener hosted by the spectacular Trilogy Golf Club at Power Ranch. Bring your best game because this course with extreme natural undulations will test your accuracy and your nerves. Risk/reward holes are plentiful. Sloping greens, blind tee shots, strategically placed bunkers, curving water hazards, and a triple dog leg are just a few of the perils you'll find on this course.

Subtle to extreme elevation changes created by Trilogy's natural setting require the player to use nearly every club in your bag. The course is surrounded by scenic vistas of the San Tan Range and Superstition Mountains and offers some of Gilbert's truest greens in consistently outstanding condition. Precision shots are needed on several holes. Quick putting surfaces can make or break your chance at par. Natural preserve areas, long desert carries and tiered greens add a new dimension to the word difficult. The course and all its sloping mounds offer breathtaking views but also offer a new dimension in challenge. Accuracy, accuracy, accuracy - that's the name of the game at Trilogy at Power Ranch. But don't be afraid to try for that seemingly impossible shot because if you make it, it can bring you the best reward of all.

The course is located off Queen Creek Rd., about 1/2 miles west of Power Road.

Health Homework, continued...

only true "magic potion" for permanent weight loss. Water suppresses the appetite naturally and helps the body metabolize stored fat. Studies have shown that an increase in water intake can actually reduce fat deposits.

Tip: Drink 80-100oz. of water daily. Drink a 24oz bottle of water between each of the 5 mini meals throughout the day. Also, eat your calories...don't waste them on sugary, caffeinated drinks.

4. BREATHE & THINK POSITIVE THOUGHTS! We know that we need to breathe in order to live, but how often do we really focus on slow,

controlled breathing? Meditation comes in many forms, with ultimate goals to cleanse the system of negativity, rejuvenate the body and mind, and prepare for unexpected life events.

Tip: When driving alone in your car, breathe deeply, inhaling as much oxygen as possible into your lungs and exhaling slowly. Create your day, your week, your month, even your year in your mind and you'll be one step closer to achieving your dreams.

I hope 2007 proves to be your best year to be Fit For Golf AND Fit For Life!

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