



NEWSLINKS

A publication of the Arizona Women's Golf Association | Dedicated to promoting golf for women in Arizona



AWGA Plans Fall Conversion to GHIN Simpler. Easier. Better.

The AWGA Board and Staff spend a good chunk of time each day planning the most prudent, efficient and effective ways to utilize member dues. In addition to administering the USGA Handicap System, the \$25 AWGA membership fee (annual) is used to conduct state championships & national qualifiers, implement and support player development programs; as well as to recruit and train volunteers, including rules officials, to work locally and nationally. While the work being done behind the scenes is the meat and potatoes of the charitable association, the everyday golfer typically associates the \$25 fee with a USGA Handicap Index.

The USGA Handicap System is developed and owned by the USGA but is implemented locally through regional golf associations, clubs and golfers. Similarly to the Rules of Golf, the USGA creates the regulations that govern the world of handicapping. In Arizona, these rules are enforced through the Arizona Women's Golf Association and the Arizona Golf Association. Clubs can become licensed to utilize the USGA Handicap System in one of two ways. First, they can apply through either the AWGA or the AGA. Secondly, they can apply directly with the USGA. The vast majority of clubs choose to license through the state golf association because of the support and training they receive. In either case, compliance of every licensed club in Arizona is in the jurisdiction of the AGA and the AWGA (under the banner of AZHN). The USGA requires that all clubs in Arizona are reviewed and monitored by the AZHN. This is particularly important when considering the fact that the only way to get a USGA Handicap Index is by joining a licensed club.

Because the USGA Handicap Index is the most widely recognized member benefit, the AWGA Board works hard to ensure that the software utilized within this realm is the best available. Over the past year the AWGA and AGA have dedicated a significant amount of time reviewing every major handicapping vendor on the market. Ultimately, a decision was made to contract GHIN services as GHIN was identified as the most robust and effective software available. Beginning in October 2012, AWGA and AGA members handicap records will be converted from our current service (EZLinks/Golfnet) into GHIN.



GHIN, a service of the USGA, is the world's largest handicap computation service. With the signing of the two Arizona associations, GHIN has 72 regional golf associations using the service. With over 2 million golfers on one network playing golf and posting scores while travelling or while at your summer home will become much easier. The AWGA currently has 2,400 members whose scoring records are linked up with another golf association. More than 80% of these accounts are linked up to a GHIN record.

(continued on page two)

*Featured Golf Course
Cochise at Desert Mountain
site of the
2012 AWGA Stroke Play Championship*

**Deadline extended until August 6!
Visit awga.org to enter.**

- GHIN Conversion 1
- Build a Team..... 2
- Women's Public Links 3
- Arizonan wins USGA Title 4
- Heat Exhaustion..... 5
- Aces 5
- AWGA Partners..... 5
- Match Play Champions..... 6
- Dear Caddy..... 8
- Day in Hades Champions 9
- Developing a Pre Shot Routine 11

Help us reach more women golfers.... when you're finished reading this newsletter, pass it along to a friend.

GHIN Conversion

(continued from page one)

When the transition is completed those members will have one, simple number to use through all clubs to which they belong. Additionally, members will have access to mobile score posting sites along with Android and iPhone Apps.

The AWGA is excited for these upcoming changes and will work hard to ensure a seamless transition. We are working with GHIN to help develop the look and feel of the new score posting kiosks and will strive to make the aesthetic changes as small as possible while still embracing the newest and best technologies available to us.

FAQS

Will I get to keep my AWGA number?

Many AWGA members will receive a new AWGA number. Local numbers will not be affected by this change. Members who have an active GHIN number in another state will be able to retain those and they will become their new AWGA number.

Will score posting be affected?

The AZHN will turn off the current EZLinks/ Golfnet handicap software on October 1st. It will remain shut down for a period of up to two weeks; but the AWGA and the AGA will strive to get the service transitioned into GHIN as quickly as possible and hope to have the service back up within a week.

How will this affect AWGA my member dues?

The AWGA dues will remain \$25 in 2013.

Will training be available?

The AWGA is in the process of scheduling multiple no-cost seminars to help train clubs, officers, professionals and members alike. More information will be available over the coming weeks.

What does my club need to do?

For the time being simply wait for instruction from the AWGA. We will communicate with all of our clubs over the coming weeks via email, telephone, website and live seminars.

Click here for a link to more FAQs.

More questions? Contact Logan Erickson at 602.253.5655 or logan@awga.org.



“Build a Team”

Bridging the Gap for High School Girls Golf

The AWGA and the LPGA have joined together to initiate a pilot program designed to foster the development of Arizona High School girls' golf. The program, “Build a Team,” will focus on providing high school girls with the skills and experience needed to compete comfortably and successfully among State high school girls' golf teams. Paramount to the program is targeting those schools where girls' golf traditionally has not been on the forefront of their varsity sports programs. The

AWGA task force spearheading initial discussions consists of AWGA leaders, LPGA Teaching professionals, and Arizona high school women's golf coaches.

The task force has agreed the State of Arizona should be divided into two distinct regions – Northern & Central Arizona and Southern Arizona. The needs for each region are varied and yet to be identified. Functioning as a single program, each region will identify their own needs, addressing the requirements for that particular region - be it coaching clinics, working sessions with LPGA Teaching professionals, “adopt a student or golf team” by member clubs, play days with AWGA members, mentoring from LPGA & AWGA member volunteers, or students participating as volunteers in various golf events. The task force, with representatives from both regions, will be responsible for creating a plan.

The target date to kick off “Build a Team” will be August 25th, 2012, in Phoenix, with a coaches educational program to be held at Aguila Golf Course - coinciding with the beginning of the school year. A similar coaches clinic for the greater Tucson area is also being scheduled for August.

Task force member and LPGA Teaching Professional, Peggy Briggs, summarized the focus of the new AWGA program as a way to “Assist High Schools with building enthusiastic girls' golf teams. Use resources of the Arizona Women's Golf Association to connect instruction and equipment with the students and school golf programs. Team-build to empower the girls with mentoring from the LPGA/PGA professionals and the AWGA.”



TWO

VISIT US AT WWW.AWGA.ORG

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Left - Right: Dana Finkelstein, Kyung Kim, Kristen Schelling and Stephanie Kim. They all shot 73 to tie as Medalists.

USGA Women's Amateur Public Links

Neshanic Valley Golf Course, Neshanic Station, New Jersey | June 18 – 23, 2012

On May 30th at Whirlwind Golf Club, five young golfers from Arizona qualified to participate in the 2012 Women's Amateur Public Links in Neshanic Station, New Jersey: Dana Finkelstein from Chandler, AZ; Kyung Kim, also from Chandler, Stephanie Kim from Tempe, and Kristen Schelling from Mesa, AZ. All four shot 73 to qualify for medalist honors. Lauren Archer from Scottsdale, AZ defeated Bobbi Lancaster on the second playoff hole to qualify for the fifth spot.

The first two days of the Public Links Championship is a 36-hole qualifier, and 2 of our Arizona representatives shot well enough to qualify for the match play portion of the tournament: Dana Finkelstein shot one under to tie for 13th seed; and Kyung Kim shot even par for two days to tie for 20th seed.

Both ladies won their matches on the first day to advance to the round of 32. Dana beat Sara Bae 4 & 3; and Kyung Kim beat Elle Mueller 1-up to win her match.

In the round of 32, Dana lost to Allyssa Ferrell in 19 holes, and Kyung beat Yi Chen Liu 2 & 1 to advance to the round of 16.

Kyung went on to beat Rachel Morris 2 & 1 in the round of 16; then she squeaked out a win over Lakareber Abe 1- up in the quarterfinals. In her semifinal match against Alice Jeong, Kyung found herself 1-down, but pulled back to all square at the next hole and never fell behind again in a 3 & 2 victory.

Kyung played Ashlan Ramsey in the 36-hole final. She was 1-down after nine, but by the 18th hole, she was 1-up and she never looked back from there. She played her last 3 holes Birdie, Birdie, Par to close Ashlan out and become the US Women's Amateur Public Links Champion.

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We welcome your comments and suggestions regarding the new "NewsLinks" newsletter. Please submit your ideas to Kelly Hollister at kelly@awga.org.



THREE

VISIT US AT WWW.AWGA.ORG

Arizonan wins Women's National USGA Title

by Erin Groeneveld

Kyung Kim, 18, a 2012 graduate of Hamilton High School in Chandler, Arizona, defeated Ashlan Ramsey, 16, of Milledgeville, Ga., 4 and 2, to win the 2012 U.S. Women's Amateur Public Links Championship at the 6,221-yard, par-72 Neshanic Valley Golf Course. Kyung will be playing collegiate golf at the University of Southern California. We talked with her after her victory.

Erin: What does it feel like to know that you are now the United States Women's Amateur Public Links (WAPL) Champion? Has it even sunk in yet?

KK: It feels awesome in a way that I can't describe in words. At first it didn't feel like I had won; but after receiving the trophy last week and seeing my name on it, then I realized that I have really done it!

Erin: How does playing in the WAPL compare to playing at the US Women's Open?

KK: It's different because the WAPL was a match play format and the Open was stroke play. I think I felt more nervous at the Open, playing with the LPGA Pros and in front of a huge gallery!

Erin: I know you've worked hard at gaining some yardage off the tee; do you think that was what helped you secure your win at the WAPL?

KK: It helped in a way, because I was able to grab a shorter club into the green and be able to spin the ball faster, but my putting was also "on" that week. I was sinking putts from everywhere!

Erin: Tell me what it was like walking into the final hole of your match knowing this hole could clinch the win for you?

KK: It was nerve-wracking. I felt so excited and relieved that I had finally done it!

Erin: What was your most memorable moment of the whole championship?

KK: Probably after the last hole of the match when my dad hugged me off the ground and both of us kind of teared up.

Erin: Were both of your parents there? Describe to me how it felt to see your dad there when you won?

KK: Only my dad went to the WAPL with me. It was great having him there because he was a great supporter and a great caddy.

Erin: If there was one person you could say had the biggest influence on you and your golf game who would that be and why?

KK: My parents. They sacrificed so much for me. I wouldn't be the person or player I am today without them.

Erin: What are your plans for the future - where are you going to college and what do you plan to study?

KK: I just graduated from Hamilton High School. I am going to the University of Southern California next month. I plan on studying business.

Erin: Do you have plans to turn professional in the future?

KK: Yes, I do. I want to turn pro after I graduate from college.

Erin: And finally, when will I get to see you at an AWGA tournament? We'll have a spot reserved for you at the State Amateur Stroke Play up at Desert Mountain in August, August 15 - 17, 2012, come on out...it's right before the 2012 Charles Schwab Cup (PGA event) so the course is in great condition!

KK: I don't think I'll be able to play in the Stroke Play tournament. I'm going to need some time to get ready for college, because the move-in date is August 22.



Chandler, Arizona's Kyung Kim, 2012 Women's Amateur Public Links Champion.



A celebratory hug from Dad.





April

- 5. Dixie DeWitt | Wigwam Golf Club
- 29. Robin Cook | Wigwam Golf Club

May

- 14. Joan Hewitt | Continental Golf Club

June

- 9. Beverly Schweikert | Forest Highlands
- 9. Ida Breitenberger | Briarwood CC
- 12. Judy Gayok | Oro Valley CC
- 14. Sharon Gibson | Elephant Rocks Golf Club
- 23. Sandra Murray | SaddleBrooke Golf Club
- 23. Mary Asbon | Pinewood 9'ers
- 27. Greta Burbridge | Prescott Lakes

July

- 3. Diane Musick | El Conquistador
- 5. Cathy Schiller | Antelope Hills North
- 19. Bonnie Yeager | El Conquistador

2012 Partners



Heat Exhaustion & Heat Stroke



Heat exhaustion and heat stroke can be a real problem here in Arizona during the summer golfing season. If you are one of the brave ones who stay in Arizona and play golf during the summer, here is some information about heat exhaustion and heat stroke that will help you recognize the symptoms in yourself or your friends and take the correct action.

Suspected heat stroke is a true, life-threatening medical emergency. Call for an ambulance and request information as to what to do until the ambulance arrives.

Causes of Heat emergencies:

Alcohol use | Dehydration | Heart Disease | High temperatures or humidity | Medications such as beta blockers, diuretics, neuroleptics, phenothiazines, and anticholinergics | Prolonged or excessive exercise | Sweat gland problems | Wearing too much clothing

Heat Exhaustion Symptoms:

Profuse sweating | Fatigue | Thirst | Muscle cramps | Feeling faint or dizzy | Complaints of headache, weakness, nausea | Cool moist skin | Dark urine

First Aid for Heat Exhaustion:

Lie down in a cool place. Raise feet about 12 inches. Apply COOL, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. If alert, give the person COOL beverages such as water or sports drinks to sip for dehydration. You can also make a salted drink by adding a teaspoon of salt per quart of water. Give a half cup every 15 minutes. For muscle cramps, give beverages and massage affected muscles gently, but firmly, until they relax. If the person shows signs of shock (bluish lips and fingernails and decreased alertness), starts having seizures, or loses consciousness, call 911 and give first aid as needed.

Heat Stroke Symptoms:

Fever (temperature above 104 deg. F) | Irrational behavior | Extreme confusion | Inability to drink fluids | Continuous vomiting | Dry, hot, and red skin | Rapid, shallow breathing | Rapid, weak pulse | Seizures | Unconsciousness

Do Not:

Do NOT underestimate the seriousness of heat illness, especially if the person is a child, elderly, or injured. Do NOT give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful. Do NOT give the person salt tablets. Do NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature. Do NOT use alcohol rubs on the person's skin. Do NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

(continued on page six)

Heat Exhaustion

(continued from page five)

Prevention:

Wear loose-fitting, lightweight clothing in hot weather.

Rest frequently and seek shade whenever possible.

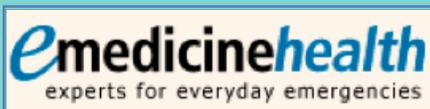
Avoid exercise or strenuous physical activity outside during hot or humid weather.

Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.

Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.

Be careful of hot cars in the summer. Give the car time to cool off before you get in.

Our thanks to the following sources for providing the preceding information:



AWGA State Match Play

Getting to know the champions

The 88th Arizona Women's Amateur Match Play Championship was contested at The Ritz-Carlton at Dove Mountain, June 25th thru the 28th. With a Championship Division, a Senior Championship Division and a Field Division, the competition course was set up from three different yardages, one to suit the game of each division. In addition, the Field Division, which consisted of players with Handicap Indexes ranging from 7.8 to 27.7, was flighted and played at net, while the Championship and Senior Championship Divisions were played at scratch.

The 2012 Arizona Women's Amateur Match Play Champion is Stephanie Kim, from Chandler. Stephanie, who has a +1.6 USGA handicap index is 20 years old and is entering her senior year at Northern Arizona University. The Senior Match Play Champion is a very familiar name in the AWGA Newslinks, Kim Eaton. Kim Eaton is a resident of Tempe, originally from Colorado and has a +1.7 USGA handicap index. We talked with each of them after their victories.

Interview with Stephanie Kim – 2012 AWGA Match Play Champion

AWGA: Can you tell me anything special about the week? (maybe who was your toughest opponent that week, and did anything happen to help you defeat her - maybe a chip-in or tough up-and-down?)

SK: I absolutely love that golf course and just enjoyed every day out there all week. I have always enjoyed playing in match play and the course suited the format very well. It was also nice to see my friends there that I haven't seen in a while so it was fun. Also, I got to meet a lot of great people that week! Everyone there, including the players and the staff, was just so nice and friendly! The tournament is so much more enjoyable when the atmosphere is like that.

AWGA: Was there anything funny/interesting that happened during the week?

SK: Sun Park is one of my best friends, and we had to go against each other in the final match! It was a fun match!

AWGA: What are your golf plans for the rest of the season?

SK: Just a lot of practice time. I will be playing in the AWGA State Stroke Play Championship next month at Desert Mountain.

AWGA: Do you have any golf goals for the rest of the season?

(continued on page seven)



Getting to Know the Champions

continued from page six



SK: Putting extra hours into practice, and I would love to get one more win before school season starts!

AWGA: How many Holes-in-One have you had?

SK: None!! I would love to get one soon!

AWGA: Can you tell me one golf swing thought, or tip that is useful to you - maybe one that you use in high-stress moments.

SK: I always just try to focus on having a good/slow tempo, especially under pressure.

AWGA: Can you tell me a little about your past golfing history - High School and College?

SK: I played for Desert Vista High School; and I am currently playing for Northern Arizona University.

AWGA: What Golf awards and tournaments you have won?

SK: I have had three wins so far in college, all during my freshman year. One of them was the Big Sky Conference Championship. I was also the conference freshman of the year, and conference player of the year twice so far (freshman and sophomore year). It felt really good to finally get another win at this match play tournament. I haven't won a tournament since freshman year other than being medalist few times at the USGA qualifiers.



AWGA: What is your Major at college?

SK: I have a double major in Photography and Advertising.

AWGA: Can you tell us a little about your practice routine?

SK: I practice 6-7 days a week and it usually depends on what I need to work on that day or week. Lately, I've been trying to spend more time on the putting green than the range.

AWGA: What ball do you play and how do you mark it?

SK: I play Titleist Pro V1x, and I don't really have a set mark for my golf balls, I like to switch it up!

AWGA: What is your favorite club in your bag?

SK: My putter

AWGA: What is your favorite distance into the green?

SK: 65-70 yards

AWGA: Do you work out/exercise? If so, what do you do?

SK: Not too much over the summer, just little bit of cardio sometimes. I do more weight lifting workouts a couple times a week during school season.

AWGA: Is there something you haven't accomplished yet that is on your list?

SK: There are a lot!!! But a major one, while I am still in college, would be to compete in the NCAA regional and/or national championships.

AWGA: What do you feel is your greatest accomplishment in golf?

SK: Probably having 3 wins as a freshman in college.

AWGA: Is there anything else you would like to add?

SK: Thank you! :)



Interview with Kim Eaton – AWGA State Senior Match Play Champion

AWGA: Can you tell me anything special about the week? How did you manage to come back from being pretty far down in your final match with Liz Waynick?

KE: It was special playing in my first state senior match play and winning. I don't like to lose so I just bore down. Liz missed a couple of putts which gave me an opening and I took advantage of that and hit some great shots coming in.

AWGA: Was there anything funny or interesting that happened during the week?

KE: Out on the driving range were these road runners and one morning everyone said to hit a ball over them to get them to leave; well, I accidentally hit a ball too low and hit one of the roadrunners. He left, but came back a few minutes later. Everyone was saying I should be charged with animal cruelty.

AWGA: What are your golf plans for the rest of the season?

KE: I will be playing lots of golf. I am playing in some Colorado Women's golf events, AWGA golf events, USGA Seniors, and hopefully the US Women's Mid-Am and the North & South Seniors in Pinehurst, NC.

AWGA: Do you have any golf goals for the rest of the season?

KE: I'd like to win the Colorado State Women's Senior stroke play at my home course in Greeley,

(continued on page eight)



Getting to know the Champions

continued from page seven

qualify for US Women's Mid-Am and make it to Semifinals of US Women's Senior Amateur.

AWGA: Can you tell me one golf swing thought, or tip that is useful to you - maybe one that you use in high stress moments?

KE: nice and slow...I tend to get quick with my swing.

AWGA: How often do you practice?

KE: Almost never except to warm up before teeing off in a tournament.

AWGA: When you do practice, what is your practice routine?

KE: When I do practice, I hit wedges, 7 irons,

Driver and then usually I go and putt. I may occasionally hit some chips.

AWGA: What ball do you play, and how do you mark it?

KE: I play Titleist Pro V1x and I put a red line under both numbers and a red line through the Pro V1x on the ball.

AWGA: What is your favorite club in your bag?

KE: My driver

AWGA: What is your favorite distance into the green?

KE: 100 yards.

AWGA: Do you work out/exercise? If so, what do you do?

KE: I did some this year because I was rehabbing

my shoulder....but generally not. I may start a program this coming fall.

AWGA: Is there something you haven't accomplished yet that is on your list?

KE: Winning the USGA Senior Women's Amateur.

AWGA: What do you feel is your greatest accomplishment in golf?

KE: Making the cut in the 1983 Women's US Open as a teaching professional and bringing home a check. I was also inducted into the Colorado Golf Hall of Fame.

AWGA: Is there anything else you would like to add?

KE: I love the game of golf and I love to compete.

Q As players in stroke play tournaments, a lot of people have difficulty with calling competitors on rules infractions and scoring inaccuracies. It's particularly difficult if you're playing with people you know and are friendly with. How do I "protect the field" with some diplomacy?

A As women, we are often misjudged as being more concerned with protecting our skin than protecting the field! Not true in women's golf. "Protecting the field" means we have an obligation to not only police ourselves, but to enforce the rules of golf with our fellow competitors.

Only in the game of golf are the players the officials. Keep in mind you could be doing a fellow player a big favor. As an example, consider the incident during the second round of this year's Abu Dhabi Championship. Rory McIlroy, the 2011 U.S. Open champion was penalized two strokes for brushing away and removing sand on his line of play. Luke Donald saw McIlroy move the sand, and appropriately pointed out the infraction. Donald not only protected the field, he may have prevented McIlroy from signing for a wrong score and being disqualified.

It is difficult to call someone out on a violation. (Keep in mind this is a much easier task if you actually know the rules!) Unfortunately for most people, "protecting the field" is a difficult proposition. No one wants to "hurt feelings" or be perceived as being petty. The player being questioned, in turn, believes they are being singled out and may take the question as a personal attack. My best effort to diffuse confrontation or tension with competitors is to clear the air on the first tee. Agree that any questions about the rules or scores are just that: questions. They are in no way meant as personal attacks towards any competitor or partner.

When a "sticky situation" arises, attempt to voice your question with tact and compassion:

"Susie, I'm sorry, but....."; or "You don't know how badly I feel about doing this, but....."; "Do you mind if we walk through that again because....."; "Let me check my rule book on this, because I'm certain....." These are all tactful openers to whatever rule you may have to apply. Try not to be too direct or callous, for instance: "You need to add a two-stroke penalty to your score because you didn't move your marker back after I asked you to move it....." Well, that's just nasty!



Please send your unique questions or comments to dearcaddy@awga.org. Your question could be selected for publication in the AWGA Newsletter or the AWGA website.



2012 AWGA Day in Hades Getting to know the Champions

The AWGA Day in Hades was played at the beautiful Quintero Golf Club on July 15th. 36 players competed in 5 flights with Handicap Indexes ranging from 0 to 32. Gross and Net winners were awarded in each flight.

The 2012 Day in Hades Champion is the 11-time AWGA Player of the Year, Tui Selvaratnam. The Day in Hades Net Champion is Erin McClure of Oro Valley Country Club. She is a sophomore at Seton Hall University and plays on their Women's Golf Team. We talked with each of them after their victories.

Interview with Tui Selvaratnam – Day in Hades Overall Champion

AWGA: Can you tell me anything special about the day? I am looking at your scorecard, and you started out birdie, birdie, then you were pretty steady from there. **TS:** I played pretty steady like you said. I did not have any major numbers on the card. I had a good up and down on 15 after my drive went in the bunker.

AWGA: Was there anything funny or interesting that happened in your group? You played with Jamie Jaruvangsanti, (a Mesa Community College golfer and graduate who is playing golf at Arkansas this fall). **TS:** Jamie kept me entertained: She was hungry after about 4 holes and was always talking about food and what they would be serving for lunch. lol :)

AWGA: What are your golf plans for the rest of the season? **TS:** I will be playing the US Women's Amateur qualifier on July 18th; and then I go to Columbia, South Carolina for the Women's Trans National (The Women's Trans National is one of the Big Three national amateur tournaments for women played in the United States). I will also play in the AWGA Stroke Play Championship; and then the US Women's Mid-Amateur.

AWGA: How about goals for the upcom-



ing season? **TS:** I want to qualify for the US Women's Amateur; qualify for Match Play at the Women's Trans National; Finish in the top 3 at the AWGA Stroke Play Championship; and make match play at the US Women's Mid-Am and progress as far as I can in the tournament. Most of all I want to play well and have fun :)

AWGA: Can you tell me one golf swing thought, or tip that is useful to you; maybe one that you use in high stress moments? **TS:** It is very important, especially in Phoenix, to stay calm and drink a lot of fluids, as it helps you make good decisions on the course.

AWGA: How does being a High School Golf Coach influence your game (Tui is the Coach of the Xavier College Prep Varsity girl's golf team)? **TS:** I have to keep up with all the young wonderful golfers. Watching them and guiding them makes me want to be a better golfer.

AWGA: Can you tell us about your practice routine? **TS:** Currently it has been once or twice a week. I wish I could be out there more. I start from the sand wedge and go up the bag. I hit at least 10 balls each with all the clubs (time permitting).

AWGA: What ball do you play and how do you mark it? **TS:** Taylormade TP with a "purple heart".

AWGA: Is there a favorite club in your bag? **TS:** Putter, Driver and sand wedge.

AWGA: What is your favorite distance

into the green?

TS: 80 yards.

AWGA: How many Holes-in-One have you had? **TS:** Only one – when I was 12.

AWGA: Can you talk a little about your fitness regimen? **TS:** During school, I workout early morning - the P90X workouts and Insanity workouts.

AWGA: Is there something you haven't accomplished yet that is on your list?

TS: I would love to win the U.S. Women's Mid-Amateur.

AWGA: What is your greatest accomplishment in golf?

TS: Making it into the Guinness Book of World Records at age 12 for being the youngest ever to win a national title. I won the Sri Lankan Amateur in 1989; also winning 10 national championships in Asia within 7 months - July 1999 to February 2000.

Here is the list is just in case you wanted to know :)

- Sri Lankan Amateur Match Play 1999
- Epson Saujana Amateur, Malaysia 1999
- Singapore Amateur 1999
- Hong Kong Amateur 1999
- Sri Lanka Amateur Stroke Play 1999
- Chinese Amateur 1999
- Thailand Amateur 2000
- Philippine Amateur 2000
- All India Amateur 2000
- United Arab Emirates Amateur 2000

AWGA: Wow! Is there anything else you'd like to add?

TS: I would like to thank my parents, my husband Kye and family, for their never-ending support and encouragement in all my golfing endeavors. I would also like to thank Xavier College Preparatory for giving me the opportunity to be part of a great high school golf program; and allowing me to be a mentor to all the wonderful young golfers.



Getting to Know the Champions



Interview with Erin McClure – Day in Hades Overall Net Champion

AWGA: Can you tell me anything special about the day? I am looking at your scorecard, and your front 9 was pretty steady, but on the back, you had a couple of doubles. What happened that you were able to finish with 4 birdies in 5 holes? Can you think of anything special that got it started? **EM:** When I started out the day, I was nervous because in my practice round on the day before the tournament, I was all over the course, so I guess I got to know the course and everything about it in the practice round, including where to be, and more importantly where not to be. During the tournament, I was lucky to be playing and riding with Robin Lane, and we both had our hiccups on the course. After my two doubles, I finally parred #13, and after I birdied #14, Robin said that she liked putting circles on the scorecard better. I also had an incentive to play well, because I made a bet with my father that if I shot below a 75 that he would buy me a new iPhone, so after those two doubles, I realized I had to make some birdies to make sure that I would win my bet!

AWGA: Was there anything funny/interesting that happened in your group? **EM:** During the round, Robin kept saying that we had to get away from the bad ju-ju, and I thought it was such a funny

term to say. We must have gotten all our bad ju-ju out by the back nine, because I shot a 35 with 2 doubles and 5 birdies, and Robin shot a 40 after a very tough front nine.

AWGA: What are your golf plans for the rest of the season? **EM:** I am only in town for one more month, and then I will be going back to school (Seton Hall University). As of right now, I have no more tournaments, although I might sign up for some tournaments at my home course (Oro Valley Country Club). Otherwise, I am just getting focused for my college golf season.

AWGA: How about golf goals for the rest of the season? **EM:** Some of my golf goals for this season are to make sure that I keep a good swing tempo and good balance. I have been working a lot with my coach on both of those things, mostly because when I get nervous I tend to speed up my swing and lengthen my back swing.

AWGA: What golf awards and tournaments have you won? **EM:** I have not won any sort of golf awards recently. This is the first one in a while, so it's pretty exciting to feel like finally all of my hard work is paying off.

AWGA: What is your major at Seton Hall? **EM:** As of right now, I am tracking business. I am hoping that after this semester, I can declare my major in the Business School for marketing. I am going to be a sophomore. I am excited that after getting acclimated from last year, I will be more relaxed for the season!

AWGA: Can you talk a little bit about your practice routine?

EM: I practice every day for about 3 to 5 hours! My routine changes every day, being that I don't want to get bored. Sometimes I just go out on the course and work on course management; and sometimes I stay on the range hitting about a zillion golf balls and work on some putting and chipping drills that my college coach had given us before we left for the summer.

AWGA: What ball do you play, and how do you mark it? **EM:** I play Titleist with a black dot on either side of the "Titleist".

AWGA: Is there a favorite club in your bag?

EM: My favorite club is between the pitching

wedge and a 9-iron. During the Day in Hades, I played my tee shot to try and leave myself a yardage where I would be able to use one of those two clubs.

AWGA: What is your favorite distance into the green? **EM:** From 90 – 125 yards.

AWGA: Have you had any Holes-in-One?

EM: I have had two hole-in-ones. One at Del Ulrich on #9; and the other one at Forest Highlands on #8 of the Meadow course!

AWGA: Do you work out/exercise? If so, what do you do? **EM:** I do workout, though when I am back at school, I do more lifting rather than cardio. But, since I have been home, I have done more cardio and worked more on my abs rather than lifting.

AWGA: Is there something you haven't accomplished yet that is on your list?

EM: To be honest, I feel like I have already accomplished so much as a 19-year-old. I am hoping to continue that throughout the years, but there really isn't anything that I haven't accomplished necessarily.

AWGA: What is your greatest accomplishment in golf? **EM:** I find that one of my biggest accomplishments in life is being able to play collegiate golf. I think it is an amazing opportunity, and I couldn't ask for anything more.

AWGA: Is there anything else you would like to add? **EM:** I find that all of the women who play in the AWGA tournaments are such genuine ladies and they all want to see each player to play their absolute best. These events have been so fun, and it has been so great to finally see Erin Groeneveld (AWGA Tournament Operations Manager); whom I have known since I was pretty young and playing in Junior Golf Association of Arizona tournaments.



The Golfer's Pre-Shot Routine

By Chris Dorris, Mental Coach

Many times my students have asked me, "What's all this talk about pre-shot routines?" Why is it so important to go through all these steps before I hit my ball? Can't I just go ahead and hit it without having to worry about doing all this stuff?

Let's talk about routine. The reason I recommend developing a solid, repeatable routine is that in doing the same set of confidence-building steps before each and every shot, you will build confidence in your game. You see, a good routine is made up of a series of repeatable steps, each of which raises confidence one more notch. After practicing a new routine for a while, it will become "routine" or second nature, and you will get back to believing that each shot you are about to take is going to be a good one. When you believe, then your chances of creating a great shot have tremendously increased.

Routines eliminate doubt. They also let you "go unconscious". Think about your morning routine. Every morning you get up and go through a series of things to get ready for your day. You repeat this routine almost exactly the same way every day. You don't have to THINK about what you're doing. You just do it. You're doing all these things unconsciously – without thinking.

Routines eliminate doubt by letting us go unconscious. And when we're doing things unconsciously is when we do things best. Think about how well you do all the things in your morning routine. You don't make any mistakes. You've mastered getting ready in the morning. And some of those things in your routine are pretty complicated. The act of brushing your teeth involves dozens of muscles, hundreds of thousands of nerve endings, and millions of cells! And you do it perfectly!

So, here's the big point: pre-shot routines help golfers eliminate doubt, build confidence and get back to "just playing". So if you're playing great now, don't change a thing. You probably have a routine of your own already but may not even know it.

If, on the other hand, you're noticing you have negative thoughts going through your head before shots, and you feel doubtful, then ask yourself what you do before shots when you're playing great. Build a routine around that. Know that your routine is like your thumbprint, there's no other routine in the world like it. Let it be unique to you. Don't worry if some of the steps in it seem weird. If it builds your confidence, DO IT!



Here are some suggested steps to consider including in your personal routine:

- Consider the shot (check the wind, the lie of the ball, elevation, yardage, etc.)
- DECISIVELY pick the club for the shot
- Pick out the smallest possible target
- Visualize the shot (see perfection!)
- Breathe abdominally
- Say your cue word or remember making great similar shots
- Look at the target, get "target focused", keep your awareness "out there" on the target and/or the shot (the outcome) you intend to create, and then let your body react to that! Remember these are only suggestions. Make your routine unique. Use it for every single shot. Soon you will be going "unconscious", you will be full of confidence, and you will be playing the kind of golf you know you can and having a lot of fun doing it.

About Chris Dorris

Since 1994, Chris Dorris has served as an advisor, consultant and Mental Toughness Trainer and Personal Transformation Coach to elite athletes, executives, entrepreneurs and individuals worldwide. He conducts workshops and seminars on Mental Conditioning, Leadership, and Peak Performance. He has just released a golf specific audio program entitled, "The Edge: Mental Toughness for Miraculous Golf". You can access that and his other Mental Game products at his online store: <http://www.creatingyourdreamcourse.com/>

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