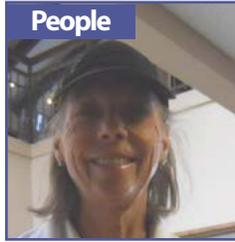




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# NewsLinks

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



*McClintock Girls Golf Team*



*Valley Vista Girls Golf Team*

## Build a TEAM: Off and Running in 2016

Even though the 2016 high school golf season is still four months away, the AWGA is working to help teams get ready. In January, we selected 11 schools out of the 19 that applied, to receive grants that can be used for lessons, equipment, uniforms and/or practice facility access. A number of schools that applied did not get grants, as there is a very limited amount of funding available. Recipients were elated and efforts to contract for lessons were immediately launched. Most golf team members play other sports, so their schedules only allow for lessons to occur during the summer, helping them get ready for the August start of the golf season.

Individuals and clubs have donated funds to support this program. The Oakwood Friday 9-Hole Couples League has adopted the Chandler HS team and does fundraising throughout their season to raise money for the girls' golf team. The Johnson Ranch WGA has adopted the Poston Butte HS team and is planning a few fundraising events, whose proceeds will be donated to the team. A goal of the program is to get a local club to adopt each high school team, so the limited funding can be spread

further around the state. If your club is interested in adopting a team, please contact Julie at the AWGA office for more information.

The LPGA has also been generous in its support of Build a TEAM. They donated tickets to the Legends event at Grandview and the Founder's Cup at Wildfire, that were raffled off at the Partners, Medallion, and Season Opener tournaments, raising more than \$3,000 for the program.

### Schools receiving Build a TEAM grants in 2016:

- Buckeye Union HS (Buckeye)
- Poston Butte HS (San Tan Valley)
- Chandler HS (Chandler)
- Saguaro HS (Tucson)
- Deer Valley HS (Glendale)
- San Luis HS (San Luis)
- Higley HS (Gilbert)
- Shadow Mountain HS (Phoenix)
- Maricopa HS (Maricopa)
- Valley Vista HS (Surprise)
- McClintock HS (Tempe)

## Heat Exhaustion and 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 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.

### 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 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.

### Prevention:

Wear loose-fitting, lightweight clothing in hot weather. Rest frequently and seek shade when 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. Allow the car to cool off before getting in.

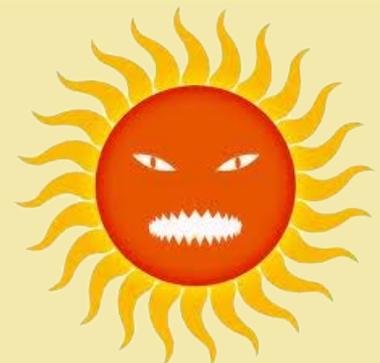
Our information about heat related conditions came from:



and from:



**\*\*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\*\***



## Rules & Etiquette

with Lyman Gallup & Marilyn Reynolds



Marilyn Reynolds  
AWGA Rules Committee

Lyman Gallup  
AWGA Rules Committee Chair

### I was getting ready to play my ball when it moved. What should I do now?

by Lyman Gallup

One of the major changes in the Rules of Golf for 2016 was the elimination of Rule 18-2b. Rule 18-2b essentially said that if a player's ball moved after she had addressed it, she incurred a one-stroke penalty and the ball must be replaced. Now with the elimination of Rule 18-2b, when a player's ball at rest moves, the cause of the movement must be assessed. Two basic scenarios could describe this situation and the application of the revised Rule 18-2.

Except as otherwise provided in the Rules;

1) if the player caused the ball to move, it must be replaced and the player incurs a one-stroke penalty; or

2) if the player did not cause the ball to move, it must be played from its new location and the player incurs no penalty.

So how do we decide if the player caused the ball to move? Decision 18-2/0.5 provides guidance in making this judgment and describes the weight of evidence standard for determining whether the player caused her ball to move. Sometimes the cause of the movement is obvious; perhaps the player dropped a club on the ball or inadvertently kicked the ball. In other situations it is less clear what caused the ball to move. We must consider the nature of any actions taken near the ball and the time elapsed between such actions and the movement of the ball as well as the condition of the ground, the lie of the ball, and weather conditions. If the weight of the evidence indicates that it is more likely than not that the player caused the ball to move, even though that conclusion is not free from doubt, the player incurs a one-stroke penalty under Rule 18-2 and the ball must be replaced. Otherwise, the player incurs no penalty and the ball is played as it lies from its new location unless some other Rule applies (e.g. Rule 18-1 Ball Moved by an Outside Agency).

## Cell Phone Etiquette

by Marilyn Reynolds

In our rapidly changing world, cell phones are becoming more common and virtually every golfer now carries one with her on the course. This has created a need for identifying how to deal with this new public phenomena.

Consideration for other players is a major heading in the Etiquette section of the Rules of Golf. Under this heading it states, "Players should always show consideration for other players on the course and should not disturb their play by moving, talking or making unnecessary noise. Players should ensure that any electronic device taken onto the course does not distract other players."

Arnold Palmer addresses this issue in his 10 Rules for Good Golf Etiquette. Rule #8 is **Turn off the cell phone**. No one wants to have a cell phone ring in their backswing. If Arnold had his way cell phones would be turned off at all

times on the course, but most clubs have given in to the fact that people are going to use them.

Many tournaments have a restriction on the use of cell phones during a round. If you are playing in an event, be sure to check your Notice to Competitors to see what you need to do to be in compliance with that particular venue.

If you absolutely must use your phone on the course, move away from the other players and keep the call as brief as possible. If you can make that call without the others even knowing that you did, that would be the best outcome.

If you would like to read Arnold Palmer's 10 Rules for Good Golf Etiquette visit: [www.golfdigest.com/story/arniesrules](http://www.golfdigest.com/story/arniesrules)

## AWGA Season Opener: Off to a Hot Start



*Overall Champions Tui Selvaratnam and Mari Miezwa*



*Donna Anthony and Kathy Duryea*



*Net Champions Dee Greener and Cheryl Kwiatkowski*



*Peggy Hettinger*

It was a cool morning on Saturday, February 20, but it didn't stay that way for long. The record setting heat this February took a bit of a break, but it was still 10 degrees warmer than normal. And that was before the players got hot and posted some great rounds of golf!

Briarwood Country Club was in perfect condition, thanks in part to the warm weather the past few weeks. Joining in the action were 104 golfers from all over the state. For 18 players, this was their first ever AWGA tournament.

Members donated their carts for use by the players, the AWGA had more volunteers than could be used to cover registration, check points, forecaddies, and runners, and the food and beverage staff did not disappoint with the brunch served after play. (A number of people admitted they signed up as much for the food as the golf!)

When the scores were tallied, it was discovered that 18 holes would not be enough to determine a winning team. Defending Champions Mari Miezwa and Tui Selvaratnam needed one extra hole, and a chip-in from off the green, to beat Kim Eaton and Leigh Klasse, both teams shooting 69 in the four-ball format. The Net Winners surprised even themselves with Dee Greener and Cheryl Kwiatkowski each shooting exceptional personal rounds for a team score of 58. For a complete list of winners, go to the AWGA website.

# The Shoulder Turn in the Golf Swing

by Peggy Briggs, LPGA

I see golfers who have lots of arm swing but no turn in their swing. This robs us of some power and the loss of power results in less distance.

Perhaps some of the problem is terminology. Golf instructors talk about a “shoulder” turn, so we think our shoulders should be doing a lot of work. A better que would be, turn the upper back – the shoulders are just along for the ride.

A great drill to get the feeling of what our shoulders do is called arrows. It is simple to perform on the range when you are practicing or when you are warming up prior to your golf round. Take two of your golf clubs and hold the shaft under your right and left arm pits, holding them with your arms extended in your golf posture. Keep the shafts parallel to each other and turn away from your target. You should have the shafts keep pointing to the ground, then turn back to set up and turn forward to the target.

This movement does not require your shoulders to do anything. This drill is especially good for those golfers who lose their posture during the swing (or you may have lifted your head). Check out our video on Smashing Golf YouTube Channel.

Bonus: Your golf ball may start to go straighter and farther with a good shoulder turn.



## Upcoming USGA Arizona Qualifiers

Event	Location	Arizona Qualifier Date	Opens	Closes
<b>Girls Junior Qualifier</b> <i>Handicap Index Limit - 18.4</i> <i>Age Limit - Cannot be 18 on or before July 23</i>	Mesa CC (Mesa)	13-Jun	Week of Apr 4	1-Jun
<b>US Women's Amateur Qualifier</b> <i>Handicap Index Limit - 5.4</i> <i>Age Limit - No limit</i>	Desert Forest GC (Scottsdale)	30-Jun	Week of Apr 4	15-Jun
<b>US Women's Mid-Amateur Qualifier</b> <i>Handicap Index Limit - 9.4</i> <i>Age Limit - Must be 25 on or before September 10</i>	Raven GC (Phoenix)	17-Aug	Week of May 2	27-Jul
<b>US Senior Women's Amateur Qualifier</b> <i>Handicap Index Limit - 18.4</i> <i>Age Limit - Must be 50 on or before September 17</i>	Troon CC (Scottsdale)	25-Aug	Week of May 2	3-Aug
<b>US Women's Amateur Four-Ball Qualifier</b> <i>Handicap Index Limit - 14.4 Individual Handicap Limits</i> <i>Age Limit - No limit</i>	Alta Mesa GC (Mesa)	TBD	Week of May 2	10-Aug

For entry to any of these Qualifiers, please go to [www.champs.usga.org](http://www.champs.usga.org)

# Aces



## May 2015

20 | Debbie Eckert | Camelback GC

## December 2015

05 | Reta Rea | The CC at DC Ranch

31 | Debbie Questad | Copper Canyon GC

## January 2016

05 | Linda Wiebe | Poston Butte GC

19 | Lee Chapman Hughes | Lakes West GC

22 | Linda Bedry | Westbrook Village Vistas

25 | Shaun Morris | Ambiente – Camelback GC

## February 2016

03 | Barbara Solomonson | Oakwood CC

08 | Nancy Jacobson | Scottsdale Silverado GC

16 | Lynda Froment | Verrado GC

16 | Sue Boman | CC of Green Valley

18 | Carol Hocking | Quail Creek CC

18 | Cheryl Potter | Mirabel Country Club

18 | Tommy Reid | Sierra Del Rio GC

20 | Suzanne Boyer | Wigwam GC Patriot

21 | Debbie Booth | The CC at DC Ranch

22 | Vicki Thimjon | Ironwood Course at Anthem CC

23 | Glenda Labocetta | Sunbird Golf Resort

23 | Nancy Galant | Saddlebrooke Ranch GC

23 | Becky Rio | PebbleCreek, Tuscany Falls Course

24 | Renee McConnell | Ventana Canyon

24 | Leigh Bradburn | Persimmon Course at Anthem CC

26 | Patti Ray | Continental Golf Course

26 | Cherie Palmer | Westbrook Village Lakes

28 | Sherry Deak | The CC at DC Ranch

29 | Frances Taillon | Apache Wells CC

## March 2016

01 | Cheryl Brodbeck | Eagle's Nest GC

01 | Bonnie Bruce | Eagle's Nest GC

03 | Wanda Day | SaddleBrooke CC

03 | Bonnie Moore | Palo Verde GC

04 | Donna Carter | Chaparral CC

05 | Karen Moorhead | Copper Canyon GC

08 | Linda McCarger | Las Sendas GC

08 | Ruth Stephenson | Corte Bella GC

10 | Jan Hawks | Wigwam GC Patriot

10 | Marge Chesler | Quailwood Greens GC

10 | Nancy Dinkelman | Ironwood GC

10 | Jan Milne | Tatum Ranch Golf Club

11 | Joann Riewer | Apache Wells Country Club

15 | Cheryl Skummer | PebbleCreek, Tuscany Falls Course

17 | Mary Lee Fung | Poston Butte GC

17 | Marlene Niemann | Mountainbrook GC

17 | Sue Olson | San Ignacio GC

17 | Peggy Kirschner | Wigwam GC Heritage

17 | Marian Curtis | Westbrook Village Vistas

18 | Julie Hastings | Oakwood CC

19 | Claudia Gallegos | Red Mountain Ranch CC

21 | Cindy Jensen | Los Palomas Links Puerto Peñasco

22 | Debbie Marquardt | Las Sendas GC

22 | Patty Assante | Palo Verde GC

23 | Carolyn Hoagland | Cocopah GC

24 | Marie Kubitz | Tonto Verde GC

29 | Pat Luther | McDowell Mountain GC

29 | Louise Burke | Oakwood CC Sonoran Course

## Shoulder Pain may not be a Shoulder Problem

by Debra Pentz, DC

What if I told you most golf injuries are cleverly disguised? For example, most shoulder injuries are the result of the shoulder working too well. Yes, you read that correctly. Most of the time, the thoracic spine (the upper back) doesn't move or rotate around the spine as well as it should. When that happens, the shoulders overcompensate and over time are susceptible to overuse injury.

There are two common reasons for this shoulder overuse injuries.

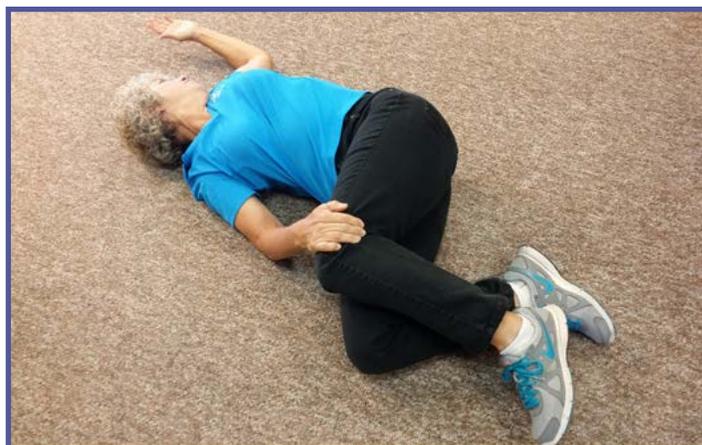
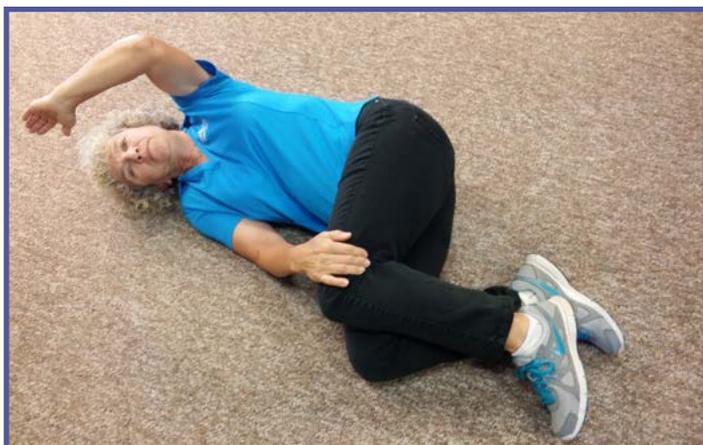
1. Lack of flexibility of the upper back, or poor upper back movement patterns.
2. Set up position. If you address the ball with your upper back rounded, it's very difficult to make a good upper back turn.

Let's talk about how to fix number 1.

First we need to diagnose whether we have the ability to turn. Instructions for the test - Lie on your side. Bend both knees. Take the downside hand and place it on the top knee – this keeps the knees stabilized. Bend the top arm so that the elbow is at chin height. Reach back with the elbow, rotating the upper back. The goal is to have both shoulders touch the ground. If both shoulders are not in contact with the floor, you have a flexibility problem.

The fix – Do the “test” movement daily until both shoulders touch the floor. Each stretch should be held 5 to 10 seconds. Repeat 5 to 10 times, depending how restricted you are.

If you pass the test, your problem is more likely to be a problem with your swing mechanics.





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## Eagles at El Conquistador

Eagles can be seen landing everywhere for the ladies at the El Conquistador Golf Club in the last 30 days! It all started on the first day of our President's Cup Tournament on February 16th. The ladies in their foursome approached the Par 4, #11 tee box on our Cañada Course. Tee shots were hit and landed as usual. Susan-Lea Skuhr hit her second shot and holed it for an Eagle. The group went wild! Next to hit, Vickie Lehr stepped up to her ball and let it launch. She watched as it too went into the hole for another Eagle. The group was speechless! What are the odds of this happening?

And then, only four days later, on February 20th during a Saturday game, Robbie Sorger shot a 73, her lowest round to date. And yes, that included an Eagle on the Cañada Course on the Par 4, #14th.

But we are not done! On March 15th during the first day of our Member Guest Tournament, Karen Stingl hit her third shot on the Par 5, #9th on the Canada Course, hoping to get close to the hole. You guessed it – another Eagle - good not only for bragging rights but also helped propel her team to first place in her flight for the tournament!

So, if you see Eagles flying over Oro Valley, it's a good bet the ladies from the El Conquistador Women's Golf Club are out on the course playing golf!

PS: It's March 22nd and we are back to our regular Tuesday playdays now but the "convocation" of Eagles continues... Ellen Morgan followed the example of the ladies who started this with another Eagle on the Par 4, 11th hole on Canada! Standby... surely there are more to come!



*L to R: Susan Lea-Shuhr, Robbie Sorger, Karen Stingl, Vickie Lehr and Ellen Morgan*