



AWGA State Amateur Stroke Play Championship

Quintero Golf Club, Peoria
August 14-16, 2017

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ARIZONA WOMEN'S GOLF ASSOCIATION
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NEWSLINKS

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Highlights from the 2017 US Women's Open

There was plenty of excitement at this year's US Women's Open. Rookie player Sung Hyun Park finished strong the last two days of the tournament and carded an 11-under-par 277 (73-70-67-67) to beat fellow Korean, Hye Jin Choi, for the title. Choi, a 17-year old amateur, had surpassed China's Shanshan Feng and led by two strokes entering Sunday's back nine. But the 23-year old Park, who is favored to win this year's LPGA Rookie of the Year honors, pulled even after her fourth birdie of the day on Hole #12. The two were still tied going into the 16th Hole, where Choi's errant tee shot found water, leading to



Sung Hyun Park

a double bogey. Those two strokes proved to be the difference in the Championship.

Because of her amateur status, Choi had to forego the \$540,000 payout for second place. Her prize money was distributed to the two women who tied for third, while other prizes were pushed further down the leaderboard. Korean players continue to dominate at the US Women's Open, this year capturing eight of the top 10 spots. Marina Alex was the lowest scoring American, placing T11.

When big golf events like this



Hye Jin Choi

come around, we here at the AWGA naturally root for players with Arizona connections. Although Arizona's qualifiers Kyung Kim and Emma Henrikson missed the cut, as did native Phoenician, Cheyenne Woods, we're proud of all the hard work they put in to have earned the chance to play at such a high level.

[Read More](#)

23,855

Number of AWGA Members

20,000

Volunteer hours given to golf initiatives each year

\$461,400

Value of volunteer hours each year

Inside the AWGA

Periodically, we check to see how our volunteers are feeling about their volunteer service, in order to identify any areas where we could improve. For example, volunteers sometimes request more training in a particular area, or tell us we need to work harder to keep volunteers outside of the Phoenix area engaged in our various programs. We hear you, Tucson. We're working on it!

We do our best to address our volunteers' comments and concerns, because we value their dedication, enthusiasm, and valuable contributions to our organization. In fact, our volunteers' 20,000 hours given to golf every year is equivalent to having NINE full time employees, so clearly we couldn't do what we do without them.

The majority of the feedback we receive is amazingly positive, and demonstrates how helpful, professional, dedicated, and enthusiastic our volunteers are. We'd like to share with you, in their words, why they volunteer:

"I believe in the AWGA and want it to be successful."

"To help the organization drive future strategy to introduce women, not only to the game of golf, but also to its role in life: teaching integrity, courtesy, & self-improvement."

"I enjoy working with people in the golf world and feel like I am giving back to a game that has given me so much over the years."

"I have a passion for the mission of the AWGA. My volunteerism gives me the opportunity to give back, challenge myself in many ways, and build new friendships."

"I enjoy giving back to the game and feel I can make a positive contribution."

Build-A-Team Program

"Golf is the closest game to the game we call life. You get bad breaks from good shots; you get good breaks from bad shots. But you have to play the ball as it lies." ~Bobby Jones

This is just one of the many lessons the young women that participate in our Build-A-TEAM program are likely to learn as members of their high school girl's golf team. There are many benefits to playing the game that lasts a lifetime. Golf is more than just a sport, it is a learning experience that develops character, provides opportunities for physical exercise, and may even be the ticket to a college education!

AWGA's Build A TEAM program is supporting thirteen schools throughout the valley and in southern Arizona for the 2017/18 school year. Building a successful team takes dedication, leadership and support, this is especially true of a girl's golf team. Many of the schools we support are located in areas where golf is viewed as an "elitist" sport and not easily accessible to the population so it takes community and industry support to shift that thinking and bring the great game of golf to the girls.

A vital part of the program is the pairing of each team with a certified PGA/LPGA teaching professional to give lessons and guide the coaches in practice strategies. Without the support and dedication of our teaching pro's this program would not be the success that it is.

What can you do?

You as an AWGA member are also an important part of the support system that makes this program a success. We are forever grateful for the generosity our tournament players have shown by donating to raffles held at our events, and the support shown by our member leagues (clubs) through monetary donations and the adoption of teams. A little goes a long way:

- \$250 provides one of the following: balls and tees for the season, uniforms, two push carts with umbrellas, or 3 1/2 hours of group lessons.
- \$500 provides two of the above or seven weeks of lessons for the team.
- \$750 would provide weekly lessons for the summer!

Raising the money can be as easy as 50/50 raffles after play, a "3 putt" jar, proceeds from a used golf equipment sale etc.



03 **USGA Senior Women's Amateur Qualifier**
The USGA Senior Women's Amateur Qualifier will be held at The Gallery Golf Club in Marana on Thursday, August 3.

04 **PLAY9 Golf & Social at Westbrook Village GC**
Tee times start at 3:00 p.m on the Vistas Course.

10 **PLAY9 Golf & Social at Longbow GC**
Tee times start at 3:00 p.m. and play is open to women and men.



11 **PLAY9 Golf & Social at Westbrook Village GC**
Tee times start at 3:00 p.m on the Vistas Course.

12 **PLAY9 Golf & Social at Augusta Ranch GC**
Tee times start at 3:30 p.m.

14 **AWGA State Amateur Stroke Play Championship**
The 44th AWGA State Amateur Stroke Play Championship will be held August 14-16 at Quintero Golf Club in Peoria.

GOLF 101
Six one-hour lessons
Taught by LPGA/PGA Teaching Professionals
Instruction covers all aspects of the game: chipping, putting, pitching, full swing, and bunkers
Practice time and on-course instruction are included
An AWGA Volunteer will serve as your Ambassador to the golf community and help with Rules & Etiquette
Participants will enjoy a one year membership to the AWGA

Purpose of Golf 101

- 01 The Golf 101 Program is designed to introduce women to the game, or to reintroduce those who haven't played for some time.
- 02 Students will establish relationships with women who play regularly at a specific course, as well as the course's LPGA or PGA Professional, to keep them engaged long after the lessons are over.

Visit www.awga.org/golf101 for more information and to register for a fall session beginning August 7.

Golf 101 @ McCormick Ranch, Spring 2016

Where it is not just about the number of strokes you take...but the number of friends you make!



(continued from above)

The AWGA would like recognize and thank the pros, coaches, courses, and volunteers involved in the program this year. If you happen to be playing a round of golf at a course that one of our pros works through or a team calls home, give them a "thank you" for their support and dedication.

Chandler High School (Chandler)
Oakwood GC & Sun Lakes CC
Eddie Renio

Higley High School (Gilbert)
Trilogy at Power Ranch
Tyler Bishop of Elite Golf School

Marana High School (Tucson)
Quarry Pines GC
Chris Hubbard & Don Hess

Maryvale High School (Phoenix)
Grand Canyon University GC
Jesse Mueller

Mesa High School (Mesa)
Arizona Golf Resort
Peggy Briggs

Metro Tech High School (Phoenix)
Encanto Golf Course
Mike Swartz

Paradise Valley & Shadow Mountain High Schools (Phoenix)
Stonecreek Golf Club
Jack Carter

Sahuaro High School (Tucson)
Rolling Hills Golf Course
Ken Bensel

St. Mary's, Southern Ridge & Sierra Linda High Schools (Phoenix)
Aguila Golf Course
Janet Anderson & Shelly Hamlin

Valley Vista High School (Surprise)
Stardust Golf Course
Chantrell Alexander
By Suzy O'Hara, AWGA VP

What Rules Are We Playing Now?

Changes to the Rules of Golf used to occur on an orderly timetable with a new Rules of Golf booklet issued every four years and a new Decisions on the Rules of Golf manual released every two years. The last release for both documents was January 1, 2016. Almost never were there any changes to the Rules at any other time. As well, rarely was there a systematic, publicized opportunity for the rank-and-file golfer to contribute suggestions for changes to the Rules.

Most of those timetable issues changed in March, when the USGA and the R&A released a preliminary draft of a modernized Rules of Golf. Unfortunately, some golfers already think those new rules are the current law of the land rather than just a draft for consideration.

The USGA has a website that presents the full text of the modernized Rules, a list of the major changes, and videos demonstrating the changes. If you are curious about the proposed Rules of Golf or you would like to submit feedback, [visit www.usga.org/rules](http://www.usga.org/rules) and follow the links. Remember January 1, 2019 is the date when the modernized rules go into effect. Until then, let's all play by the Rules of Golf as presented in the January 1, 2016 booklet*.



By
Lyman
Gallup,
AWGA Rules
Committee
Chair

Schedule for actions regarding these modernized rules:

March, 2017 – draft copy of modernized Rules of Golf was released
August 31, 2017 – deadline to provide feedback to the USGA

Winter 2018 – consideration of feedback and unresolved issues

Spring 2018 – release of final version of new Rules of Golf

January 1, 2019 – modernized Rules of Golf go into effect



Mixed Stix

By Jason Barker, USGA P.J. Boatwright, Jr. Intern

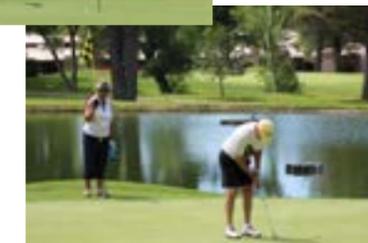
The Mixed Stix was a huge success thanks to everyone who came out and participated in the event. We had a great turnout with a full field of 116 players (58 teams). With the unpredictable weather during this time of year in Sedona, we managed to get both rounds completed before the thunderstorms came in each day. Congrats to our overall Champions Edwina and Samuel McKay, and Chris Giza and Bill Wright our overall Net Champions.

Additionally, we raised \$510 from the 50/50 raffle and \$1,150 from the silent auction for various AWGA programs, so thank you everyone for the support. We also would like to give a huge thank you to everyone at Oakcreek Country Club for making the tournament possible. Be sure to check out the complete results on our [website!](#)

Tournaments



Par 3 - Hole #16 at
Oacreek CC



25

PLAY9 Golf & Social at TPC Scottsdale

Tee times start at 2:54 p.m. on the Champions Course and play is open to women and men.

18

PLAY9 Golf & Social at Westbrook Village GC

Tee times start at 3:00 p.m. on the Vistas Course.

25

PLAY9 Golf & Social at Westbrook Village GC

Tee times start at 3:00 p.m. on the Vistas Course.



29

Just 4 Fun Day at Aspen Valley Golf Club

Aspen Valley GC in Flagstaff will host the last Just 4 Fun Day of 2017 on August 29.

28

USGA Women's Mid-Amateur Qualifier

The USGA Women's Mid-Amateur Qualifier will be held at Mesa Country Club on Monday, August 28.



01

PLAY9 Golf & Social at Westbrook Village GC

Tee times start at 3:00 p.m. on the Vistas Course.

Golf Etiquette For Hot Weather

Etiquette is defined by Webster as "the rules indicating the proper and polite way to behave." When temperatures soar into the 100's, there are some additional behaviors to add to the usual list for golf course etiquette.

First, be sure to take care of yourself. Protection from the hot and dry conditions on the golf course becomes one of the highest priorities for golfers during Arizona summers. Many experts recommend hydrating before leaving the house*. Dress appropriately for high temperatures. Use plenty of sun screen, carry lots of water and wear a hat. Damp, cool towels and thirst-quenching drinks which replenish electrolytes lost in sweat are excellent additions to your regular list of golf supplies.

Once you are at the golf course, seek shade at every opportunity. If you are waiting on the group ahead of you, find a tree, building or anything that will block the sun for a brief period. If you are the driver of a cart with a top on it, angle the cart away from the sun so that your passenger is shaded when you get out of the cart to hit your ball.

Stop frequently at water dispensers and restrooms to soak down those



towels and refill your water containers. Drink at regular intervals on the course. You might make a point of drinking water or a replenishing drink every time you leave a green or every time you tee off. Time spent ensuring hydration for you and your fellow competitors is time well spent.

Summer golf in Arizona can be lots of fun, but take the precautions to



By
Marilyn
Reynolds,
AWGA Rules
Committee

(continued from pg. 4)

ensure you and your playing partners are as protected as can be. It is the proper and polite way to behave to maximize everyone's enjoyment of the wonderful game of golf.

*Bailey, Chris. "Killer Morning Habit: Drink 16 oz. of Water Right after You Wake Up; from A Life of Productivity."

US Girls' Junior Amateur Championship

The 69th US Girls' Junior Amateur Championship got underway on Monday, July 24 with two Arizona girls in the field of 156 players. Ashley Menne of Surprise and Kelly Su of Scottsdale were co-medalists with a score of 1 under par 70 at Alta Mesa Country Club on Monday, July 10.

Both Ashley Menne and Kelly Su qualified for Match Play in the Championship following 36-hole stroke play on July 24 and 25. Ashley shot scores of 74-72, total 146. Kelly Su shot scores of 78-69, total 147.

Match Play began on July 26.



Ashley Menne (left) and Kelly Su (right) are pictured with USGA Committee Member, Barbara Byrnes (center).

Ashley defeated her opponent 2 and 1 in Round 1. Kelly defeated her opponent on the 22nd hole. Follow Ashley and Kelly during the remainder of the championship by [clicking here.](#)

Oven Mitts Can Help Your Putting!

If you 2 putt every green, that adds up to 36 strokes. For the average golfer, that's 40% of your total! PUTTING IS IMPORTANT, and we don't spend enough time practicing this part of the game. For great putting, follow these steps.

A proper set up includes a good grip, stance and body position.

There are many ways to grip the putter. The grip's purpose is hold the putter in a way that keeps the putter face from wobbling and or rotating during the putting stroke. Experiment with different grips, and chose the one that keeps the putter face moving smoothly through the putting stroke.



Stance – Your feet should be shoulder width or slightly wider to stabilize your lower body. There is not any lower body movement during the putting stroke.

Eye line is over the ball with the body lines parallel to your line of the putt.

Putting Motion is a pendulum swing, shoulders rocking, back and forth. Allowing the shoulders to rock keeps the hands from steering the golf ball. If we learn how to engage, or pressurize our body muscles properly we can keep our hands soft and eliminate our hands taking over the motion.

(continue reading below)

The Lawnmower Exercise For Putting

For putting, we want to rock the shoulders. The lawnmower – the kind where you pull a rope to start the engine is a great exercise to give you that feeling.

Stand in a lunge position – left foot in front of the right. Hinge forward at the hips. Bring your right elbow next to your ribcage. Imagine gently squeezing an oven mitt under your arm pit. Rotating the shoulders, reach down as if you are going to grab the rope to start the engine. Next, pretend you are pulling the rope to start the engine. Rotate the shoulders to do this. The motion should be slow and smooth.

Repeat on the other side. You can use free weights or exercise band to make the exercise more challenging. (continue reading below)



Calling All Volunteers

We have a number of volunteer opportunities available if you have the time and inclination. Our current recruitment needs include:

- History Committee Chair
- Information and Outreach
 - AWGA Rep Meeting presenters (3 in Phoenix Metro area)
 - Media volunteer (graphics/video)
- Build a Team volunteers – including 2 Program Leaders
 - Sun City West (Stardust)
 - Phoenix (Encanto, GCU, Stonecreek)
 - Laveen (Southern Ridge)
 - East Valley (Arizona Golf Resort, Las Colinas)

(continue reading below)



09

PLAY9 Golf & Social at Augusta Ranch GC
Tee times start at 3:30 p.m.

08

PLAY9 Golf & Social at Westbrook Village GC
Tee times start at 3:00 p.m on the Vistas Course.

14

PLAY9 Golf & Social at Longbow GC
Tee times start at 3:00 p.m. and play is open to women and men.



AWGA State Amateur Seniors Championship

The State Seniors Championship will be held at Rio Verde CC September 17-19. Entries open on August 4.



AWGA Scotch Play Tournament

The AWGA Scotch Play Tournament will be held at Laughlin Ranch GC October 16-17. Entries open on September 5.



AWGA Partners Tournament

The AWGA Partners Tournament will be held at Kino Springs CC in Nogales November 12-13. Entries open on September 29.



1. Press palms together to feel your pectoral muscles become pressurized



2. Tuck the oven mitts under your arms so they are against your armpits and ribs



3. Oven mitts stay secure



4. Oven mitts stay secure

Now about those oven mitts. Don't put them on your hands. Imagine that you have oven mitts squeezed gently between your upper arm and ribcage under your arm pits. This helps engage the proper muscles for putting.

To practice - take the palms of your hands and gently press them together. (photo 1) Feel where the muscles become pressurized. It should be in your pectoral (chest) muscles. Remember to keep those oven mitts gently squeezed under your arm pits. Now set up in your putting posture and try it again. (photo 2) Your lower body should feel stable as you rock your shoulders back and forth.

Check out Dr. Debra Pentz's exercises to get engaged or learn how to pressurize your pectoral muscles.

By Peggy Briggs, LPGA

If your upper arm comes away from the body, you may wind up with a flying elbow as shown below. When this happens, the arms take over and you have less control of putting, and the full swing.



Done properly, this exercise will help you isolate the shoulder rocking motion for putting, and help with the shoulder turn in the full swing. Of course, the putting motion is more subtle than starting a lawnmower engine, or at least it should be. The exercise not only trains your body, it trains the brain to engage specific muscles and movement patterns.

See the article on the opposite page from Peggy Briggs, LPGA, on improving your putting mechanics.

For more Fitness Tips see the Smashing Balls YouTube channel. [Smashing Golf.](#)

By Debra Pentz, DC

- Tournament Officials – one each in Flagstaff & the West Valley
- Course Raters
- Rules Officials
- Occasional Volunteers to work on short-term and/or home based projects

Many of the volunteer position descriptions can be found [online.](#)

Join Our Team



April

3	Sandy Snyder	Arizona National
3	Bonnie Bruce	Eagle's Nest
3	Bonnie Wasson	Johnson Ranch GC
4	Claudia Carroll	Tonto Verde
4	Marla Wold	Tucson National
4	Rose Tibbitts	Tatum Ranch
6	Judy Decker	Bear Creek
6	Teri Schwab	Encanto GC
8	Barbara McCormick	Arizona National
10	Jenifer Walden	Sunbird Golf Resort
11	June Nichols	Saddlebrooke Ranch
12	Judy Mejeur	The Highlands at Dove Mountain
18	Jane Duffield	Tonto Verde
18	Cynthia Bastin	Sunbird Golf Resort
21	Nancy Hermanson	Palo Verde
23	Shirley Hill	Tubac Golf Resort
30	Susan Smith	Pebblebrook

May

2	Cindy Bryniarski	Talking Stick
3	Cheryl Jones	Continental Golf Club
4	Judy Buckwalter	London Bridge
7	Mary Bloom	Tonto Verde
13	Debra Pentz	Red Mountain Ranch C.C.
14	Barb Wood	Briarwood Country Club
19	Lorri Morgan	Palo Verde Country Club
19	Jacquie Owens	Quail Creek Country Club
21	Anne Montgomery	Palo Verde Country Club
23	Monica Johnson	Dell Urich
23	Cindy Reinholtz	Torreon
23	JoAnne Dowdy	Quarry Pines
29	Cindy Neal	Legend Trail Golf Course
29	Sue Saylor	Ironwood Golf Course
30	Cheryl Reed	Palo Verde Country Club
31	Cathy Small	Continental Golf Club

June

2	Arlene Greenberg	Pebblecreek Golf Resort
9	Pat Kaer	Pebblecreek Golf Resort
5	Judy Dalton	Corte Bella Golf Club
8	Patti Otolski	Trilogy @ Power Ranch
9	Kay Anderson	Pueblo del Sol
13	Aurora Gehr	Anthem Golf and Country Club
13	Karleen Huffman	Mountain Brook
14	Donna Smid	Palo Verde
14	Nancy Reid	Torres Blancas Golf Course
24	Connie Sherman	Preserve
27	Lorraine Schwalenberg	Senica's Oak Ridge Golf Club
30	Marci Koppelman	Sun Lakes Country Club
30	Debbie Sayre	Eagle's Nest

ACES



ESC or not to ESC... that is the Question!

Did you know, there is often a difference between your ESC (Equitable Stroke Control) score and the score you record on your card when you don't finish a hole?

ESC is a mandatory procedure that is used to reduce high hole scores, thus keeping your Handicap Index more reflective of your potential scoring ability. Now, assume you're in a Four-Ball competition and your partner is in the hole for a 4 and the best you can hope to do is hole the chip your standing over for a 5. You decide to pick up and move on to the next hole, but what do you record on your scorecard?

While most would assume you should take your ESC, the correct procedure is to take your most likely score and put an "x" next to it. How do you get to your most likely score? You must ask yourself, how many more strokes would it take you to get the ball in the hole from here (more than 50% of the time)? In this case, you would count the chip shot, and one, possibly, two putts, which would bring you to a score of either 7x or 8x.

