OCTOBER 2004
THE MONTHLY NEWSLETTER FOR WOMEN GOLFERS IN THE MID- ATLANTIC

on the green

Practice
How You Play

ALSO INSIDE...
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EDITOR'S NOTE

Welcome to the premiere edition of On the Green. I'm excited to introduce you to the monthly newsletter dedicated to women golfers of all ages. Whether you’re an experienced golfer or a new comer to the game, I invite you to subscribe and learn more about the exciting opportunities that exist for women golfers in the mid-Atlantic region.

Each month, you’ll discover a variety of news, advice, and products all related to the female perspective of golf. You can read about the latest equipment made exclusively for women, or discover new fashions to hit the market. You’ll also learn how to improve your game with monthly tips and strategies—all in an easy-to-read and easy-to-understand format.

Although we may play the same game the guys do, it doesn’t mean we learn the same way or appreciate golf for the same reasons. Case in point: My husband loves to blame his bad shots on the guys; they take too much sand and the ball actually stays in the bunker. So what’s the tip for taking the right amount of sand? Well, the tip is to take a dollar’s worth of sand.

This is a great practice technique. Put a dollar bill down in the sand and then place the ball on top of George Washington’s face. Draw two lines in the sand next to the dollar, the lines should mimic the length of the dollar bill. The back line shows where the club enters the sand, the front line indicates where the club exits the sand. Take some practice swings, noting the back and front lines. Go ahead and swing, and send the sand flying out. Now do the same thing over the ball.

And that’s your tip for taking the right amount of sand: think one dollar.

THE GOOD OLD GOLF DAYS

This game of golf is fun, isn’t it? I like to walk along the putting green area and observe golfers slam their clubs down after a poor shot—when they are not even on the golf course. I thought golf was supposed to be a game where you can relax, enjoy the outdoors, and breathe the fresh air. But, oh, can it make you mad! It can feel the agony of defeat more than the thrill of victory, or does it?

We allow the complexities of the game of golf to suppress our past connections and accomplishments, which eliminates our chance for continued growth. I believe everyone’s attitude toward the game needs uplifting every once in awhile.

Sit back and think about why you started playing the game. Write the reasons down. What was it like getting the ball in the air? What words would you use to describe that event? Remember when you broke your 9-hole record and then your 18-hole record? How exciting! Use those feelings, thoughts, smells, and sounds to help regain your connection to golf and to start having fun again.

—Lori Zittem, Golf Advantage School @ Kingsland Country Club, Kingsland, TX

ADDRESSING YOUR POSTURE

Because the hands, arms, and club are highly visible throughout the swing, they get most of the blame for anything that goes wrong. However, it is important to understand that the hands, arms, and club are only responding to what the body is or is not doing.

Swing performance can be improved with proper posture at address. This means not only a good starting position, but also maintaining the posture throughout the swing motion and the round.

In a good setup, you should be bent forward from the hips so that your arms are hanging from your shoulders. Your shoulder blades should be pulled back to open up your chest. This allows your hands to stay related directly under your shoulders. This position is easier to achieve when your abdominal muscles are strong, since these muscles support your lower back, pelvis, and hips.

To maintain proper posture, remember two things. First, imagine your shoulder blades are connected with a rubber band. Second, how from the hips with your body weight balanced toward the balls of the feet. You will definitely see an improvement in your swing by improving your posture.

—Patty Drspa, The Club Pelican Bay, Naples, FL

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practice how you play

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Jonathan Larsen

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Golf Annika's Way

Want to golf like Annika? Now you can. LPGA Tour and World Golf Halls of Fame member Annika Sorenstam recently authored her first book, Golf Annika’s Way. The 300-page instructional look hit the shelves this past summer. In her book, the 10-time LPGA champion covers every club in the bag, course management, and fitness. Available at Amazon.com for $24.95.

On the Green

OCTOBER 2004

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We've all had those days on the putting green where the hole seems bigger to you every day. How low can you go? Think Pink: Support the Fight Against Breast Cancer. And that’s your tip for taking the right amount of sand: think one dollar.

Quick TIP

Big As a Bucket

Kathy Murphy, LPGA Professional

We’ve all had those days on the putting green where the hole seems larger than it’s normal size. Here’s how you can ensure that the hole seems bigger to you every day.

As you are reading your putt, imagine that the hole is like a clock. If it’s a straight putt, you want the ball to enter the hole at six o’clock. If it’s a breaking putt, the ball may need to enter the hole somewhere between four o’clock and five o’clock.

By choosing a very small portion of the cup for your target, the rest of the hole seems as big as a bucket.

Quick TIP

Smooth Moves for a Healthy Back

Kathy Murphy, LPGA Professional

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**Practice**

**A STRONG PRACTICE ROUTINE IS THE MOST IMPORTANT ELEMENT OF A SOLID GAME**

In most competitive sports, the athlete who trains better, performs better. Sure, there are golfers who can get out of bed 30 minutes before tee time, arrive at the course just before the starter is about to drop their name from the foursome, take one practice swing, and then play a flawless game of golf. I hate to beat you up, but we are not all Tiger Woods or Annika Sorenstam.

These athletes are at the top of their game and have put countless hours of practice to get to the point where they can turn their game on and off by demand. These players have mastered the skill of practicing like they play. With a little discipline and commitment, you can learn how to practice more consistently, lower your handicap, and become a better player.

Golf requires consistent and focused practice time in order to have solid rounds on the course. I have played competitive golf for more than 15 years. You would think I would have figured out this game by now. Well, guess again.

If I want to play solid golf on the course in competition, I have to practice as a solid golfer off the course. Solid practice includes both mental and physical preparation.

**It’s How Far to the Green?**

Mental preparation is learning how to focus on the shot you are about to hit and to stay committed to that shot. Some experts say golf is a 50 percent mental, 10 percent physical game. I agree with this theory. For example, let’s pretend you have a 125-yard shot over water to a green that is protected by bunkers, which are both short and long of the green. In order to clear the water, you have to carry the ball 100 yards. The typical golfer thinks about the water, the bunkers, and all of the things that could cause them to hit the ball into the hazard or the bunkers.

In golf, negative thinking will produce negative results.

The next time you are in this situation, try thinking about the green. Focus on where the pin is located, and keep your thoughts in line: “This is a simple 7-iron shot that I have hit a thousand times.” Stay committed to your positive thought process. Stay committed that the club you have in your hand is the right one. If it’s not, then there’s no harm in switching to a 6-iron or, for the longer hitters, to an 8-iron. The key is to stay committed to hitting a shot you know you can hit—because you have done so a thousand times on the range, or on approach shots where there is no water or bunkers guarding the green.

There is no doubt mental preparation is more difficult to practice than physical preparation. Why? Because most golfers refuse to believe golf is just as much of a mental game as it is a physical game.

**Driving the Range**

When I go to the driving range, I see a majority of the players doing one thing—trying to hit the ball as far as possible. Again, we are not all Tiger or Annika. Distance in golf is a huge advantage, but distance means nothing without accuracy. There are very few par 8’s and 9’s where a golfer can only hit a driver and then putt for an eagle, birdie, or par.

The average golfer should be spending much more time on short- and mid-iron practice, as well as the dreaded short game, than trying to bomb drivers and 3-woods. Oh, and, by the way, putting is included in short-game practice.

Only about five percent of golfers ever practice putting. The average tour pro spends more time practicing putting than he or she spends pounding balls on the range.

**Practice with a Purpose**

The next time you are on the range, warm up with a few wedge shots. You should always pick a target, and gradually progress from using your mid to long irons. Select different targets and play games to track your progress.

For example, choose a target 25, 50, 100, and 150 yards away. Then, hitting four shots to each target. Each shot counts 25 percent toward your eventual goal of 100 percent. In other words, try to hit 100 percent of your shots to each target, within a certain distance such as five to 10 feet.

This will help you focus on distance control and on hitting your target. This is the same mentality you should have the next time you face a water hazard or bunkers on your approach shot.

When you have mastered 75 percent to 100 percent accuracy at each target, pick a new set of targets. Each time you practice, try to improve just a bit from the last session. Recording statistics is a great way to track your progress and gives you the sense that your practice is paying off.

**Bring Out the Big Guns**

I know, I know... what about the driver and woods? When you have completed your iron-accuracy drills, take out the driver and 3-wood. Hit just a few shots, maybe five or 10.

For each wood shot, try picturing a particular fairway you play regularly. Use the same drill as you used with your irons to hit the fairway. When you have achieved 100 percent accuracy, pick another fairway and increase the number of shots from four to eight until you hit to the fairway with each wood.

Over time, all of these tips and drills will do one very important thing for your golf game—they will engrain a routine to your practice. A routine in golf is one of the most important elements of a solid game, both mentally and physically.

The next time you watch a golf tournament, look closely at the players. Watch them on the tee box, the fairway, and especially the green. All pro players have a pre-shot routine and they all stick to it—no matter what.

Whether you practice on the range, the putting green, or the short game area, always practice your routine. If you are having difficulty developing a routine, watch professional golfers or televised golf tournaments to pick up some of their tips. You don’t have to just watch the men’s tournaments. In fact, I recommend that women and men watch the women’s tour. Touring women pros are pound for pound more solid golfers than the best men players. And they all have solid pre-shot routines.

Remember, all solid golfers have solid practice habits. Golf is a game of repetition, and a game of nerves. Combine the two into your practice time and watch out—before long you will be the one giving strokes to your friends, not receiving them.

**Next Month:** Learn in-depth, pre-shot routines and drills you can take with you to the practice range or your backyard.
HAZARD

by AMANDA LARSEN

N ot drinking enough water is the biggest water haz-

ard you’ll face on the golf course all year. It takes
even two percent fluid loss to become dehydrated,
according to Golf for Women magazine, which notes
the most common injuries associated with dehydration are
muscle cramps and pulled muscles.

And what happens when your muscles are less flexible?
You guessed it—you’re less able to respond to the physical
demands of the golf swing.

The key to staying hydrated
drinking water before you’re thirsty. If you wait to
drink when you’re thirsty, you’re already dehydrated.

Dehydration is worse in hot
weather because your body expends energy and
sweats differently than if you were running or doing aerobics.
Fluid is essential for

mend the new Riverside

and comfort into your golf

Amateurs also have a ten-
dency to swing harder at the
ball, which can increase the
risk of injury. According to
the study by the American
Journal of Sports Medicine,
amateurs generate 80 percent
of all ages. A portion of all proceeds is donated to the Val

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Looking for a New Accessory?

T

he evolution of women's golf equipment in recent years is incredible. Not only do the likes of Callaway, Ping, and TaylorMade produce products specifically engineered for a woman's swing, but LPGA professionals such as Nancy Lopez and Pat Langer have started companies to help develop equipment to meet women's needs.

Mix and Match

"I have always been concerned by the lack of variety in golf equipment designed for women," said Pat Langer, founder of Lange Golf 1992. "The biggest handicap women have had in our spot is truly the average equipment they are forced to play with. It's been my dream to right this wrong."

Lange Golf has more than 240 Lange-trained professional clubfitters throughout the United States, Canada, Great Britain, and Scotland who are trained in the Lange fitting system. The system is backed by 15 years of research that discovered that many women require shafts designed for slower swing speeds. Lange then focused on developing several proprietary graphite shaft designs that are available in virtually any combination of flex, point, and weight that a woman may need.

"What we do in club fitting is match the right club head with the right club flex," said Tim Ruddo, Director of Instruction at Marco Polo Country Club in Silver Spring, MD.

New to the Game?

For beginner golfers, Ruddo recommends a club with a lower flex point and a head that is either perimeter weighted or has a lower center of gravity. Ruddo suggests the Lady King Cobra or for women players who want the optimal balance of distance and accuracy. Shafts are lighter to reduce overall club weight while allowing for faster swings and higher ball speeds. Reduced grip sizes and an offset design help the club achieve a square face at impact for improved accuracy. Lady King Cobra offers the 3400 Series of irons that feature a transition design, which morphs from a hollow back (3-7 irons) to a cavity back design (8-LW irons). This transition gives optimal weight distribution for that extra-high launch and massive sweet zone, according to Ruddo. "We've had great success with Callaway clubs because they have a great shaft."

LPGA victory

Annette Soonstat plays Callaway clubs and balls. Her recent win in the Mizuno Classic in Shiga, Japan, moved her into a tie for fifth place with Betty May on the LPGA's all-time victory list with 55 official wins. The Mizuno Classic also won her 67th worldwide title.

New Arrivals

New to the LPGA tour this year is the Nickent ARC wedge. At the Tour's Open Four, ARC wedges were in play and after three months, 12 Arc wedges were at the Asahi Ryokuken International Championships, citing to the Darrell Survey. The ARC technology works like a cored butt, according to nickentgolf.com: There is an internal chamber designed to house the club's head, creating an internal cavity that significantly expands the sweet spot to help off-center shots hold the green.

For the Slow Swinger

LPGA pro Carin Koch prefers Ping equipment. This equipment maker has sponsored LPGA events since the 1970s and founded The Solheim Cup. In Golf, family of clubs was designed specifically for women and features a reduced overall weight that makes the clubs easy to swing and helps create faster swing speeds for increased distance.

Women with slower swing speeds can list longer drives with the 15.5-degree G2L driver, according to Ping.com. This club is designed with a higher loft and a lighter swing weight. The G2 Fairway Woods are available in 3, 5, and 9. Also available is an L-wood, a club designed for long shots from the fairway that hold the green. The new G2HL (high-lofted) irons are designed for women who prefer to hit things from the fairway.

I

met Dee six years ago. We worked together in a publishing department in Washington, DC. I didn't think we would get along. I'm Gen-X, she's a Baby Boomer. I'm laid back and reserved; Dee speaks her mind to whoever will listen. She's Republican, she's a die-hard Liberal! Need I go on? Four months later, I was delighted to discover we shared a multitude of interests: jewelry shopping, lunch-hour manicures, a love of horses, and complaining about our vice presidents of Communications. And, as it later turned out, an interest in golf.

During a weekend retreat, we discovered that our balls, we play each other's balls, we do victory dances on the golf course. We joke about this over dinner, telling our guests we're the 21st century "Ivy and Earl." We chat on the course, we laugh, and we talk. We share clubs. And we sometimes sneak in a bottle of wine when we drive a cart—and then we really laugh! So wonder our husbands don't mind when we want to play with "just the girls."

For those etiquette-sensitive players cringing in revolt, we really do know how to respect and adhere to the rules of golf. We only lower our standards for our favorite boys. We have an unlimited Mulligan rule. We move our balls, we play each other's balls, we do victory dances on the golf course. We laugh, and we talk. We share clubs. And we sometimes sneak in a bottle of wine when we drive a cart—and then we really laugh! No wonder our husbands don't mind when we want to play with "just the girls."

A Golfer's Heaven

The Homestead is a golfer's delight, featuring three courses and a variety of golf packages to choose from. The Old Course has the oldest tee set in continuous use in the United States. In 1892, this tee set was part of a six-hole layout. By 1913, the course was enlarged to accommodate 18 holes. Abundant fairway contouring gives most shots a sidehill, uphill, or downhill lie to the greens, making for interesting (and, yes, challenging!) approach shots.

Amateur players may want to try the Lower Cascades with its wide-open fairways and trademark runway tee boxes designed by Robert Trent Jones in 1963. Advanced golfers will enjoy the challenges of the Cascades Course, consistently ranked among the top 50 courses by Golf Digest and Golf Magazine, where talented players can use the slopes and roll to their advantage. Designed by William S. Flynn, the Cascades Course if trusted as the finest mountain course in America and is designed to use its mountain location to influence play, but not to dictate it. According to the Homestead, the Cascades Course opened in 1923 and has hosted seven USGA Championships and prestigious PGA events such as the 1995 and 1996 PGA Tour Shoot-Out Championships.
Happened while I was on vacation in North Carolina. I had expected it, but all of a sudden I wanted to learn the game of golf. Back home I had stockpiled up for lessons and learned how to swing a 7 iron like nobody’s business. I was proud of myself and even though I didn’t know what to do with the other clubs, I accepted a friend’s offer to play nine holes. He knew I was just a beginner and was very helpful and patient. I used each of my clubs—mostly creating divers. But I was embodied by his encouragement.

The tension was now unbearable. You’ve heard the expression “the air was so thick you could cut it with a knife?” Well, I sensed the two guys who were stuck playing with us to min screaming off the course. Actually, I can’t believe they didn’t.

I What was wrong with this wish!

HOLE NO. 1

She: Well, I was nervous. People were staring at me. I pulled my driver from the bag and swung. Missed! After one more try I decided to drop a ball where the others had hit.

He: She’s just nervous. At this point, I still believed her when she said she was a good golfer.

HOLE NO. 2

She: I sensed a little impatience from my golfing partner as I once again tried to swing my club.

He: “Okay,” I’m thinking to myself, “maybe she exaggerated a little.”

HOLE NO. 3-5

She: I had a few good swings throughout these holes, but I was becoming more frustrated and I couldn’t understand why my friend was becoming more and more irritated when I asked him questions about clubs. Did he think I was Mrs. Arnold Palmer or something? I didn’t have the slightest idea why I’m supposed to tell her which club to use since I haven’t played golf with her before.

HOLE NO. 6

She: This is when my nerves started fraying and the ten game of golf. Rich has a reputation for this. I wasn’t thinking clearly enough. I couldn’t find my balls—the three that went more than three feet, that is. I thought he was a jerk. He seemed to just get more annoyed that I couldn’t play well. I wanted to use him for a tee—and miss the ball.

What Women Want

Continued from page 9

Looking for a New Accessory?

Continued from page 8

Getting高尔夫 clubs, no matter how much you think you know about them, can be a confusing purchase to make. Some golfers spend hours and hours at their local golf shops, trying to find the right club for their swing. Or they might spend even more time trying clubs at the course itself. And then there are the golfers who simply pick up a club they like at a department store or discount outlet and call it quits.

There are many factors to consider when choosing a club. Some of the most important include the type of club, the loft, the length, the weight, the grip, and the shaft. Each of these factors can affect how the club feels and how it performs on the course.

Package Perfect

If you plan to visit the Homestead, a golf package is the best value for your money. All golf packages include breakfast and dinner daily, traditional afternoon tea, use of 100 miles of bike trails, use of the Fitness center. Also included is use of the spring-fed indoor pool, historical programs, nightly movies in the resort’s turn-of-the-century theater, valet parking, local phone access fees, and shuttles to resort activities.

Golfers can choose from an array of packages. The Early Bird Golf Package offers unlimited green fees on the Old Course or the Lower Cascades with complimentary use of the driving range and a free sleeve of Titleist balls. The package is available March 25—April 29, with weekday rates starting at $191 per person and weekend rates starting at $227 per person. Carts and play on the Cascades course are additional. For the avid golfer, try the Homestead Golf Package. This package features unlimited play on all three courses and includes a cart, complimentary use of the driving range, range balls, and a free sleeve of Titleist golf balls. Rates range from $291 to $341 per person on weekdays, and from $311 to $411 per person on weekends.

I Dee and I choose the World’s Best Golf Package, which is designed for the golfer who wants to play a daily round. This package includes one round of golf on the Old Course of the Lower Cascades, with cart, for each night of your stay. Also included are use of the driving range and a free sleeve of Titleist balls. Fees range from $221 to $251 per person on weekdays and from $261 to $347 per person on weekends. If you want to become a better golfer, check out the Ladies Only Golf Advantage School. This two-and-one-half day program entails 15 hours of instruction with guest female instructors. All areas of the game are covered, including on-course instruction and a computerized analysis and review of your golf swing.

Ready for Relaxation?

After a day on the course, what could be better than a bit of good, old-fashioned rest and relaxation? Restore your mind, body, and spirit in the natural mineral spring waters of the Homestead Spa. For more than 9,000 years, these springs have refreshed and rejuvenated visitors. In 1818, Thomas Jefferson soaked three times a day (for more than three weeks) in the Gentlemen’s Pool House and described the waters as being “of the first merit.”

Today, this historic therapy is available to help relieve stress and tension. Try the Experience, where you will soak in the mineral-rich, naturally warm spring waters and then enjoy a private 50-minute massage using oils infused with the strength of natural mountain ginseng. Or indulge in a Ginseng Massage where the curative power of ginseng helps enhance the 50-minute massage and restores natural balance and serenity. Or you can enjoy an hour-long Jefferson Soak in the legendary mineral spring waters, a colonial tradition that is sure to become a favorite.

You’ll also want to check out the full line of salon and spa services at the Homestead Spa and Salon. A myriad of services are offered, including traditional as well as the very latest technologies in spa treatments. Treat yourself to massage, hydrotherapy, body wraps, facials, manicures, pedicures, and more.

The Allegro Bay Relaxation ($100, 50 minutes) is unique to the Homestead Spa. The treatment starts with a raspberry scrub to exfoliate your skin, followed by a gentle rimmer with a Swiss shower, and a luxurious application of a lightly scented raspberry oil. Then your body is wrapped and allowed to naturally restoritize itself.

After a long day on the course, you might want to try the Golfer’s Glow ($165, 30 minutes). Designed to exfoliate dry skin, this cleansing salt scrub is perfect for the golfer who wants to eliminate a few “rough” spots. Or, indulge in Heaven at the Homestead ($185, 70 minutes), which features a hot stone massage followed by a lemon ginger scrub body wrap designed to leave you feeling as though you are on a heavenly cloud. And don’t forget to visit the Spa Shop which features the exclusive Homestead line of bath, body, and hair products, including, shampoos, conditioners, and exercise wear.

Not only does the Homestead cater to the golfer and spa enthusiast, but it also features a variety of shops and restaurants sure to delight a variety of appetites. During the day, casual resort attire is preferred. Advance reservations and appointments are required for all dining and recreational entertainment to ensure proper times.

Whether you’re planning a girls’ weekend or a romantic rendezvous for two, the Homestead provides the ultimate getaway. This is one resort that has it all—in fact, it has what we women want and even more.
1. What is the craziest thing a fan has requested of you?
It is always strange to me when I am asked to sign someone’s body.

2. Tell us something that most people might not know about you?
I played the flute for 10 years, both solo and in orchestras.

3. Is there anything you won’t eat?
Raw beef.

4. What’s your favorite snack on the course?
Trail mix.

5. What was the last book you read?
Davinci Code.

6. What is your favorite thing to cook?
Swedish pancakes for my kids.

7. Favorite childhood TV show?
Growing up in Sweden, we all used to watch “Dallas.” It was very popular.

8. Are you superstitious? Any lucky charms?
I’ll switch things up if they are not working, like my ball number or ball marker.

9. If you were a shoe, what kind would you be?
Of course, I would be a pink and white Dexter golf shoe from the 2005 Carin Koch collection.

10. Is there anything you are addicted to? Or can’t live without?
My kids.

11. What is one thing you have done you would never want to do again?
Q-school.

12. What is your favorite cartoon character?
Sponge Bob Square Pants and Scooby Doo.

13. What type of music do you enjoy listening to?
Whatever my husband downloads. I mostly like easy listening music and 80’s music.

14. Most visited Web sites, other than LPGA.com of course?
Shoeline.com and online Swedish newspapers.

15. Peanut Butter? Crunchy or Creamy?
Creamy.

16. Are you a morning person or a night owl?
I have always been a night owl.

17. What is the one thing you absolutely must do in order to get your day started right?
I have to have breakfast in order to function. I also like to wash my face with cold water.

18. What is one of the best presents you have ever received?
About four years ago, my husband gave me diamond earrings after I had my first son. It was sort of a combination gift for Christmas and our fifth anniversary.