



The FORE!

August 2009 Vol 21 Issue 8 Page 1 of 4. Your Riverbend Ladies Golf Association newsletter, chartered since 1989 with reserved Wed., Sat. and Sun. morning tee times for our members. To be guaranteed a weekend tee time, you need to call the Pro Shop 253 854 3673 by Wednesday; for a Wednesday tee time, call the desk and put your name on the list by Tuesday.

For membership information and much more

go to <http://www.rlga.org/>

Captain's Footnotes: Phyllis Ellermeier, your captain.

Phyllis is busy this month planning a move and Mary Powers has been ill. Both the Riverbend Cup and club championship results will be published in the September newsletter. The only newsletter submissions are from Peggy Haugan on Page 2 and June and Ginger with team results on Page 4. The rest of this page is chipping drills found at <http://www.sirshanksalot.com>

The Do's and Don'ts of Chipping by The Golf Drill Guru April 2009

A solid short game can save you over 10 shots a round... that turns your measly 85 into a round that hovers around par. ... once you understand the do's and don'ts of chipping – you'll soon become a lot more confident around the greens.

Do not spread your body weight evenly
When chipping your weight should not be spread out 50/50 on each foot... this encourages a sweeping swing path which will lead to thin shots and miss-hits. You need to have your weight favoring your front foot to encourage a descending blow into the ball. Couple this with a mid to back ball position and this will help impart more backspin and limit the amount of grass between your club and the ball – which will improve your consistency. Wedges are designed with a thing called bounce, which helps the club bounce off the ground rather than dig into it... hence the name. This means that when a wedge with bounce lies upright on the turf, the leading edge of it will lie above the grass. By employing the techniques above, the club should be tilted forward setting the leading edge of the club flat on the ground.

Do not flip your wrists

The one secret to solid chipping involves a stable trailing wrist. It's positioning is crucial throughout the chipping stroke. A good way to get into the proper position is to imagine holding a club in your trailing hand, now from this position rotate your

wrist so you palm faces the ground – you should see wrinkles on your bent back wrist. This position is only possible if your club is leaning forward and beating your clubface to the impact position.

A neat drill to try is to stack two shafts on top of each other (with about 1 foot of separation), have one point about knee height, the other, hip. Place a ball directly under these shafts, and setup to the ball as if you were to make a normal shot. When you swing into impact, your hands should contact the top shaft first. If not, you're not maintaining a stable trailing wrist. This picture should give you a better idea of what I'm talking about. This drill is not designed for you to hit balls with, it's simply to be used to ensure correct positioning of your wrists coming into impact.

When looking down at the ball from address your hands should start ahead of the clubface... this should continue throughout the entire motion and follow-through.

Do not slow down. Deceleration is killer on your short game, it will produce poor results and add strokes to your score... not to mention ruin your confidence. You must vary the distance your shot travels by fiddling with the length of your backswing, not by fiddling with your swing's tempo and speed. Acceleration and tempo ensures you will follow-through, your club will not get trapped in the grass, you have rhythm and consistency, your distance control is consistent and your contact will be more solid.

Do not swing only with your arms

Your arms and body are connected... you should try and have your body face your arms throughout your chipping stroke. Since the motion is rather limited, so too should your body rotation. Your arms should rub against your mid section as you swing – almost as if your elbows are attached to your love handles. By using your body as a basis for your swing to rotate on, this will reduce your margin for error and limit the amount of faults you could potentially make.

Pencil Chipping Drill by The Golf Drill Guru May 2008. Unlike the full swing, the wrists play a minimal role when it comes to most chip shots. Flop shot excluded, your chipping stroke should be controlled simply by the movement of your shoulders, much like a putt. This drastically simplifies the stroke and ultimately eliminates the possibility of hitting it thin or fat. The problem with the wrists is that there are extra moving parts and a higher variance when it comes to accelerating into the ball. Golf is hard enough as is, simplifying the motion is something we should all practice.

This drill will help you to eliminate a wristy follow-through more than anything, so if you have a habit of flipping your chips or if you tend to hit thin shots often, this drill is for you.

You'll need a pencil and a wristband, or any one of those rubber 'livestrong' type bracelets everyone wears to show their support for a charity or cause. Place the pencil in the wristband so the pencil covers the back of wrist from your lower forearm to the back of your hand. The yellow line in this image represents the pencil. Now, practice hitting some chips. If you flip after impact, the pencil will dig into the back of your hand. Instant feedback! If you're really struggling with keeping your wrists out of the stroke, try sharpening the end of the pencil!

Feel & Distance Control Drill - Get into your normal chipping position, and aim to a target about thirty feet away. Now, instead of looking at the ball, turn your head and focus on the hole you are chipping to, as the picture shows. Keep your eyes focused on the hole, and then make a smooth chipping stroke. Hit about five to ten shots from the same spot, and focus on the "feel" of the shot needed to get the ball to the hole. Also focus on how much the ball rolls, and how far it flies to reach the hole. Next, go back to keeping your eye on the ball, and hit the same number of shots from the same place. You will definitely notice a difference in your ability to judge distances.

PLAYER RECOGNITION by Peggy Haugan

We are now in mid season and in good form too! Wow Ladies --- you are achieving some amazing things. Here is an update:

Birdies: Laura Risher has taken a commanding lead with a total of 11 birdies!!!! Sheila Locke has 9 and Elana Bryan has 7.

Chip-ins: Vickie Erickson leads this category with 5, followed closely by Kellie Molzhon and June Secreto tied at 4 each.

Most Rounds Played: Amy Nikaitani and Peggy Haugan are tied at 16 each, with June Secreto very close at 15.

Several ladies achieved their personal best this last month: Heidi Hobbs shot a 98 on July 4th; Judy Griffin had a 92 on July 18th, Kathy Provazek had 81 on 7/22 and Judy Swanson shot a 106 on 7/22. Good Golfing Girls!

2009 Schedule Riverbend Ladies Golf Association

Saturday, September 5th, 2009 4 Person Scramble
Sunday, September 20th, 2009 Mixed Chapman
Saturday, October 3rd, 2009 Big Break

Washington State Womens Public Links Association 2009 Schedule Handicap Limit 40.

<http://www.wswpla.com/> To enter these events see entry forms in RLGA corner at Pro shop and/or contact Kellie Molzhon kelliemolzhon@comcast.net 253-630-0542

Date	Location	Sign up Deadline
Monday Aug 17	White Horse (Kingston)	Monday August 3
Monday Sept 14th and Tues Sept 15	Sun Country (CleElm)	Monday August 31
Saturday, October 17th.	Camaloch (Camano Island)	Monday October 5 26/2 Ball

Greater Seattle Womens Public Links Association 2009 Schedule Handicap Limit 40.

<http://www.gswpga.com/> To enter these events see entry forms in RLGA corner at Pro shop and/or contact Kellie Molzhon kelliemolzhon@comcast.net 253-630-0542

Date	Deadline	Course
Aug 10, 11, 12 Mon, Tues, Wed	July 18	Jefferson
Sept 10 Thursday	Aug 22	Snoqualmie Falls
Oct 8 Thursday	Sept 19	Maplewood

(WSGA) Washington State Golf Association 2009 Schedule To enter these events go to

<http://wsga.countmein.com/ProgramHome.aspx> or call WSGA 206-526-8605

WSGA events are over for 2009. In a few months look here for info on the 2010 winter series

(PNGA) Pacific Northwest Golf Association 2009 Schedule. To enter these events go

to http://www.thepnga.org/championships/online_applications.asp or call 206-526-1238

Aug 29,30	Women's Amateur Public Links	Trysting Tree GC, Corvallis, OR
Sept 21-23	Women's Senior Team	Gold Mountain GC, Bremerton WA
Oct 5,6	Senior Women's Amateur	Hayden Lake CC, Hayden ID

TWGA Tacoma Women's Golf Association has a new website. <http://twga.org>

At least one RLGA member has expressed an interest in RLGA re-joining this organization. Their events are played in both Pierce and Thurston counties. If you are interested please contact Kellie Molzhon at 253-630-0542 or kelliemolzhon@comcast.net or tell a board member.

Teaching tips from the Pro, Your newsletter editor forgot to ask one of the Riverbend pros to submit a teaching tip for August, but Kathy Provazek recently shared with me a putting distance control drill. You need three balls and five tees. Select a hole on the practice green and pull the flag pole and lay it behind the hole the length of two of your shoes (between 1 1/2 to 2 feet). Walk three paces from the hole (on the opposite side of the flag) and set a tee at that location. Walk 2 more paces and place another tee. Repeat with three more tees. You do not have to sink the putt. If the ball does not reach the hole, this is a miss. Your putt was short. If the ball hits the flag pole you have set behind the hole this too is a miss. Your putt was long. Start with the tee closest to the hole. You can advance to tees 2, and 3 etc., only after you have successfully hit three putts in a row at one location. Once you miss you don't go back to the 1st tee, you go back to the last tee from which you hit three successful putts. If you play this drill with an opponent, you forfeit your turn if any putting attempt either fails to reach the hole or hits the flag pole. You also fall back a level. KP says Zach Johnson, PGA pro golfer uses this putting drill regularly.

More putting drills found at: <http://www.keepmygolfscore.com/>

“Below are several that will definitely improve your confidence on the green. Once you start becoming a better putter, it really becomes addictive and instead of being unsure about a putt, you'll soon start enjoying the challenge of putting and approach each shot with anticipation instead of uncertainty.”

The Wall Drill

Stand facing a wall with your feet parallel to the wall. Place the putter so the toe of the club is only about an inch from the wall. Set up a ball and take your normal swing. Does your club move away from the wall on your backswing? Does it brush up against the wall? The correct conventional swing has the club staying the same distance from the wall throughout the entire swing.

Circle Drill

This one can be done on an actual green, or on your carpet. Select a target on the floor/green. Now place 8 golf balls around the target. The first one should only be about a foot away from the target. Continue laying down balls, each one about 1/2 to 1 foot further back from the previous. The balls should be placed along a “circular” path around the target. Practice starting with the closest ball and do not take too much time before each putt. Now reverse and start with the one farthest away.

The Carpet/Target Practice

This putting drill is similar to darts, only the target is on the floor. Cut out three circles from paper. The smallest one should be about the size of an actual golf hole, the second about 2 to 3 times larger, and the third about 2 to 3 times larger than the second (newspaper can work for the third circle if it gets that large). Place on the floor to create a target, and assign points for each circle. The center circle is 10 points, the middle circle is 5, the outer most ring is 2. Take 10 putts and see if what kind of score you get. 70 - 90 is excellent!

Vertical Target Practice

Basically the same as the floor target practice, only this time you are putting at a wall. Cut out three rectangular pieces from cardboard. They should be no higher than the molding on your wall. The first should be about as wide as an actual golf hole, the second 2 to 3 times larger, and the third 2 to 3 times larger than the second. Now place the largest strip against the wall first, then the second, then the first. It might help to color them to differentiate when putting. Now, take 10 putts from the same spot aiming for the center of the “target”. If you hit the center, you get 10 points, 5 points for the middle ring, The board meeting for this month, scheduled for 8/4/09 is being cancelled. Our captain is giving us a break!!! and 2 points for the outer ring.

Cup Drill This one is easy. If you have a floor in your house and a cup to set up to aim for, you're golden! True there is no break, which makes this the ideal drill to practice aim and distance. Start with three balls about 2 feet from the cup. Move back 5 feet each round until you've maxed the distance your room can accommodate. Take a rest and then repeat the drill only starting with the further distances first.

The Stop Putt Take your normal putting swing. After you make contact with the ball immediately stop your swing. This is going to focus in on your aim and accuracy. After trying a bunch of putts this way, add back in your follow through and you should notice how your follow through really helps guide the clubface and ultimately the ball towards your target.

The Eyes Closed Test Take 3 putts from the same location at the same target. Next try the putt three more times only with your eyes closed this time. Were the second three balls close to the first three? If so then you have good tempo, balance, and your backswing and follow through are coming through along the same line. If you are off on your second three, you may be naturally taking your backswing along an arced path instead of straight back.

Fringe Putting I think one of the most over-looked putts is the fringe putt. I find myself at least 2-4 times per round being around the green and contemplating a putt rather than a chip. Putting from the fringe or just outside the green is definitely different than putting on the actual green surface. More often than not putts are not hit with enough force and end up getting bogged down in the longer fringe grass. I suggest practicing fringe-putting every single time you use the practice green.

There are many putting drills, and the trick is to find ones that focus on one aspect of your putting...whether it be for distance, accuracy, reading greens, etc.

GSWPGA Team June Secreto & Ginger Dunning,

Co Team Captains

AND WE THOUGHT IT WAS HOT AT WAYNE!!!!????!!!!

GEEZZ! Thank goodness we thought it would be a generous idea to have a couple of cases of water on hand just in case some people needed it. We needed it!! Turns out that we went through 5 cases, and everyone was most thankful. Truth be told, we may have actually saved a few players who were starting to struggle in those later tee times and didn't finish until 2:30 or so. A ton of thanks to Gerri Johnson and Sheryl Lede who helped us out on Monday! We couldn't have done it without you! And to our team members (see photo) who survived the good play of the Bellevue team AND the thermometer! (Thank goodness we took a photo before we played!)

Now for the results. RLGA managed to take 5 points in both scratch and handicap which allowing a wonderful cushion going into the last match of the season. While it's true we've probably been pretty focused on scratch play this year, take a close look at the handicap standings. It's really close, and mathematically possible for the "force on the course" to capture both titles. Our next match is at **Bellevue on Aug. 24 against Wayne**. It is necessary to follow the bylaws regarding lowest handicap players available, and also that we put a strong team on the course that day. It would be sweet to finish off this successful season in style

If, by some long shot, there is a tie for first place, according to the bylaws, the playoff teams must consist of those team members that played in the final match. The other matches for that day are Mt. Si v. Bellevue, Lake Wilderness v. Maplewood, and Jackson Jills v. Foster. So, check your calendars and contact either June Secreto rjsecreto@comcast.net or Ginger gindunsea@aol.com if you are available to play. Go Team!

Results from Pacific Northwest Golf Association Women's Amateur & Mid-Amateur Championship, Molalla, on July 6th thru 10th. Rounds 1 & 2 are stroke play. Rounds 3, 4 and 5 are elimination match play.

Stephanie Corey was Riverbend's only golfer in the Amateur division which was won by fifteen year old Dottie Ardina of the Philippine National Team. Stephanie was eliminated on 1st day of match play. In the Mid-Amateur division, Cathy Kay, was seeded in Flight 1 and was eliminated on day 1 of match play to the eventual flight winner. Kathy Provazek and Mary Ryan were seeded in Flight 2. Mary Ryan was the eventual winner of that flight.

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RLGA

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What should you do if you post the wrong score? E-mail Handicap chairman, Jerri Proszek and she will fix it! chandje@comcast.net

Important Dates:

Saturday, September 5th, 2009	4 Person Scramble
Sunday, September 20th, 2009	Mixed Chapman
Saturday, October 3rd, 2009	Big Break

Results after Team Play at Riverbend July 27th

	Scratch				Handicap		
	Points	Total Pts	Place		Points	Total Pts	Place
Riverbend	5	44.5	1	Jackson Jills	2.5	35.5	1
Maplewood	8	36	2	Mount Si	6.5	33.5	2
Bellevue	4	35	3	Riverbend	5	30	3
Jackson Jills	1	32	4	Bellevue	4	29.5	4
Mount Si	8	31	5	Maplewood	6.5	27.5	5
Wayne	8	16.5	6	Lake Wilderness	3	24	6
Lake Wilderness	1	13	7	Wayne	6	23.5	7
Foster	1	8	8	Foster	2.5	12.5	8



Riverbend team July 27 at Riverbend
Back L to R, Ginger Dunning, Mary Ryan, Angela Hobbs
Front L to R, Vergy Woods, Linda Pearson, Ok Yun Lim

Results from Washington State Women's Public Links Assn WSWPLA (State)

July 13,14,15 Lake Padden, Bellingham

Flight 1	Cathy Kay	6th Place
Flight 1	Mary Ryan	7th Place
Flight 2	Laura Risher	7th Place Tie
Flight 2	Sheila Locke	Withdrew

Results from Greater Seattle Womens Public Golf Assn. GSWPGA (City) Mount Si July 9

Flight 1	Laura Risher	Tied for 3rd Low Gross
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