



Juniper Hill Ladies
Golf Club
www.jhlgc.org

Juniper Hill Ladies Golf Club

January 2014

Keep your sense of humor. There's enough stress in the rest of your life not to let bad shots ruin a game you're supposed to enjoy. - Amy Alcott



January Birthdays Lorrie Huffman – 2nd; Carol Payton– 6th; Susan Goins –11th; Shelby Luby–12th; Tessa Buquid – 16th; Natalie Britton & Angela Kring – 19th; Natalie Lonkard–21st; Susan Spoonamore & Ashley House –28th; Connie Goins & Anne Hilan–31st

Question: Esther and Karen are playing in a very intense match. After reading the greens from EVERY angle, Esther finally gets ready to putt. As soon as she strokes her ball, Karen makes a slight cough and Esther wants a do-over because Karen distracted her and caused her to push her putt. What is the ruling? **Answer on page 2.**

Do you know what “Through the green” means? “Through the green” refers to the whole area of the course **except** the teeing ground and the putting green of the hole you are playing, plus all hazards on the course.

Mark your calendars! JHLGC organizational meeting is Tuesday, March 11, 6 p.m. at the JHLGC Clubhouse.



A total of 87 changes have been made to the Decisions on the Rules of Golf that will go into effect for the 2014-15 cycle.

Among the changes for 2014-2015, **four** decisions are particularly noteworthy:

- New Decision 14-3/18 confirms that players can access reports on weather conditions on a smart phone during a round without breaching the Rules. Importantly, this new Decision also clarifies that players are permitted to access information on the threat of an impending storm in order to protect their own safety.
- New Decision 18/4 provides that, where enhanced technological evidence (e.g. HDTV, digital recording or online visual media, etc.) shows that a ball has left its position and come to rest in another location, the ball will not be deemed to have moved if that movement was not reasonably discernible to the naked eye at the time.
- Revised Decision 25-2/0.5 helps to clarify when a golf ball is considered to be embedded in the ground through the use of illustrations.
- Revised Decision 27-2a/1.5 allows a player to go forward up to approximately 50 yards without forfeiting his or her right to go back and play a provisional ball.

(The first two don't particularly apply to us but for those of us who watch a lot of golf on television – it's good information to know.)

Committee members needed. If you're interested in serving on one of these committees, please let Becky, Michele or the chair of each committee know ASAP.

JHLGC Tournament Committee: Chair, Aggie Hampton

New Member/Hospitality: Chair, Teresa Prather

Late Swingers Special Events: Chair, Jenny Anglin

Late Swingers Golf 101: Chair, VACANT

Wednesday Ladies League Away Play: Chair, VACANT

These committees will be meeting soon to get ready for the upcoming season! It doesn't happen overnight ladies!

Upcoming Events

March 11 - JHLGC Meeting, 6 p.m. @ JHLGC Clubhouse

March 26 – Wednesday Morning Ladies Day League Organizational Meeting @ 9 a.m. @ Juniper Hill Golf Course Clubhouse

March 27 – Late Swingers Ladies League Organizational Meeting @ 6 p.m. @ Juniper Hill Golf Course Clubhouse

Wednesday League Administrator – Michele Brown, 219-0562, michele.brown@fewpb.net

Thursday League Administrator – Becky Ebert, 803-1661, becb12003@yahoo.com

Newsletter/Website – Teresa Prather, 229-0804, thprather46@hotmail.com

JHLGC Website: www.jhlgc.org

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How to Avoid Golf Injuries

by: Scott McCormick www.golfgurls.com

Golf injuries are a reality of the game.

Though golf may appear to be a sport that's easy on your body, the golf swing demands a great deal of flexibility to perform well. If you play golf you know what I'm talking about. Elbow pain and lower back pain are common injuries among golfers.

Golf is a sport that demands a unique type of physical prowess. While it isn't an action-packed contact game like football, the physical risk is still there for golfers of all sizes, shapes and playing ability. The chance of injury is under recognized in the game of golf, and this lack of awareness makes players susceptible to a variety of injuries.

Adding to the complexity, golf is a sport that people of all ages participate in. This makes narrowing down the risks much more difficult, as each and every player faces unique challenges when it comes to staying healthy during a round or season.

Below are particular ways to prepare your body for the game of golf, and how they help your anatomy adjust for the demands of the course.

Swim some laps: Swimming is an activity that helps prepare the body for golf, specifically building up muscles around leg and arm joints. Where injury is concerned within golf, it's not so much the motions themselves, but the frequency with which those motions are carried out. Swinging a club 75-110 times per round (if you're a decent golfer) is hard on the shoulder socket. Similarly, walking isn't difficult for most people, but when done for several miles it can become a concern if any joints are compromised.

Swimming is a low-impact exercise that can help your body prepare for moderate-impact activities like golf. The repetitive motion in a low gravity environment builds up the tissue and muscles around your joints, adding the support needed for a long golf round or season. Swimming also promotes flexibility, regardless of which stroke you're focusing on.

Utilize treadmill incline: Treadmills are ideal for preventing injury because they allow your body to train itself in a controlled environment. Without potholes or any other imperfections, your muscles are able to train gradually all the way up to golf form. One idea to try is to not only use a treadmill, but use it at an incline. This will help your hamstrings, calf muscles and joints adjust to a gradient. If you incorporate this into your routine, you should experience less fatigue toward the end of rounds. Even though golf is low-impact, using a treadmill at an incline still requires a legitimate amount of muscle memory and endurance. Using the adjustable controlled environment that is a treadmill can really help your body prepare as a golfer.

Do yoga: Yoga isn't for everyone, but if you like to golf it's an unbelievable activity to help avoid injury on the course. Lower back issues are extremely common within golfers, and yoga is widely recognized as a way to strengthen core and back muscles. It also increases full body flexibility and balance. In a sport that demands such a high level of proper technique and consistency, these areas are always something you can improve on.

Yoga is an easy supplement to a golf schedule. You can do it at home. This type of exercise can help prevent injury in any sport, and golf clearly isn't an exception.

Golf presents injury risk that's often masked by its pleasant appeal. The sport still requires a player to be in physical shape and it's important to set yourself up for that demand. While there are many activities that contribute positively to that, these are a few to get you started. From there, you should experience more endurance and success as you continue in your golf career.

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Answer: Sorry Esther but you are NOT entitled to a do-over. Hopefully Karen's cough was unintentional and she issued an apology. The Etiquette section in the rulebook reminds everyone to take care not to disturb other players by moving, talking, or making unnecessary noise. A player who intentionally disrupts the play of his opponent may be subject to discipline by the Committee [Decision 33-8/6], but there is no option to replay the shot. Players may not agree to a relief procedure that is not available to them under the Rules. Just imagine the havoc that would ensue if players were entitled to replay a shot any time an opponent sneezed, dropped a club, or opened a package of crackers!

DON'T FORGET - Be good to our course; replace divots, rake bunkers and repair ball marks.