



Juniper Hill Ladies
Golf Club
www.jhlgc.org

Juniper Hill Ladies Golf Club

February 2014

The most important shot in golf is the next one.

~ Ben Hogan



February Birthdays: Ashley Stevens – 11th;
Barbara Terrell – 13th; Debbie Wash – 22nd;
Norma Sullivan – 23rd; Sherry Ison – 26th; Jennifer
Opsata, Charlotte Pyles & PJ Johnson – 28th

Question: Stacey hit her ball off the tee and it went straight into a trash can not far from the tee area. OOPS. She then said: "that ball is lost" and proceeded to put a ball on another tee and hit it onto the green. Glenda was of the opinion that she could not do this, but Donna said she could as she used the stroke and distance penalty. The question is do you have to go forward to see the ball and then decide, or as it says in rule 27 1-a: "AT ANY TIME, a player may...proceed under penalty of stroke and distance." What is the ruling? **Answer on page 2.**

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: Co-Chairs, Aggie Hampton & Connie Page

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!

*To all JHLGC members,
I wanted to express my deep appreciation for all the calls, cards, flowers, donations to Hospice and words of support and encouragement you gave me when my mother passed away January 6th. It was such a comfort to have so many of you come to her visitation and I cannot thank you enough. I am blessed to have such a great golf family with the JHLGC. Michele*

10 Best Things You Can Do For Yourself AND Your Golf Game

www.golfgirls.com

In a recent article in Golf Digest, fitness editor, Ron Kaspriske highlighted 10 of the best resolutions you can make this year to improve your health and your golf game. They are so easy to do, you're sure to keep them! Here's a short hand version of his post. To see the entire article go to:

<http://www.golfdigest.com/golf-instruction/blogs/theinstructionblog/2014/01/fitness-friday-resolutions-you.html>

- Stop drinking soda and fruit juice. — If you can drop soda and juice from your diet, you'll boost your overall health a great deal.
- Drink water all day long. — You'll feel better and eat less.
- Eat whole foods as often as you can. — If it was manufactured, don't eat it.
- Commit to 20 minutes of exercise every other day. — Give yourself a challenge.
- Say goodbye to your last gym machine. — For every exercise you can do on a machine, there's a better one you can do freestyle.
- Focus on your strike zone. — Exercise and tighten your core muscles for balance and power.
- Shallow your swing. — Think of a plane landing on a runway. A shallow swing will save your wrists, elbows and shoulder joints a lot of unnecessary stress.
- Walk whenever you can. — Enough said.
- Strengthen your shoulder girdle. — Strengthen these muscles to prevent injuries.
- Sit up straight. — If you slouch, and sit all day, do hip-extension exercises a few times a week.



MARK YOUR CALENDARS!

JHLGC organizational meeting is Tuesday, March 11, 6 p.m. at the JHLGC Clubhouse. A lot of items will be up for discussion – you don't want to miss it.

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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Golf Psychology Tips—The Mental Challenge of Staying Focused

<http://playerstowelblog.com/>

Playing great golf is a discipline. Like the martial arts, it takes hours of practice, physical strength and a quiet mind. Also, if you want to play at a high level, you've got to concede to the nature of game by letting go of self consciousness and ego – the biggest distractions from the simplicity of golf.

Have you ever wondered what being in the moment really means? It means that you are focused on the shot! That's it. That's ALL there is on the golf course – the task at hand. Most of us get our psyches focused on useless concerns about how we're perceived or why the little guy we're paired with is hitting it 25 yards by us. How can anyone be expected to perform with those thoughts?

The good news is it is a part of growing into the game. If you find yourself being distracted by negative thoughts, your ego or anything other than the shot at hand, don't give up the game! You are experiencing what all golfers go through in the maturation process of a player. It is true that it takes longer for some of us but ALL of us have to learn to stay focused!

The only thing in golf that matters is the ball, the hole and the grass in between." ~ Anonymous

Stay In the Moment!

Stay in the moment! Easier said than done right? Actually it is not that hard! Most of us are not going to be facing US Open pressure anytime soon! Even then, the player who can stay focused on the simplicity of the shot usually performs best down the stretch. The first rule is to not judge! At least judge a little less harshly! What does this mean?

Imagine you just smacked a drive 280, down the middle on that par 5 that normally drives you nuts. Second shot, down the middle and solid! You're 50 yards from the pin with lots of green to work with. You start thinking, "Payback time baby...easy birdie." Then you flub your chip and angrily scull the fourth shot over the green. What now? Lots of days have been ruined by lesser moments. Why did this happen?

Rewind – you approach your third shot. You start thinking about all the other times you've played the hole. You say to yourself, "Payback time baby...easy birdie." Except this time before you hit the shot, you check yourself. "Ok. Forget about the last time I played this hole. What shot do I need to hit? How is my lie? Do I want to hit the ball low or high? Where do I want to land the ball? Where do I want the ball to end up?" YOU ARE NOW OFFICIALLY IN THE MOMENT!

Does this guarantee that you'll hit a good shot? Of course not. But it will guarantee that you'll play better more often. And, if you don't hit the shot you want, the best thing to do is start focusing on the next shot! What else is there? All you ever have in golf is the next shot, PERIOD!

Questions are the Answer!

So how do you get good at this? Go to the range and play golf. After you warm up, imagine you're on your home course and play the first shot. Ask yourself, "What is the shot here? What is going to play to my strengths?" Then play the shot! Put the club back in the bag and wait a minute. Picture the second shot based on where the first went. Ask again, "What is the shot here?" and so on. Do you get the point?

Golf is not hitting the ball. Golf is about playing the shot! So every now and then, practice GOLF not the swing. And the best way to do this is with a series of questions – How is my lie? Do I want to hit the ball high or low? How far do I want to hit the ball? Where do I want to land the ball? Where do I want the ball to end up? These questions are designed to get you in the moment and focused on golf, not your ego or your partners or the last time you played, etc.

Answer: A player may hit a ball under stroke and distance whenever she wishes to do so [Rule 27-1a]. There is no requirement to rummage in the trash bin for the ball. The fact that a player may not "declare" her ball to be lost is irrelevant. As soon as she puts another ball in play under stroke and distance, the new ball is in play and the original is lost under the Rules [Definition of "Lost Ball," section "c"]. *For those of you who may be new to the Rules of Golf, "stroke and distance" means hitting another ball from where you hit your previous shot and adding a one-stroke penalty to your score.* Additionally, if a player hits her ball into an immovable obstruction (such as a trash can), she is entitled to free relief. It wouldn't matter if the player could not recover the ball, as long as her fellow competitor(s) witnessed the ball enter the obstruction. The player must drop the ball (if she recovers it) or a ball (if she cannot retrieve it or it is lost in the obstruction) within one club-length of the nearest point of relief that is no closer to the hole [Rule 24-2b or 24-3b]. If the ball is not found, the ball is deemed to lie at the spot where it last crossed into the obstruction; in measuring relief she will use that spot as her reference point. This is a free drop. If the player prefers not to seek relief near the obstruction (perhaps the area in which she would have to drop is deep rough), she may play another ball under stroke and distance and add one penalty stroke to her score.

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