

The Tee Box Times

July 23, 2015

**Juniper Hill Ladies
Golf Club**
www.jhlgc.org

Take 5

Ways to generate more club head speed

By Karen Palacios-Jansen

www.worldgolf.com, 2007

Most golf instruction is written by men from a man's point of view. But women, who are built differently and have different tendencies, have to work on set-up and swing keys that are specific to them. Although only 5 ft. 5 in. and weighing 120 pounds, LPGA Tour Pro Lorena Ochoa's average drive is 271 yards. How is it that a petite woman can boom her drives out there farther than the average male golfer?

It is all in her technique and her ability to create club head speed. Here are five things ladies can work on to improve their technique for more club head speed and knock it out there with the big boys and girls - and maybe even past them.



1. Strengthen your grip

A strong grip helps create a flatter swing path and a more powerful release of the club through impact. Instead of setting your left thumb on top of the grip, rotate it about 30 degrees clockwise (away from the target) so it is angled down the right side of the grip.

You now should see two, even three, knuckles of the left hand when looking down at address.

This grip will help compensate for having less arm strength than men.

As for the right hand, spread your fingers as wide as possible. There should be a significant gap between the index and middle fingers. This is also a strong position.

2. Take a firm stance

A solid base creates good balance and supports high club head speed. Flex your knees slightly and press them away from each other, not inward as many people think they should. Pressing them inward actually promotes reverse pivoting, a major power loss position. Pressing the knees away from each other enables you to shift your weight correctly.

3. Resist with the lower body

As the club starts back, stretch your arms away from your torso while holding your hips and knees in place. Your lower body will turn no matter how much you try to prevent it, but if you resist with your lower body at the start of the swing, you won't overturn - a common problem among women who tend to be very flexible. Overturning destroys the coil that sets up a powerful downswing.

4. Create the right support

At the top of the backswing, the right arm should fold to form a right angle. When this occurs, the right hand should be under the grip, providing support so the club doesn't dip past parallel. This support preserves your natural maximum swing arc and the wider the arc, the more club head speed you can produce.

5. Hands lead the shoulders

Starting down, push the hands away from your shoulders as far as possible. The butt end of the club should point down to the ball and the club head stays pointed to the sky creating angle in the back of the right wrist. This position combined with a stronger grip helps the forearms rotate the clubhead square for a solid strike every time.

Weekly Scorecard

Wednesday League

Out of 36 ladies in play

1F: Low Gross 1- Connie Goins; 2LG- Sandra Shelton; Low Net 1- Sandra Shelton; 2LN- Susan Goins
2F: 1LG- Michele Brown; 2LG- Audie Rodgers; 1LN-Barbara Booze; 2LN-Sue Wood
3F: 1LG- Jennifer Howard; 2LG- Glenda Wardrip; 1LN- Jill Lancaster; 2LN- Donna Grimes

Low Putts: Connie Goins, Patty Conway and Dusty Nelson

Chip Ins: Patty Conway, Cathy Kays, Carol Payton, Audie Rodgers, Sandra Shelton and Sue Wood

Thursday League

Out of 71 ladies in play

4 DIV 1- 4 3 4 35 35 70
1F: Low Gross 1- Donna McNeil; 2LG- Aggie Hampton; Low Net 1- Brenda Shipp; 2LN- Linda Moore
2F: 1LG- Becky Ebert; 2LG- Shirley Rodgers; 1LN- Barbara Reynolds (SCP); 2LN-Alison Harrod
3F: 1LG- Mackenzie Cunningham; 2LG- Emily Stevens; 1LN- Michele Brown; 2LN- Julie Dawson (SCP)

4F: 1LG- Madison Cunningham; 2LG- Tammy McMichael; 1LN - Carol Payton; 2LN- Sue Wood

1 DIV 2- 16 17 18 In Out Tot H
1F: 1LG- Jenny Anglin; 2LG- Pauline Carr; 1LN- Becky Parish; 2LN- Fran Terhune
2F: 1LG- Gina Vaile-Nelson; 2LG- Jill Lancaster; 1LN- Lori Scottow; 2LN- Sandy Moore

Golf 101- 1st - Kathy Taylor; 2nd- Madison Elder

Chip Ins: Teresa Coleman (#9); Donna McNeil (#6); Gina Vaile-Nelson (#17)

Juniper Cup Standings

Fifty Shades of Green - 1295; Bunker Babes (Black) - 1205; Summertime Blues - 1115; Purple People Eaters - 1051; Pink - 1010; Grateful Red - 1005; Yellow - 925



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The Juniper Hill Wednesday Ladies Golf League was established in the late 50s. Our goal is to promote competitive 18-hole play for ladies with an established USGA Handicap and to promote friendship and camaraderie. We have various formats of play each week and Match Play in the month of July. We participate in various tournaments sponsored by the Juniper Hill Ladies Golf Club. We also sponsor an invitational tournament, "The Juniper" which draws the best women golfers in Kentucky, Indiana and Southern Ohio.

The Late Swingers Ladies League was established in 1980 to promote and support women's golf in and around Frankfort. The league's goal was, and is, to have fun while playing golf.

The officers for both leagues 2015 season are listed below. If you would like to serve on any of their committees, please contact one of them:

Wednesday League

CHAIR: Aggie Hampton 502.330.3095
hampton12@aol.com

VICE CHAIR: Ruth Hinkle
SECRETARY: Susan Goins
TREASURER: Mary Rhodes

Late Swingers League

CHAIR: Lesa Hodge 502.319.5593
lesakhodge@gmail.com

Co-CHAIR: Allison Harrod 502.330.4148
crystalharrod@yahoo.com

LEAGUE NIGHT CHAIR: Ruth Hinkle 502.321.8998
hink5910@bellsouth.net

SPECIAL EVENTS CHAIR: Debbie Wash..... 502.320.1417
debbie.wash@fewpb.net

GOLF 101 CHAIR: Michele Brown 502.219.0562
michele.brown@fewpb.net

TOURNAMENT CHAIR: Donna McNeil 502.330.0015
dmcneil0324@gmail.com

NEWSLETTER: Gina Vaile-Nelson 502.773.1754
ginavn@gmail.com

Pro Shop 502.875.8559

Upcoming Events

Thursday July 16

DIV 1: Back
DIV 2/101: Front

Thursday July 30

Miss Dollie re-schedule. Please be sure to sign up this week when you sign in for regular play. If you cannot be there, please inform Debbie Wash, Barbara Reynolds or Donna McNeil that you're going to play. And please be certain to arrive early on the 30th!

Friday August 1-2

Each is comprised of 2-person teams and includes 4 different 9-hole formats over 2 days. Mixed member/member is 1 male and 1 female playing as a team. The 4 formats are: 2-person scramble, true alternate shot, best ball and combined net. Handicap limit is 40 for this event. If you want to play but you don't have a partner, please let them know in the pro shop or contact Lesa Hodge, Aggie Hampton or Donna McNeil.



CONGRATULATIONS (and an apology) are in order for Eva Slusher and Gina Vaile-Nelson who both pared last Thursday. It was a big deal for Eva, who got her first Par on a league night on hole 18; and for Gina, who chipped in on hole 17 for par.

The apology is for the rest of Frankfort who thought we were having a heart attack after the chip-in.

Stuck in a branch?

JHLGC Situation #7

Regan and Emily were playing the back nine and after hitting their tee shots on Hole #11, they were unable to find Emily's ball, which had gone toward the tree line between Hole #11 and Hole #12. After searching for a few minutes, they spotted a ball lodged in the branch of a tree. Emily was able to see her identification mark on the ball and identified the ball as hers. It is not possible to play the ball from the tree, so Emily declares her ball unplayable. What are her options?

Ruling

Emily may proceed under any of the three unplayable ball relief options in Rule 28 under penalty of one stroke. Rule 28-a requires her to proceed under the stroke and distance provision of Rule 27-1, playing a ball as nearly as possible from where the previous stroke was made. If she chooses to proceed with Rule 28-b or 28-c, her reference point for proceeding would be a spot on the ground directly under where her ball lay in the tree.



Wednesday Aug. 19, 2015

Entry Forms available July 8th, or download online
<http://www.jhlgc.org/the-juniper/>

Shirley Rodgers - srodders120@gmail.com
Karen Liebman - kjliebman512@gmail.com

Match Play Results

Out of 48 ladies in play

Championship Flight: Charlotte Nelson (W); Tara Purvis (Runner Up); Lesa Hodge (Consolation)

1F: Barbara Reynolds (W); Robin Moore (RU); Teresa Prather (C) 4 3 4 35 35 70

2F: Pam Rhodes (W); Susan Spoonamore (RU); Shirley Wilhoite (C)

3F: Barbara Terrell (W); Carol Payton (RU); Melinda Holbert (C)

4F: Jenny Anglin (W); Pauline Carr (RU); Cheryl Matejek (C)

5F: Jessica Beeson (W); Madison Elder (RU)

Congratulations to our winners,
and thank you for those who
participated.

Happy July Birthday

Lori Scottow (2); Vicky Nicholas (5);
Judy Halasek (10); Cami
Montgomery (14); Becky
Ebert (18); Taylor
Cammack (21); Meribeth
Gaines (29);
Audie Rodgers
(30); Dale Bryant
(31)



Take time for Yoga

It just might improve your golf game



By Diana Wasserstrom

www.womensgolf.org

In a major tournament, Jack Nicklaus was putting for the lead when a dog ran onto the green. Jack proceeded to sink the putt. Later, when asked if the dog distracted him, Jack responded, "What dog?"

Golfers call this being "in the zone," and yogis would perhaps describe it as withdrawing from the senses or having a one-pointed concentration. Golf is an intensive mind-body sport,

requiring strong mental discipline. Yoga teaches us how to remain focused in the present moment, which can greatly aid the internal and external challenges on the golf course.

The golf swing occurs in approximately two seconds, beginning from a static position, proceeding through the swing, with explosive power at impact. During the swing, the trunk and spine move in three planes of motion, supported by flexibility, balance, and strength. These three foundational components can all be cultivated through a dedicated yoga practice.

1. Flexibility

Increased dynamic range of motion will allow proper coiling and uncoiling of the torso and spine.

Reduces potential swing faults caused by short, tight muscles.

Increased flexibility reduces the risk of injury.



2. Balance

Balance in the stance and throughout the entire swing plane is vital for a repeatable and reliable golf swing.

Proper balance enables efficient weight transfer, generating power and accuracy.

Proper balance through the finish position allows full extension of the body towards the target.

3. Core Strength

Allows you to deliver the club to the impact position, generating power and club head speed, resulting in increased distance.

Assists in maintaining a proper spine angle.

Strengthening the abdominal and back muscles is a critical element for golf performance and longevity in the sport.

Also, mindful breathing increases oxygen flow to muscles, relieving tension, and allowing rhythm and tempo in your swing. By including mindful breathing techniques during yoga practice, breathing awareness becomes second nature on the course.

Incorporating a consistent yoga practice into your life will allow you to deliver your best game on the course. Make your 15th club a strong, healthy body.

Article by Diana Wasserstrom. Diana is certified in plant based nutrition from Cornell University and a Certified Health Coach and Lifestyle Counselor from the Institute of Integrative Nutrition. She is a Registered Yoga Teacher with extensive continued training Level I Yoga For Golfers, in addition to certification of Level II Master Yoga For Golfers, with TPI certification. Diana believes incorporating a daily yoga practice is essential for keeping our body in motion. She is happy to be part of her golf fanatic family, as an aspiring 11 handicap. She is founder of Hit OM Straight Yoga and Balance.